



fitnews

THE QUARTERLY NEWSLETTER OF THE TRIHEALTH FITNESS & HEALTH PAVILION

SPRING 2010

Facility Hours

Monday-Thursday
5:15 a.m. – 10 p.m.

Friday
5:15 a.m. – 9 p.m.

Saturday
7 a.m. – 7 p.m.

Sunday
7 a.m. – 6 p.m.

Holiday Hours

Easter
April 4
CLOSED

Memorial Day
May 31
8 a.m.- 4 p.m.

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Focus Group Update



We recently conducted 4 focus groups last fall with the assistance of the TriHealth Planning and Development Department. I want to thank those members who participated and assure them that their comments and recommendation are being implemented as much as economically possible.

As requested, here's a list of some accomplishments thus far:

- We have implemented additional customer training seminars and service expectations with checks and balances with the fitness floor staff.

- We are promoting the fact that reassessments are FREE to members anytime during their membership. We conduct approximately 32 each month and hope for more!
- We are promoting all the FREE services and classes we offer as part of your monthly membership dues. Many other clubs will charge hefty fees on top of the dues for these programs and services. This issue highlights the FREE programs/classes.
- We had applied 3 years ago and again in November to become a "Silver Sneaker" provider but thus far have been declined. We remain on a waiting list.
- We looked into purchasing a "DIY" blood pressure unit and the cost is \$4000. We can not afford this but will research potential grant opportunities. We prefer to personally take the member's blood pressure so we can provide assistance if needed.

Continued on page 3



Wellness Expo 2010

Join us for Wellness Expo 2010 on Saturday, March 13 from 9 a.m. to 2 p.m. This Community Event will provide health screenings, physician-led lectures, exercise equipment and group fitness demonstrations, programming for families, booth representatives from local organizations, raffle prizes and much more. With a free guest day for all attendees to enjoy the fitness center, invite your friends and family and plan to attend!

Call 985-6732 for more information.

Scholarship Program

Individuals who have a medical or lifestyle behavior need for our services and who cannot afford to pay for a full membership or program fee may qualify for our scholarship program. Please pick up the application in the Member Services office at the Pavilion or call 985-6712 to have one sent.

Our Mission Statement

The TriHealth Fitness and Health Pavilion is dedicated to optimizing the health status of the community through prevention, exercise, rehabilitation and wellness education. As a medically-certified fitness center, we provide integrated, holistic opportunities for physical, mental and emotional well-being, delivered by caring professionals in a clean, safe, service-driven environment.



Deb Riggs, G.M.

A MESSAGE FROM Our General Manager

Dear Members,

If you could take one medicine to reduce high blood pressure, improve osteoporosis, decrease your risk of diabetes, increase muscular strength and flexibility, slow the aging process, decrease fatigue and improve sleep, would you buy it? That medicine is exercise, and the good news is that when you come here for your workouts, you're already getting it.

Unfortunately, only 15 percent of the population is taking advantage of this powerful prescription for good health. We frequently ask, "With the rise of obesity, and with what we in medical fitness refer to as "Sedentary Death Syndrome," why aren't more people "getting it"?"

The American College of Sports Medicine (ACSM) recently found that 65 percent of patients would be more interested in exercising to stay healthy if advised by their doctor and given resources. As the area's pioneer in medical fitness, we are partnering with physicians within the TriHealth system to help them become strong advocates for exercise. The realities of escalating health care costs increase the importance of physicians assessing exercise practice as a vital sign for every patient they see. Likewise, individuals must take responsibility to prevent illness.

In October, we invited Dr. Eddie Phillips, author of ACSM's Exercise Is Medicine, to conduct a grand rounds educational seminar for TriHealth physicians and residents at Good Samaritan Hospital. This seminar provided an introduction to a pilot study that the Pavilion will participate in with three TriHealth physician practices this spring. Patients will be asked about their daily exercise regime, and those who are sedentary or moderately active will be afforded the opportunity to receive an individualized fitness assessment and exercise plan at the Pavilion. Going forward, all new members who present a written prescription for exercise from their physician will have their enrollment fee waived.

