

# Health is Action

INDIANA REGIONAL MEDICAL CENTER

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## Did you know...

### You can Choose a Safe & Successful Weight Loss Program

Everyday Americans are bombarded with "new" weight loss programs and miracle diet plans. The truth however is simple: To reach a healthy weight, you need to develop a healthy eating plan with an emphasis on whole (nonprocessed) and fresh foods (vegetables and fruits.) You will also need to engage in regular (preferably daily) physical activity ranging from exercise classes to walking, swimming, dancing, biking, etc. If you are considering a weight loss program that you have heard about or a friend has started, please consider the following guidelines provided by the United States Office of Women's Health.

**Weight loss programs should encourage healthy behaviors that help you lose weight and that you can maintain over time. Safe and effective weight loss programs should include:**

- ◆ A healthy eating plan that reduces calories but does not rule out specific foods or food groups.
- ◆ Regular physical activity and/or exercise instruction.
- ◆ Tips on healthy behavior changes that also consider your cultural and social needs.
- ◆ Slow and steady weight loss of about  $\frac{3}{4}$  to 2 pounds per week and never more than 3 pounds/week. (Faster weight loss will be harder to keep off permanently.)
- ◆ A plan to keep the weight off after you have lost it.

Remember that you should always discuss your weight loss goals with your healthcare provider who can make suggestions and ensure your good health throughout the dieting process. For more information on healthy weight loss, log onto the Partnership for Healthy Weight Management at [www.consumer.gov](http://www.consumer.gov) and type in "weight loss."

## Our Recommendations to Help Achieve a Healthy Weight & Active Lifestyle

- Know that a diet is not a temporary "fix." Find your path to better health and commit to it.
- Eat less calories by eating less fat, sugar, simple carbohydrates, and processed foods.
- Do not belong to the clean-your-plate club, especially in restaurants.
- Move your body. Try for at least 30 minutes a day of physical activity. Walk, dance, swim, bike, garden.
- Measure your steps. Wear a pedometer and aim for 10,000 steps each day.
- Drink lots of water every day. Aim for 8 glasses a day. Limit or eliminate alcohol and caffeine.
- Join an exercise class. Learn martial arts. Take a dance workshop.
- Get support. Join a group. Ask family and friends for help. Find an exercise partner.
- Beware of emotional eating. Find healthy ways to cope. Seek help.
- Reward yourself for achieving health. Set goals and when you meet them, treat yourself to something special.



## beauty basics

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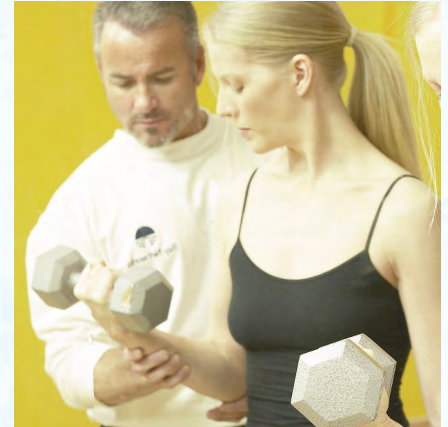
### Personal Trainers 101

A qualified and properly trained Personal Trainer can help you safely start and maintain an effective exercise program. Currently, there is no national standard or minimum requirement for carrying this job title. Many resources exist to help you locate a personal trainer including local fitness facilities, phone books and internet sites. Consult [www.acsm.org](http://www.acsm.org), homepage of the American College of Sports Medicine, to ask about the appropriate qualifications for personal trainers or use ACSM's Pro Finder, an online database of ACSM-certified professionals.

Once you locate a trainer of interest, meet or call prepared with a list of questions regarding issues that are important to you. There are many considerations that you should investigate prior to hiring a personal trainer. An exercise program with a personal trainer will not be risk-free but discussing the following can help make an informed decision. Topics for discussion with potential personal trainers:

- Experience
- References
- Certification
- Professional Affiliations
- Fees

*Source: American College of Sports Medicine*



## saving money

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### Increase your miles per gallon and save

As gas prices soar, here are some easily implemented strategies to improve your fuel efficiency and reduce your transportation expenditures.

1. Use public transportation or carpool when possible.
2. Plan your route in advance to maximize right turns and minimize stops and idling.
3. Make a list and accomplish several tasks per outing to cut back on duplicate trips.
4. Clean out car clutter because extra weight increases fuel consumption.
5. Screw your gas cap on tight every time you add fuel for proper engine performance.
6. Check your tires frequently for correct inflation.
7. Change your air filter regularly to increase your gas savings by 10 percent.
8. Limit in-town air conditioner use and get more miles per gallon by opening windows to let the breeze in.
9. Keep starts and stops smooth to avoid unnecessary gas guzzling.
10. Drive under 60 miles per hour. EPA research shows that each five miles per hour driven over 60 is like paying 20 to 25 cents more per gallon for gas.



**Even if you can't put all of these gas-saving strategies into practice, taking action on one or more will**

***Save you Money!***

## natural health tips

### Health Tip: Nails Can Reveal Your Health

It's important to pay attention to changes in your nails, as they can indicate an underlying health problem.

The American Academy of Dermatology says the condition of your nails could indicate possible:

- Liver disease, which may be characterized by whitening of the nails.
- Kidney disease, if half of each nail is pink and the other half white.
- Heart condition, if the nail beds are red.
- Lung disease, which could be characterized by thick, yellow nails that grow slowly.
- Anemia, if nail beds are pale.
- Diabetes, if nails have a yellow tint that look bluish at the base.



