

Health & Fitness News



Mark A. Chapman
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Building a Healthier Community for the Future

I recently found an article about **small town of 5,000** in Colorado that built a 12.2 million-dollar, 57,000 square foot community recreation center. The facility includes a rock climbing wall; fitness center; gymnasium, indoor track; game room; community room; gymnastics; indoor pool. It is truly an amazing facility that provides a true center of their community. They have already reached and exceeded their goal of 2,500 members.

This town has made a big investment in the future of their community. It is nice to that small communities are realizing that fitness is very important to their community. The Clay County Community has grown by leaps and bounds. We have a beautiful fitness center with great support from members. Beautiful parks with great playgrounds and Frisbee golf courses show this

community is progressive. When people work together, they have the ability to make their community unique from any other in the state.



Food for Thought

There are new Dietary guidelines for Americans. The update incorporates new scientific research on food, nutrition and health to prevent disease. Here is a brief summary of the highlights that stand out in the guidelines:

Reduce sodium to less than 2,300 milligrams

Reduce solid fats and added sugar

Limit intake of refined grains, especially those with added sugar, fat and sodium

Shift to a more plant based diet (USDA food pattern, DASH diet and Mediterranean)

www.DietaryGuidelines.gov for the new guidelines.

MACWC Events:

5-23-11

Kick off for
Zumba Classes

05-27-11

A.P.E.
(Athletic Performance
Enhancement) training
for young adults

06-06-11

LEAP (Life Enhancement
Activities Program)
training for kids 4-8
years old

07-04-11

Independence Day



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KCLY Radio Mall
www.kclyradio.com

Now Available:

New Punch Card
Available. Get 12
visits at the
Wellness Center for
\$50.00 with no
expiration date.





"If it sounds too good to be true it usually is"

What is the HCG Diet?

This diet was once popular in the 1950s to treat obesity. The HCG diet claims that you will lose 1-3 pounds per day. According to the FDA officials this is a fad diet that is fraudulent and illegal according to a recent report in *USA Today*.

HCG is a naturally produced hormone associated with pregnancy. One of its roles is to mobilize fat to

deliver nutrients for the growing fetus. Sometimes HCG is even prescribed as fertility drug for women. The HCG is being marketed with a very low calorie diet of 500 calories. The diet mostly consists of lean meat and vegetables with small amounts of carbohydrates. Unregulated injectables and oral drops are easily found on the Internet and promoted with the diet.

There is no evidence that HCG products are effective for weight loss. Studies have found that HCG was no more effective than a placebo with a very low calorie diet. There is also no scientific evidence that HCG redistributes fat or reduces hunger as it claims. A very low calorie diet can be dangerous and should be monitored by a medical provider.

Can Weight Training save your life?

In my opinion, weight training or fitness can save lives. I'm not just referring to the benefits of strengthening your heart or reducing cholesterol. Weight training requires a dedication and mental

strength to succeed. As a person gets more involved in weights or fitness it requires certain sacrifices and making healthy decisions in order to achieve results. Many young men have told

stories how weight training was an influential part of their life path. I know a few people who have overcome drug addiction by working out. In my eyes that is a great recommendation.

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High Fiber Plan

Breakfast

Oatmeal with skim milk
(1.5 cups)
1 med. Bannana

Snack

Raspberries (1cup)
Greek Yogurt (6oz)

Lunch

Green Beans (1cup)
Vegetarian Black Bean soup
(1cup)
Whole grain roll

Snack

Fiber One Honey Clusters
Cereal (1cup)

Skim Milk (1cup)
Grapes (1cup)

Dinner

Caesar Salad (1cup)
Grilled Chicken (6oz)
Baked Pork and Beans (.5 cups)

TOTAL: 51 grams of fiber

Fiber is very important in reducing Coronary Heart Disease.

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"The heart of healthcare"