In November, the Pavilion developed a Medical Advisory Committee to expand awareness that exercise is an essential component of overall wellness. (See page 5 for a list of members). These physicians believe in the importance of exercise, and they have entrusted their patients to us. What makes us different from other centers in the market is that we provide quality programs and credentialed, degreed professionals to guide you safely and effectively in your workouts and toward your ultimate fitness goals.

Yes, there are many low-cost clubs surrounding us, but when it's your body that you are investing in each month, aren't you glad you have chosen TriHealth to provide you with your daily dose of health? We thank you for your continued membership and are here to assist you in every way possible.

In good health,

Deb Riggs
General Manager

Pavilion Spa

Call 513-985-6772 for appointments or additional information.

Members of the Month

Spa March Madness!

March 1 – 31, 2010

- Massage** \$10 off Reflexology Treatment
- Skin Care** Save \$15 on a Green Coffee Body Treatment
- Nail Care** Mani/Pedi Combo Special – Only \$70

Spring Break at The Spa

April 1 – 30, 2010

- Massage** \$12 for a 15 minute Seated Massage with Maureen
Thursdays 6-8 p.m. when scheduled in advance (\$15 for walk-up appts)
- Skin Care** Save 50% on a Tropical Tan application with any Body Treatment
- Nail Care** Full Set of Gel Nails – Only \$40

Enjoy The Spa...

May 1 – 31, 2010

- Massage** Flying Pig BOGO Combo Special, 4/25-5/8/10 – See Spa for complete details
- Skin Care** \$65 for an Essential Facial
- Nail Care** \$65 Prom Manicure and Pedicure Combo, Designed for teen 14-18 years old

Focus Group *continued from cover*

- We are providing “Gym Wipes” on the fitness floor versus the towels and spray bottles and will study the cost effectiveness of this “pilot”.
- We are now carrying water shoes at the Pro Shop that we recommend for use in the wet areas to protect you as you maneuver on wet surfaces. Installing mats create problems for those in wheelchairs and those with walkers and canes.
- We have sent letters and are personally calling members who have left us over the past 2 years. We average 35 returning members each month and are glad to have them “home”!
- We work hard to keep our facility in great shape and have improved our communication to members when we know a major repair (such as HVAC)

is being delayed for reasons beyond our control. We appreciate your patience in these rare circumstances.

- Signs, signs, signs...we hear you! We have removed over 30 signs (especially in the locker rooms) where there were signs about policies already listed in your membership policy packet or available on our website. The cell phone policy is most important as we continue to hear that members ignore this the most.

We will continue to update you on further focus group recommendations that are put into effect and again thank those members who participated! We strive for EXCELLENCE and appreciate your assistance.



OCTOBER 09
Cindy Crump



NOVEMBER 09
Diane Deller



DECEMBER 09
Christine Tyler

Fitness

For more information please visit our website at www.trihealthpavilion.com, stop by the fitness desk or call the fitness supervisor at 513-985-6745 or the fitness desk at 513-985-6720.

MEDICAL FITNESS WEEK

National Walking Challenge "Steppin' Out...for a Lifetime"

The Steppin' Out Walking Challenge encourages local communities to get up and move by striving for 70,000 steps in seven days. The TriHealth Pavilion will be competing nationally against other MFA Clubs. During this week, all participants will be wearing a pedometer and track how many steps a day are being achieved. At the end of the week, participants will report their total number of steps to the TriHealth Pavilion. "Steppin' Out...for a Lifetime" can put you on the right track to increasing your physical activity and looking and feeling better!

Date/Time: April 19-25

Cost: FREE Registration, Pedometers for sale at Front Desk

Cholesterol, Glucose, FREE Blood Pressure and Functional Screening

Date/Time: Tuesday, April 20th, 8-11 a.m.

Cost: \$15 for cholesterol and glucose; 12 hour fast is required. No appointment necessary



MARCH

Golf Fitness Program

Want to drive the ball farther and get through 18 holes without feeling tired? This one month program will work on your flexibility, balance, and overall strength. Train like the pros so you can play like the pros. Sign up at the Fitness Desk or call Justin at 513-985-6745.

