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MARQUETTE
GENERAL
Weight Management

Orthopaedic Surgery Associates
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Medicine



Member Shape Up! Report – Weeks 1 & 2

Deb Duquette



Exercise Report

Aerobic 4
Muscular Endurance 2
Food Log 2
Fit POINTS: 8
Waist-Hip ratio 0.88

Weight change since 1/19/09: -3.2 lbs.

Mark Mattson



Exercise Report

Aerobic 4
Muscular Endurance 2
Food Log 1
Fit POINTS: 7
Waist-Hip ratio 1.10

Weight change since 1/19/09: -5 lbs.

Teresa Kauppila



Exercise Report

Aerobic 4
Muscular Endurance 2
Food Log 2
Fit POINTS: 8
Waist-Hip ratio 0.89

Weight change since 1/19/09: -3.6 lbs.

Cathy Bolm



Exercise Report

Aerobic 2
Muscular Endurance 1
Food Log 1
Fit POINTS: 4
Waist-Hip ratio 0.96

Weight change since 1/19/09: -1.6 lbs.

Kenneth Wayne Mullins



Exercise Report

Aerobic 2
Muscular Endurance 2
Food Log 1
Fit POINTS: 5
Waist-Hip ratio 1.08

Weight change since 1/19/09: -10 lbs.

Helene Pytyck



Exercise Report

Aerobic 3
Muscular Endurance 2
Food Log 2
Fit POINTS: 7
Waist-Hip ratio 0.87

Weight change since 1/19/09: -0.8 lbs.

Susan Divine



Exercise Report

Aerobic 4
Muscular Endurance 2
Food Log 2
Fit POINTS: 8
Waist-Hip ratio 0.84

Weight change since 1/19/09: -0.5 lbs.

Jamie Dolan



Exercise Report

Aerobic 4
Muscular Endurance 2
Food Log 2
Fit POINTS: 8
Waist-Hip ratio 0.81

Weight change since 1/19/09: -0.3 lbs.

Barb O'Neill



Exercise Report

Aerobic 2
Muscular Endurance 2
Food Log 2
Fit POINTS: 6
Waist-Hip ratio 0.83

Weight change since 1/19/09: -0.2 lbs.

J. Bryan Dixon, MD MGH Sports Medicine



The Focus on Fitness group is doing aerobic exercise to develop cardiovascular fitness and resistance exercise to develop muscular fitness. Aerobic activities increase your breathing and heart rate. Resistance activities increase muscular strength and stamina by progressively challenging your muscles.

This combination of exercises helps to reduce body fat and increase muscle mass. This change in body composition leads to improved health, function and sometimes weight loss.

Most people can, and should, exercise; however, if you have heart or lung problems, a chronic disease or any unstable medical condition, make sure to check with your doctor prior to starting a vigorous exercise program. Our Focus on Fitness group is participating in a structured exercise program under the direction of American College of Sports Medicine Fitness Professionals and has been evaluated by a physician prior to starting the program.

Some tips for exercising safely include: increase duration and intensity gradually over time; always remember to warm up (slowly increase activity) and cool down (gradually stop activity). You should sense effort, even discomfort, but not pain. If you have questions about exercising check with a physician or exercise professional.

How Do We Measure Progress?

By Donna Marlor, RD,BSN,MA
MGH Weight Management



Getting fit and meeting weight goals takes a comprehensive plan. The Focus on Fitness members can earn a maximum of 4 points per week. Here's how:

2 pts = aerobic exercise 6/7 days/week,
1 point for 3-5 days/week

1 pt = muscular endurance exercise 3 days/week

1 pt = food log 80% of days/week

Why Measure Waist-to-Hip Ratio?

Waist and hip measurements were taken to provide a baseline measure of health risk. This critical measure of health status will be retaken at the end of 3 months, and during the final week of the program. What does Waist-to-Hip ratio mean? Health is not only affected by how much body fat you have, but also by where the fat is situated on the body. Around the middle (apple shape) is generally associated increased risk of diabetes, heart disease, and high blood pressure. Extra weight around the hips (pear shape), does not carry the same risk for disease.

Waist to Hip Ratio Chart

Male	Female	Vascular Health Risk Based on WHR
less than 0.9	less than 0.80	Low Risk
0.9 to 0.99	0.8 to 0.89	Moderate Risk
1.0+	0.9+	High Risk