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Orthopaedic Surgery Associates
OF MARQUETTE PC

Sports
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Member Shape Up!

Barb O'Neill



Exercise Report

Aerobic 5
Muscular Endurance 3
Food Log 3
Fit POINTS: 11

Weight change since 1/19/09: -12.0 lbs.

Mark Mattson



Exercise Report

Aerobic 6
Muscular Endurance 3
Food Log 3
Fit POINTS: 12

Weight change since 1/19/09: -28.0 lbs.

Teresa Kauppila



Exercise Report

Aerobic 6
Muscular Endurance 3
Food Log 3
Fit POINTS: 12

Weight change since 1/19/09: -33.0 lbs.

Cathy Bolm



Exercise Report

Aerobic 3
Muscular Endurance 3
Food Log 3
Fit POINTS: 9

Weight change since 1/19/09: -6.0 lbs.

Kenny Mullins



Exercise Report

Aerobic 6
Muscular Endurance 3
Food Log 3
Fit POINTS: 12

Weight change since 1/19/09: -43.0 lbs.

Helene Pytyck



Exercise Report

Aerobic 3
Muscular Endurance 3
Food Log 3
Fit POINTS: 9

Weight change since 1/19/09: -4.0 lbs.

Susan Divine



Exercise Report

Aerobic 6
Muscular Endurance 3
Food Log 2
Fit POINTS: 11

Weight change since 1/19/09: -19.0 lbs.

Jamie Dolan



Exercise Report

Aerobic 3
Muscular Endurance 3
Food Log 3
Fit POINTS: 9

Weight change since 1/19/09: -21.3 lbs.

How Do We Measure Progress?

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 3 days/week

Why Measure Waist-to-Hip Ratio?

Waist and hip measurements were taken to provide a blood pressure. Extra weight around the hips (pear shape), does not carry the same risk for disease.

**J. Bryan Dixon, MD
MGH Sports Medicine**



With longer days and warmer weather, it's the perfect time to get moving. Spring into fitness by applying the principles of the FOF program to see your own health bloom.

Remember, to get the health benefits, exercise for thirty minutes most days of the week. If you are trying to lose weight you will have to increase the intensity and interval to thirty minutes of moderate to vigorous exercise every day. And don't forget resistance training to improve your body composition and strength.

If you have arthritis or are significantly overweight, concentrate on low-impact activities, like biking or swimming, and resistance training. Consider using pedometers, heart rate monitors and seek assistance from an exercise professional to improve your chance of success.

No need for spandex, just set out to walk, hike, bike and bustle your way to physical activity every day. Learn a new sport or join a physically active club. Make the most of summer in the UP by making exercise part of your personal routine, your family culture and the center of your renewed focus on fitness!

De-Stress Your Diet

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



It's easy to imagine eating healthy in a calming spa-like environment of tropical flowers, soft music and balmy ocean breezes. But if your daily life is not one of catered meals, massage therapists, and bubbling jacuzzi's then it is very possible you may be using food to "de-stress".

Indulging in a bag of chips or late night pizza is not likely to provide a real solution to any of life's many stressors. In the long run, we all know that food is not an emotional therapist, and our problems must be faced.

What are some of the strategies the Focus on Fitness group has used to manage their stress in a healthy way? Here are some of their favorite techniques.

Get Moving – Whether it is done first thing in the morning, or after work, all the Focus on Fitness group members agree: exercise helps to reduce tension, and improve their mood. As one member said, "When I exercise first thing in the morning, it doesn't matter what the rest of the day is like."

Re-think 'Food as Reward' Mentality – Ironically, when some of the Focus on Fitness members began their exercise program, they started to gain weight. Why? Because they were using food as a reward for exercise! Although exercise does burn calories, it is far easier to eat more calories than you burn. Learning to use non-food rewards was one of the many lifestyle changes they had to learn how to do. What are some of the zero-cal rewards they now use? A trip to the hairdresser, a new bike, gym membership, yoga class and spending time on whatever they would like to do, not just what they have to do.

Keep the Mindset Positive – Everyone gets discouraged about the weather, economy, lack of free time, relationships, and on-and-on. It is easy to focus on the negative aspects of daily life. One of the best strategies to stay committed to a healthier lifestyle is to write down things that you are grateful for. Then post it. A written list will help you stay focused on things that are going right.