Date/Time: Mondays and Wednesdays 10-10:45 a.m. or Tuesdays and Thursdays 6-6:45 p.m.

Cost: Members \$99, Non-members \$150

Pavilion Ironman XI

All members are encouraged to participate in this month long event starting April 1, 2010 to complete each of the following: 26.2 miles of walking/running, 112 miles of biking, and either 2.4 miles of swimming or 12,000 meters of rowing. Register as an individual or as a team! Each participant who completes the entire Ironman will receive a complimentary T-shirt. Please stop by the Fitness desk starting March 15 to register yourself or team. Good luck!

Clinical Personal Training

Looking for a medical edge to your Personal Training needs? Are you a current member, who recently completed physical therapy, suffer from a chronic orthopedic issue or illness? Work with one of our certified athletic trainer in our Post Rehab Department during a FREE 1-hour session to review your current program. Following your initial appointment, you can continue by purchasing individual clinical personal training sessions. Let us help guide you to improved functional health.

Clinical Personal Training Package Prices:

1 session	\$ 60.00
4 sessions	\$ 225.00
8 sessions	\$430.00
12 sessions	\$600.00
20 sessions	\$950.00

MEMBER SERVICES

Rent a Private Locker and receive one month FREE

Locker Rental: \$15 a month
Locker Rental with Laundry Service: \$20 a month
Private lockers are month-to-month with 30 days written notice to cancel.

NO OTHER OFFERS OR DISCOUNTS APPLY.
EXPIRES FEBRUARY 28, 2010

Aquatics

Call 513-985-6742 for more information about the Aquatic programs and to schedule an appointment. Class Schedules available in the Atrium or at www.trihealthpavilion.com.



Aquatics MS class

Water Group Fitness Classes

Aquatic Exercise is a great “FAT BURNER”! Increased oxygen consumption during aquatic exercise translates into more energy used/more

calories burned. From Back Basics, Functional Fitness, Core Creations and Arthritis (Level I), our Fit for Two (Prenatal Class), and our deep water classes, we have something for everyone during the day, evenings and weekends! Start your day the right way by burning calories and getting the heart pumping!

Cost: Members FREE/non-members \$120 for ten classes.

Arthritis Classes

New and improved arthritis format includes more cardiovascular training and resistance water equipment. This low impact class is held in our 88-90 degree warm therapy pool! Classes are taught by a certified Arthritis Water Instructor.

Date/Time: Mondays, Wednesdays and Fridays 12:00-1:00 p.m.

Cost: Members FREE/non-members \$120 for ten classes (with a doctor's note).

Code: AQ 180

Private Swim Lessons

Learn how to swim or improve your strokes! The private swim lesson program teaches confidence that adults and kids need to be successful in the water. All swim instructors are American Red Cross

certified and have many years of experience. Private swim lessons are offered to members, age 3 and older and are set up to meet your specific goals.

Cost: packages vary

Code: AQ 160



Try Aquatic Personal Training

Family Swim Times

Warm and Main Pools

Fridays 5:00 to 7:00 p.m.

Saturdays 3:30 to 5:30 p.m.

Sundays 2:00 to 4:00 p.m.



NOW HIRING LIFEGUARDS

Become a valuable member of our team today, apply online at www.trihealth.com.

Pavilion Medical Advisory Committee

We are pleased to announce our new Medical Advisory Committee comprised of TriHealth physicians and key professionals. They will provide oversight of our programs and services, speak at educational seminars, and answer staff questions about exercise for those with special conditions. Members are:

Doug Linz, MD, Medical Director for Corporate Health Services and the Pavilion

Peter Sheng MD, Medical Director for TriHealth's Integrative Health and Medicine

Pam Lockwood MD, Medical Director for CONCERN Services

James Amis MD, Lone Star Orthopaedics

Jay Hayner MD, Group Health Associates-Mason

James Greene MD, Bethesda Group Practice
-Arrow Springs

Scott Woods MD, Family Practice Center-Norwood

Matthew Merz MD, Group Health Associates-Kenwood

Thomas Saul MD, Mayfield Clinic-Pavilion

Cheryl Angel, RN, Lead Diabetes Educator-TriHealth

Sue Weber, Director-Renal/Oncology Services-TriHealth

Deb Riggs, General Manager, TriHealth Fitness and Health Pavilion

Tom Arnold, Assistant Manager, TriHealth Fitness and Health Pavilion

Kids' Programming

Call 513-985-6715 for more information or to sign-up.