Source: [www.womenshealth.gov](http://www.womenshealth.gov)



## delicious dieting

### Quick & Healthy Hummus

Loaded with healthy protein and folic acid, chick peas provide the base of this delicious dip to serve with pita chips and raw vegetables.



1. Put all ingredients in a blender or food processor.
2. Process to a smooth paste.

*Enjoy!*

#### Ingredients

3 cups canned chick peas  
1/2 cup lemon juice  
1/2 cup tahini (sesame paste)  
3 cloves of crushed garlic  
1 teaspoon ground coriander  
1 teaspoon ground cumin  
Pinch of cayenne pepper and/or salt to taste

## upcoming events

### Day of Dance<sup>®</sup> FOR HEALTH

Day of Dance - bring your friends and family to the Indiana Mall to dance, learn simple ways to stay healthy, enjoy music, and participate in health screenings on February 27, 2010 from 10 am to 4 pm. The theme this year is "Dancing through the Decades."

### 2010 Hospital Seminar Series

Fearless Factor- Embracing life with bravado! Learn how to cope with life's medical emergencies including how to navigate the emergency room & understand complicated medical tests when your health is threatened.

Coming soon—March, 2010



# REWARD PARTNERS

## Sunflower Yoga Studio

724-388-6327  
www.sunfloweryogastudio.com  
580 Philadelphia St.  
10% off any yoga package

## Curves of Blairsville

724-459-7970  
859 Rt. 22 Hwy West  
66% off service joining fee (\$134 value)

## Evolutions Salon of Change

724-349-8088  
531 Philadelphia St.  
10% off first time client only

## Scerbo's Pharmacy

724-254-4363  
530 Franklin St.  
Clymer, PA  
20% discount on all over the counter  
non-prescription vitamins

## The Institute for Healthy Living

724-357-8088  
Indiana Regional Medical Center  
One Free Yoga Class

## The Flower Gallery/Balloons of Indiana

724-349-5040  
635 Church Street, Indiana  
15% off local orders

## Horses & Hounds

724-349-3144  
2285 Philadelphia Street  
5% off Professional Pet Grooming  
\$5 off obedience classes

## The Woods Spa

724-349-2192  
965 Ray Road, Penn Run  
10% off any regular priced spa service  
www.woodsretreatspa.com

## The Gymm

724-801-8170  
1830 Oakland Avenue, Indiana  
15% off Yearly Membership

## Lorelli's Jewelry

724-349-2500  
Exclusive Dealer of Pandora Jewelry  
Indiana Mall  
10% off any regular priced jewelry.

## Reegers Farm & Café

724-463-0440  
755 Laurel Road, Shelocta PA  
25% off entire purchase at café  
(café is open mid-April thru Oct 31st)

## Michael B Shoes

724-465-9151  
7th & Philadelphia St. Indiana  
Free personalized foot scan &  
analysis, \$10 off shoes or Orthotics.

## The Center for Plastic & Cosmetic

### Surgery

724-836-0400  
530 South Street, Greensburg, PA  
Michael S. Kluska DO, FAACS, FACOS,  
Board Certified Plastic &  
Reconstructive Surgeon  
Free consultation, 10% off any  
surgical procedure or spa services.

## Ronna Reininger

### Certified Massage Therapist

724-422-4217  
2522 Warren Road, Unit 10, Indiana  
10% off any massage therapy  
service, first-time clients only

## Dr. Charles Tarnoff & Dr. Keith Hillard

Optometrists  
724-465-6232  
120 South 7th St., Indiana  
www.tarnoffandhillard.com  
\$50 off complete frame & lenses  
30% off non-prescription sunglasses  
(some restrictions apply)

## DD's Unique Boutique

724-840-1769  
2110 Warren Road  
Bottom Side Entrance  
Indiana, PA  
10% discount on in store purchases. Not  
valid for home shows or fundraisers.

## Holsinger Travel Consultants, LLC

724-840-7295  
86 Merrick St.  
Indiana, PA 15701  
holsingertravel@verizon.net  
Offering FREE Delivery of travel  
documents to your home or office.

## ServiceMaster of Indiana

724-465-7008  
1849 S. Sixth Street, Indiana  
10% off any cleaning service of  
\$100.00 or more.

## Maximum Chiropractic

724-465-2230  
Paul Boston D.C.  
Moses Jevicky, D.C.  
590 Indian Springs Road, Ste. 3  
Indiana, PA 15701  
Free Consultation and Exam for a new  
patient.

## Evolution Medical Spa

814-948-5444  
1106 Bigler Ave.  
Northern Cambria, PA  
- and -  
Indiana Location  
590 Indian Springs Road, Ste. 3  
10% off any regular-priced aesthetic  
service. (At new Indiana location twice  
a month)

## Homer City Pharmacy

Phone 724-479-8033  
44 S. Main St.  
Homer City, PA 15748

## Saltsburg Pharmacy

724-639-9022  
237 Washington St.  
Saltsburg, PA

## Gorell Windows & Doors

724-463-1843  
1380 Wayne Ave.  
Indiana, PA 15701  
15% Discount on Gorell products  
through the on-site Factory Outlet

## Hoff Chiropractic Clinic, P.C.

724-479-0442  
8075 Rt. 286 Hwy W., Indiana, PA  
Complimentary consultation,  
examination, & any necessary x-rays.

