



## DukeMedicine

### DUKE HEALTH & FITNESS

3475 Erwin road  
Durham, NC 27705

Phone: 919-660-6660

www.dukefitness.org

#### Hours of Operation:

Monday - Friday: 6:00 a.m. - 9:00 p.m.

Saturday: 8:00 a.m. - 4:00 p.m.

Sunday: 1:00 p.m. - 5:00 p.m.



Did you know you can rent one of our lockers? Please inquire at the front desk if you are interested.

Please remember to clean off exercise equipment before and after each use.



### Cover Your Cough!

#### Stop the spread of germs that can make you and others sick!

Influenza (flu) and other serious respiratory illnesses like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by cough, sneezing, or unclean hands.

To help stop the spread of germs,

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissue in the waste basket.
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- You may be asked to put on a facemask to protect others.
- Wash your hands often with soap and warm water for 20 seconds.

#### Note:

**Duke Health and Fitness Center will be closed on December 24th, 25th, 31st and January 1st.**

### Need a Valentine's Day Gift Idea?

Give a loved one a gift of wellness this Valentine's Day, with a gift card from Duke Health and Fitness Center. Gift Certificates can be redeemed for personal training and massage packages as well as individual sessions and mind/body classes. Your loved one will have the freedom to choose whichever services they like. They may be purchased at the front desk.

### Your Questions Are Answered:

This section will be devoted, in each issue, to answering our clients questions. If you would like to submit a question, please e-mail jamont.beatty@duke.edu or use the "question forms" found at each comment box.



## DukeMedicine

### Duke Health & Fitness Center

# THE HEALTHY INSIDER

DECEMBER/JANUARY

VOLUME 1, ISSUE 3

## Gift Cards: Share the gift of Wellness

Did you realize we have gift cards? A gift card is an easy and convenient way to give the gift of Wellness to family and loved ones. A gift card can be purchased to buy a membership, massage, personal training, even apparel from our pro shop. Since well-being is not a once a year gift, consider purchasing gift cards throughout the year. Any occasion is a good occasion to share a healthy lifestyle change with your family and friends.



## January Promotion

January 2, 2012 our Annual Membership Promotion will be underway. We are excited to offer a reduced initiation fee of only \$25.00 for all memberships. Please spread the word to family, friends, co-workers, and neighbors! As an extra incentive we are also offering a \$10 gift card for every referral for membership! If someone joins as a result of your referral, we will give you a gift card in the amount of \$10. There are is no limit to how many gift cards you can receive. Please act fast as the promotion period ends February 29th!

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### December & January Shining Stars

#### December ~ Heidi Oehme

**Reason for joining:** To lower my Body Mass Index (BMI).

#### Health Improvements:

Weight loss, BMI decreased, Blood Pressure lowered, Decreased joint/body discomfort.

**Exercise Philosophy:** Be consistent, give it time and don't be too hard on yourself!

#### Motivation:

Group classes, DHFC staff, family and friends.

"Setbacks will happen . . . Expect it! Just get back in the game!"

#### January~ Stella Beech

**Reason for joining:** I joined to get my life back after letting myself go for years. I was not happy with my energy level. I wanted to be energetic and live an active life again, especially to keep up with my husband and granddaughters.

**Health Improvements:** When I started I was in the red zone with my weight. After 6 months, I have lost 30 lbs. I will be honest, it has been a learning process.

**Exercise Philosophy:** Work as hard as you can everyday and make sure to eat a good diet and drink lots of water.

**Motivation:** I have met a lot of wonderful people through classes who became like family. It is a great feeling to see friends that are working at the same goal.

"This is the first exercise program that I have started and not hurt myself within the first month. I attribute it to the instructors. They are very encouraging and very knowledgeable."



Picture Not Available at Time of Publication

### Locker Clean Out

Locker clean out is complete! We completed our annual locker room clean out on 12/23, removing any personal items left in the locker room (including bathing suits and pool shoes). We do this twice a year to help keep the locker room clean. You are more than welcome to return your suits and shoes to the

racks once again. If your suit is now missing, please see the front desk as we will hold onto all belongings through January. Thanks for your help!

### Weight Lost Programs

This New Year, are you looking for a way to lose weight in a healthful and sustainable manner? Are you tired of starting diets that don't work and leave you feeling deprived? If so, take advantage of the Duke Getting on Track Weight Loss Program and our 10% discount for all Duke Employees. Our eight week weight loss program focuses on the lifestyle changes needed to help you find a life-long healthy weight. You will participate in seven interactive classes taught by a dietician, exercise physiologist and licensed counselor. Each class includes a healthy dinner. Additionally, each participant is given individual prescriptions for the nutritional needs and exercise intensity needs based off of your specific requirements. The eighth session is a group meeting where the skills and knowledge you acquired are applied and discussed. After completing the program, you may continue to participate in group support sessions with Staying on Track, to further understand your personal journey. This program meets on Thursday nights from 6:15pm—8:15 pm and our next session starts March 15th. Participants can also exercise in our gym and touch base with our staff on those Thursday nights prior to class (5:15pm—6:15 pm). In addition to exercising Thursday evenings we are offer-

ing a special 8 week membership as well. This membership would allow participants to exercise anytime the center is open 7 days a week. The cost of this membership is \$134. As always, the initiation fee is waived for all Getting On Track participants. Registration is due by March 8th on a first come, first serve basis. Space is limited. To register, contact Kara Mitchell MS, RD/LD, ACSM-RCEP at 660-6818 or kara.mitchell@duke.edu. DHFC member program cost is \$423 (10% off general rate).

If you are eager to begin this program with us before March, take advantage of our individual consult options with our weight loss experts. We have a great consult package which includes:

- 1 hour nutrition consult
- 1 hour exercise consult
- 50 minute behavior consult
- Monitoring book
- Pedometer

To get started, once again, contact Kara Mitchell and schedule that first appointment for nutrition (660-6818 or kara.mitchell@duke.edu). General program cost is \$211.50 (10% off general rate).

### 2012 Group Exercise Schedules

Thank you to all who participated in our group exercise focus groups this past fall. After hearing all of the feedback on classes, we made very minimal changes to our 2012 group exercise class schedule. Our classes are

very well attended and seem to be fitting the needs of our members at this point in time. Please pick up the new 2012 schedules at the fitness center or you can view them online at [www.dukefitness.org](http://www.dukefitness.org).

### Inclement Weather Policy

As we head into winter, we care about your safety and well-being. If our sidewalks or parking lots are snowy or icy, we will delay the opening of the facility until we can provide safe entry. A message on our general phone number, 660-6660, will be posted by 6:00 a.m. in case of delay or closing.