Kids' Klub

Drop your child(ren) off for three hours of fun and activity in a safe and supervised environment while you run errands, shop, or even see a movie! No pre-registration required.

Date/Time: Monday-Friday any 3 hours between 9 a.m. and 5 p.m.

Cost: Members \$25 for the first child, \$10 for the second child, \$5 each additional child in the same family. Non-members: \$30 for the first child, \$15 for the second child, \$10 for each additional child in the same family.

Friday Night Fun Zone!

Moms and Dads would you like a Friday evening to yourselves? Sign your child(ren) up for three hours of fun and activities. Each week we will have different activities planned from arts and crafts, to games and relays. Space is limited! Registration begins one week in advance for each Friday the program is offered.

Date/Time: Friday, 5:00-8:00 p.m.

Cost: Members FREE, non-members \$25 for the first child, \$5 each additional child in the same family

Homework Spot

Before hitting the gym, your child can bring their homework or study materials to work on in a quiet and comfortable space. Our knowledgeable Kids' Life Center staff will be available to assist your child with their homework questions or help them study for that big test. Children must be of school age to participate (ages 6 to 11).

Cost: Members FREE, non-members \$8 for guests, and \$7 for member guests.

Custom Birthday Parties!

Work directly with the Kids' Life Center Coordinator to create a party package that will perfectly fit your child's Birthday wish! Every last detail will be looked after so that you and your child can celebrate their very special day. Call Mindi at 985-6747 to discuss your next party.

Kid's Soccer

Athletes ages 3 to 5 and 6 to 8 will learn what it takes to be a soccer superstar from our expert coach. Your child will learn how to dribble, pass and score all the while developing their gross motor skills and teamwork.

Date/Time: Thursdays, March 4-April 22, 2010 (8 weeks)
Ages 3-5, 5-5:45 p.m., Ages 6-8, 5:45-6:30 p.m.

Cost: Child member \$70, Child non-member \$80, Children of TriHealth Employee \$65

Code: REC831A, REC831B

Girl's Instructional Volleyball

Girls in grades 3-6 will learn the skills and fundamentals of volleyball in a fun and fast-paced team environment! Lessons are set up for both instruction and game play.

Date/Time: Monday, March 1-April 19, 2010 (8 weeks)
Grades 3 and 4, 6:30 p.m.-7:30 p.m., Grades 5 and 6, 7:30 p.m.- 8:30 p.m.

Cost: Child of member \$55, Child non-member \$65, TriHealth Employee \$50

Code: REC832

Focus on HomeSafety with ThinkFirst

Join ThinkFirst for this home safety program that focuses on identifying and preventing hazards inside and just outside the home.

Date/Time: Tuesday, March 30, 10:30 a.m.

Cost: Members FREE, non-members FREE with paid guest pass

Pro Shop Volunteers needed

If you would like to volunteer in the Pro Shop 8 hours a week pricing, displaying and selling merchandise, we give you a free membership. Contact Sharon Gloff 985-6704 for more information.

Integrative Health and Medicine

For more information or to register, call 513-985-6736 or visit the front desk.

Oils of the Month

March - Lavender - rejuvenates cells, promotes well-being, induces sleep, and calms (the most versatile of all oils) **Cost: \$11.00**

April - Grapefruit - helps with cellulitis, dull skin, toxin build-up, and water retention **Cost: \$7.00**

May - Allergy Easer - roll-on relief for respiratory symptoms to be applied around the nose and sinus areas **Cost: \$8.00**

Supplements of the Month

March - Calcium + Magnesium - a special complex of 6 sources of Calcium with Magnesium, Vitamin D, and other ingredients to assist the body in maintaining healthy bone structure and healthy teeth **Cost: \$8.50**

April - Traumeel Cream - temporarily relieves symptoms of mild to moderate inflammatory pain and/or pain from repetitive or overuse injuries **Cost: \$17.00**

May - Vitamin C Plus 500 - boost your immunity, involved in absorption and transportation of iron for the biosynthesis of hormones, potent anti-oxidant which helps to prevent chronic generative disorders; such as coronary heart disease and cancer **Cost: \$7.00**

Please consult your doctor before taking any herbs, vitamins, or other dietary supplements. There may be interactions between supplements and over the counter or prescription medications, supplement contraindications, or supplement side effects alone or in combination. Your doctor knows you complete medical history and is in the best position to assist you with any health-related questions.

Newborn Massage

Learn therapeutic massage techniques to comfort and soothe your newborn baby, which may improve your baby's digestion and lead to more restful sleep.

[You may practice with your baby or you can bring a doll!] {recommended for infants up to 4 months}

Call 513-985-6736 to register

Date/Time: Wednesday, March and May (date TBA), 6:00-7:00 p.m.

Cost: \$25/single or \$40/couple

Code: IH5008

Healing Touch ~ Level III

Completion of Healing Touch - Level I and Level II required. This advanced level program deepens skills and develops healing sequences for specific client needs.

Call 513-985-6736 to register

Date/Time: Saturday and Sunday, March 13-14, 8:30 a.m.-6 p.m.

Cost: \$333.00/2 day class

Code: IH5003

Healing Touch ~ Level I

Learn the basics of the human energy system and specific techniques using touch to influence this system.

Call 513-985-6736 to register

Date/Time: Saturday and Sunday, March 27-28, 8:30 a.m.- 6:00 p.m.

Cost: \$333.00/ 2 day class

Code: IH5001

Healing Touch ~ Level II

This advanced level program reviews Level 1 and expands on the human energy system and specific techniques to use touch to influence this system. Call 513-985-6736 to register

Date/Time: Saturday and Sunday, April 10-11, 8:30 a.m.- 6 p.m.

Cost: \$333.00/ 2-day class

Code: IH5002

Everything you wanted to know about acupuncture

Have you ever wondered how and why acupuncture works? Come learn from one of Integrative Health and Medicine's acupuncturists what Acupuncture is all about.

Date/Time: Wednesdays, March 10, 2010, 12:30-1:30 p.m.

Cost: Members FREE, non-members FREE

Code: IH0000

Is the STRESS of everyday living bringing you down?

Join Esly Caldwell, III. L.Ac. Acupuncturist from Integrative Health and Medicine, for this 6 week program. Reduce your stress and gain more energy with acupuncture in a group setting, along with breathing exercises to help you relax. Class space is limited, so call today 513-985-6736

Date/Time: Wednesdays, April 14, 21, 28, and May 5, 12, 19, 2010, 12:30-1:30 p.m.

Cost: Members \$ 75.00 or \$12.00 per class drop in non-members \$ 90.00 or \$15.00 per class drop in 6 week class

Code: IH0001

Group Fitness

Group Fitness: 513-985-6742 Or Front Desk 513-985-0900

Tai Chi

Tai Chi Chuan is an ancient Chinese martial art; it is also mental and physical exercise. Master Lau is a native of Hong Kong and an expert in the authentic form of Tai Chi and the art of ChiKung, a classic Chinese breathing exercise. Tai Chi will improve energy, coordination, balance, flexibility and coordination.

Cost: Members \$80, non-members \$110

Date/Time: Basic: Tuesdays 10-11:00 a.m.,
Complete: Tuesdays 6:30-7:30 p.m.

Code: GF303 (Basic), GF304 (Complete)

Boot Camp

From the beginner to the everyday athlete Boot Camp is the fastest way to get in shape for any event or get rid of those unwanted pounds. Our experienced team of instructors works with you every step of the way to help you achieve your goals and reach a whole new level of health.

Date/Time: Monday and Wednesday 6:30-7:30 p.m.,
Tuesday and Thursday 6-7 a.m.

Cost: Members FREE, non-members \$120 for 10 classes



Pilates Reformer

Pilates is one of the fastest growing forms of exercise in the world. Pilates dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned

body. We offer 12 classes a week with certified Reformer instructors. Four-session private intro is required before taking classes.

Cost: packages vary

Meditation Workshop

Learn to connect your mind and body in this workshop. Learn meditation techniques from a certified meditation and yoga instructor.

Date/Time: Saturday, April 17 9:30-1:30 p.m.

Cost: Members \$35, Couple Members \$50, non-members \$45

Code: GF 302

Introductory Spinning Classes

Intro to Spinning -Studio B

Date/Time: 11-11:45 a.m. 1st Sunday of every month

Cost: Members FREE, non-members \$12 or \$120 for 10 classes

Pro Shop

Discounts may not be combined and are not applicable to sample clothing, consignment items or heart monitors (coupons must be presented at time of purchase).

March Special

Enjoy the "Wearing of the Green" and receive a 25% discount. Simply wear green March 15-17 and you'll receive your discount on any one item at The Pro Shop. Heart monitors not included.

April Special

I Love a Rainy Night...

Visit the Pavilion Pro Shop during a Rainy April day and receive a discount off any one item. If your purchase is

made after 6 p.m. and it's a Rainy Night, you'll receive an extra discount off any one item.

**April 1-30, 2010 savings may not be combined with other offers or discounts

May Special

Keep Mom fit and healthy with exercise and aquatic related gifts, Happy Mother's Day!, Beach towels, aqua shoes and sunscreen are discounted 15% this month only.

Exercise the Mind

Call 513-985-6732 or register at the front desk.

Cooking demos are sponsored by Meijer at the Center of Cincinnati. A \$25 Meijer door prize is given at each class!

Healthy Cooking Secrets from Chef Jeff

In celebration of National Nutrition Month, Pavilion Café Chef, Jeff Taber joins dietitian Julie Shapero to put a healthy spin on a variety of delicious recipes. With the beginning of spring just a few weeks away, Jeff will provide recipes featuring the freshest of springtime ingredients.

Date/Time: Wednesday, March 3, noon-1:00 p.m. and 6:30-7:30 p.m.

Cost: Members FREE, non-members \$15

Code: HP512

Sponsored by:  meijer

Quick and Easy Techniques to Help Reduce Daily Stress

Guest speaker, Gary S. Robins, D.M.D., Board Certified in Orofacial Pain and Dental Sleep Medicine, will discuss ways to manage stress by becoming aware of daily habits and stressors. Dr. Robins will speak on the physiology of the stress response, increasing self awareness and cognitive restructuring, defining perfectionistic style and its potential problems, deep breathing techniques and meditation.

Date/Time: Wednesday, March 17, noon-1 p.m. and 6:30-7:30 p.m.

Cost: Members FREE, non-members \$15

Code: HP524

Mind Your "Peas" and "Q's"

Learn how to prepare several healthy and delicious recipes including Springtime "P"Soup, "Q"uiche and a surprise dessert. Join Pam Baird, manager of TriHealth Seniority and known to her friends as a "real foodie" and dietitian, Julie Shapero for this entertaining class.

Date/Time: Wednesday, April 7, noon-1 p.m. and 6:30-7:30 p.m.

Cost: Members FREE, non-members \$15

Code: HP513

Sponsored by:  meijer

Avoiding the Back Pain Epidemic

The statistic is clear: 80% of Americans will experience debilitating pain in their back that could change their life forever. Are you or someone you know part of the epidemic? Join specialists Dr. Ron Fudala and Exercise Physiologist Brian Riesenber from Riverhills Neurosurgery in Montgomery as they discuss common causes of pain and sciatica, as well as demonstrate appropriate integration of practical preventative measures into every day life.

Date/Time: Wednesday, April 21, noon-1 p.m. and 6:30-7:30 p.m.

Cost: Members FREE, non-members \$15

Code: HP525

Cinco de Mayo

Turn up the heat...you don't want to miss this cooking class just in time for Cinco de Mayo. Learn how to make a Tex-Mex feast with Personal Chef and Texas native Lori Cole, owner of Savory Melodies, and dietitian Julie Shapero. ¡Buen provecho!

Date/Time: Wednesday, May 5, noon-1 p.m. and 6:30-7:30 p.m.

Cost: Members FREE, non-members \$15

Code: HP514

Sponsored by:  meijer

Osteoporosis: Treatment and Prevention

Osteoporosis affects 10 million Americans, mostly women, and 34 million more have low bone mass. Rheumatologist Gregory DeLorenzo MD of Group Health Associates will give in-depth information on the risk factors of osteoporosis, comparing bone density tests, and the newest treatments for the disease.

Date/Time: Wednesday, May 19, 6:30-7:30 p.m.

Cost: Members FREE, non-members \$15

Code: HP526

Healthy Lifestyles

Call 985-6732 for more information. Register at the front desk.



LifeSteps Weight Management

LifeSteps Weight Management program is a behaviorally-based program that integrates current weight management research incorporating nutrition, physical activity and group support. This NEW 12 week program begins with an initial assessment and then provides ongoing guidance for healthy eating, increasing physical activity, and strategies for successful behavior change. An emphasis on personal choice, responsibility, and accountability sets this behavioral approach program apart from other weight management methods. This course will be taught by a LifeSteps-certified registered dietitian and includes an individual nutrition consultation as well as a private one-hour session with a personal trainer.

Date/Time: Tuesdays, April 13-June 29, 6:30-7:30 p.m.

Cost: Members and TriHealth employees \$250, non-members \$295

Code: HP562

Wine and Chocolate Tasting

Indulge your senses with unforgettable swirls, smells and sips with an international wine tasting. Various selections of red and white wines from the most popular wine regions of the world will be carefully paired with decadent chocolate truffles. Savor the intense flavors of these two indulgences as they are complimented with an assortment of delicious cheeses.

Date/Time: Thursday, March 25, 6:30-8 p.m.

Cost: Members \$25, non-members \$28

Code: HP570

Cholesterol and Glucose Screenings

Date/Time: Tuesday, April 20, 8-11 a.m.

Cost: \$15; 12-hour fasting is recommended.

No appointment necessary. Results available in 10 minutes.

A Laughter Yoga Experience

Laughter Yoga is a revolutionary idea; simple and profound. An exercise routine, it combines uncontrollable laughter with yogic breathing. Anyone can laugh for no reason, without relying on humor, jokes or comedy. Join Certified Laughter Yoga Teacher, Patrick Welage in this unique, participatory experience.

Date/Time: Saturdays, March 20, 9-10:30 a.m.

April 17, 9-10:30 a.m., May 15, 9-10:30 a.m.

Cost: \$10 per class Code: HP555

Personalized Nutrition Consultations and Metabolism Measurements

To help meet your needs for a healthier lifestyle we offer individual nutrition consultations with a registered dietitian. These sessions explore more in-depth issues about food and nutrition. They are especially helpful for people with weight problems or medical issues who want to improve their diet. Take your personal session a step further with a BodyGem metabolism assessment.

Balancing calories in and calories out is the key to weight management success. To successfully achieve and maintain weight goals, discover your individual and unique metabolism, which is the rate at which your body burns calories naturally each day.

For pricing or to schedule an appointment, call 513-985-6732.

National Nutrition Month®

March is National Nutrition Month®. This year's theme is "Nutrition From the Ground Up." Celebrate Registered Dietitian Day on March 10 by establishing an ongoing relationship with the food and nutrition expert, an RD. Our experienced dietitian, Julie Shapero, is available to meet with you to help you reach your health and weight management goals. She can be reached at 513-985-6710. Look for informative nutrition displays in the Pavilion during the month as well.

"CAN" You Please Support our Annual Food Drive!

In honor of National Nutrition Month we're once again teaming up with the Greater Cincinnati Dietetic Association's Hunger Panel to collect canned goods for the Cincinnati Free Store. During the week of Monday, March 15 through Sunday, March 21, donate 5 or more canned goods or non-perishable foods to our food drive and we'll give you a FREE guest pass to the Pavilion (\$15 value).

Diabetes Support Group—Coming to the Pavilion!

Join Diabetes Educators from Bethesda North Hospital for group support and up to date education from medical professionals. Previously held at Bethesda North, the group will meet at the Pavilion conference room A on the second Tuesday of the month, 7:30-9 p.m., September-May. No registration necessary. For more information, call 513-865-1126.

Healthy Lifestyles (continued)

SUPPORTING STEPS

Nutrition and Fitness 101

Learn the most up to date dietary and exercise guidelines from our registered dietitian and degreed personal trainer. Discover ways to jump start your fitness plan and incorporate healthier choices to your meal plan. Offered each month, this class is highly recommended for new members.

Date/Time: Thursdays, March 18, 6-8 p.m.

April 15, 1:30-3:30 p.m., May 13, 6-8 p.m.

Cost: Members FREE, non-members \$20

Codes: HP536, HP537, HP538

Setting Goals for Optimal Fitness

Goal setting is a vital step to enhance the success of your fitness program. Learn the basics of an exceptional goal setting system that can help you overcome your obstacles and set a course for success.

Date/Time: Thursday, March 11, 12-1 p.m.

Thursday, March 11, 6-7 p.m.

Cost: Members FREE, non-members \$20

Code: HP546

Aquatics Fitness 101

Everything you want to know about aquatic exercise programs and equipment to enhance your experience.

Date/Time: Wednesday, April 14, 6-7 p.m.

Cost: Members FREE, non-members \$20

Codes: HP547

Exercise Aches and Pains

In conjunction with the Post Rehab department, learn about how to deal with the normal aches and pains that sometimes occur when regularly exercising. Gain knowledge of proper and safe progressions; be informed about delayed onset muscle soreness (DOMS) and the RICE method for treatment options and importance of doing it and what to do so you don't over do it!

Date/Time: Wednesday, March 10, 10-11 a.m.

Cost: Members FREE, non-members \$20

Code: HP548

Recreation

Call 513-985-6747 for more information. Register at the front desk.



11

ADULT SPORTS

Pick-up Basketball

Men and women 25 years old and up are invited to participate in half-court pick-up basketball organized by member Ed Rothenberg. It's a great mid-morning exercise alternative!

Date/Time: Join them every Monday, Wednesday and Friday, 10:30-noon.

Cost: Members FREE, non-members \$15 per day, includes use of fitness facility

Men's 5 on 5 full-court Spring Basketball League

Get your team together for some heart pounding, full-court basketball. This is a competitive league so bring your best team effort to win!

Date/Time: Wednesday nights March 25-May 27 6:30-10 p.m.

Cost: \$475 per team, includes referee fee, + \$15 for each non-member (first 6) on roster.
Code: REC815

Co-ed 6 on 6 Volleyball League

Grab your friends for some competitive fun! This "B" level volleyball league caters to all skill levels and is well-rounded. Teams will play 3 rally games to 25 points each week with a league champion crowned the final week during the tournament.

Date/Time: Thursday nights, March 26-May 21, 2009 6:30-10:00 p.m.

Cost: \$260 per team, includes referee fee

Code: REC878

Don't Have a Team?

If you are not on a volleyball team but would still like to participate in a league, give us your name and we'll try to get you on one. Please call 513-985-6747.

Sports Arena Rentals Available

Is your team having trouble finding court space for practices? We rent courts for basketball and volleyball practices or large corporate affairs.

Please call 513-985-6747 for more information.

Atrium Café

Located beneath the atrium skylight in the TriHealth Fitness and Health Pavilion.



FEATURING

- Heart Healthy entrees
- Morning Edition breakfast entrees
- Special Workout Rewards (homemade cookies)
- Smoothies with fresh fruit and protein add-ins
- Pepsi products

CATERING/RENTALS

Do you have a social gathering coming up such as a Birthday Party, Bridal Shower, or Family reunion? Remember we can cater your event and even rent you the space for the party. Call 513-985-6732 for more information.

COUPON

**\$20.00
OFF**

a catering
of \$100.00
or more.

EXPIRES 5/30/10

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