

A *free* AIKEN REGIONAL MEDICAL CENTERS
WOMEN'S HEALTH INITIATIVE

ISSUE 4



WINTER 2019

QUARTERLY

Have you made
YOUR RESOLUTIONS?

WORKOUTS:
Indoor vs. outdoor,
plus safety tips

NATIONAL WEAR RED DAY®
Saving lives, beating heart disease

Don't miss out! Join *we* today.


we
Women Enlightened
FOR BETTER HEALTH

Ashlee Brewer



welcome

Women Enlightened
FOR BETTER HEALTH

*“Take a leap of
faith and begin
this wondrous
new year by
believing. Believe
in yourself.”*

— SARAH BAN
BREATHNACH

Dear *we* community,

Christmas is my favorite time of year, as is all that comes with it – the traditions, lights, decorations, festivities, food and sweet treats, like cookies. I LOVE cookies! As a baker and cookie fanatic, I have never met a cookie I didn't love! I'll be the first to admit how difficult it is to stay focused on healthy eating and keeping up with fitness routines this time of year.

Luckily, we have January and New Year's resolutions to look forward to, right? It's very easy to say we are going to do something, but the follow-through is the tough part. But fear not, because we have some great suggestions on how to set realistic goals and resolutions. Remember, less can mean more. By focusing on just a couple of things, the outcome can be better than you expect.

If you are looking to change things up with your workouts, why not step outside and go for a walk on a cool, sunny day? You'll get some heart-pumping cardio in as well as a dose of Vitamin D. Don't be afraid to try something new.

We have a lot of exciting things planned for the coming year, so be sure to check back often for news about upcoming events. Be brave, go forth and conquer your challenges in 2019. I look forward to getting to know you and hearing your stories, and seeing you at an upcoming event.

Yours in sisterhood,

ASHLEE BREWER
DIRECTOR OF MARKETING, AIKEN REGIONAL

we CALENDAR OF EVENTS

NEW *we* MEMBER ORIENTATION

We want to make sure you understand all the benefits of the program. That's why we strongly encourage you to attend a New Member Orientation. If you are new to *we* and have not attended orientation, mark your calendar to attend an upcoming session, which includes lunch and a tour.

Visit aikenregional.com/nmo for upcoming dates

NATIONAL WEAR RED DAY®

February is American Heart Month, and it's also the American Heart Association's Go Red for Women® campaign. It works to save women's lives and beat heart disease, the number one killer of women.* On National Wear Red Day, support the movement by wearing red. Meet us at the fountain where we will take a group photo of those who wear red.

**American Heart Association*

Date: Friday, February 1

Time: 9 a.m.

Location: The Fountain on Newberry, Newberry St. SW, Aiken, SC 29801

SENIOR WELLNESS BREAKFAST CLUB

Get your day off to a healthy start with breakfast and an engaging discussion.

Topic: Getting back on track after holiday indulgence

Speaker: Darren Waters, MPH, BA, RN, Director of Outpatient Services

Date: Friday, February 8

Time: 9:00 a.m. – 10:00 a.m.

Location: USC Aiken

Alan B. Miller Nursing Building, Room 121
471 University Parkway, Aiken, SC 29801

Register at aikenregional.com/webc

CINDERELLA PROJECT

Aiken Regional Medical Centers along with our Caring for Carolina partners, WJBF Channel 6 and Bath Fitter, will help the SC Bar Young Lawyers Division (YLD) with this year's Cinderella Project, which provides free prom dresses and accessories to teens across the CSRA. If you have prom dresses, accessories or shoes you'd like to donate, please drop them off with the Marketing Department at Aiken Regional Medical Centers by February 28, 2019. The Marketing Department at ARMC is located on the 6th floor across from Classrooms A & B.

Date: March 2, 2019

Time: 9 a.m. – 12 p.m.

Location: The Mill at Millbrook Baptist Church, 223 South Aiken Boulevard, Aiken, SC 29803



New Year's resolutions for anyone



Merry De Leon,
MD, FABPN



Whitney O'Connor,
Director of Business
Development

A new year is right around the corner, and with it, the pressure to make and keep resolutions.

"By keeping your goals simple and realistic, you can set yourself up for a successful year," says Merry De Leon, MD, FABPN, a psychiatrist and Medical Director at Aurora Pavilion Behavioral Health Services at Aiken Regional Medical Centers. "Focus on what matters to you, and choose no more than two or three resolutions," she says.

Common resolutions include losing weight, working out more and getting to bed earlier, says Whitney O'Connor, Director of Business Development at Aurora. "But many people try to do too much, and then suddenly, by mid-January, a feeling of overwhelm and defeat creeps in," she says. "There's a reason why gyms and fitness centers are so crowded the first couple of weeks in January. Everyone has great intentions, but by the end of the month, it is usually back to its normal volume."

Make mini-resolutions

People tend to just give up due to being overwhelmed, especially when it comes to losing weight, explains O'Connor. "Someone might have a resolution to lose 50 pounds, which is a huge undertaking. But if you break it down into mini-resolutions, such as losing five pounds a month, it is much more achievable and realistic," she says. "And accomplishing that five pound loss by the end of the month will give you more motivation to keep going!"

Keeping it real, keeping it simple

Check out the following suggestions to keep you motivated for the whole year.

MIX IT UP.* Try a new fitness routine, like yoga or tai chi. It not only improves your strength, flexibility and posture, but lowers your blood pressure and pulse rate.

START SLOW AND WORK YOUR WAY UP.* When beginning a new fitness routine, don't try to do the maximum the first day. This can lead to sore muscles and possible injury, which can only slow down your progress. Also be sure to warm up and cool down properly.

GET MORE SLEEP. Aim for about six to eight hours of sleep each night. Don't forget to turn off electronics at least an hour before bed.

JUST SAY "NO." We live in a culture of being overcommitted, and many people have a hard time saying "no" to all kinds of requests. "Saying 'yes' when you really want to say 'no' only causes you more stress," says Dr. DeLeon.

LEARN SOMETHING NEW. There are plenty of websites that offer opportunities to join craft, sport or hobby groups, from amateur level to professional.

MEDITATE. It is great for relieving stress, increasing self-awareness and reducing negative emotions. It also teaches you mindfulness, which is being attentive to what is happening at the present moment. And, there are many free online resources to learn meditation.

CUT THE SUGARY DRINKS – DRINK MORE WATER. Staying properly hydrated is crucial to the body and the brain. Drinking at least 64 ounces of water a day helps reduce inflammation, aids in kidney function and promotes cognitive processes.

**Check with your healthcare provider before beginning any new routine.*



For more tips on wellness, health and fitness, visit [aikenregional.com/myhealth](https://www.aikenregional.com/myhealth).



Ancient coin from the Roman Empire.

The history behind New Year's resolutions

According to the History Channel, about 4,000 years ago, the Babylonians celebrated the new year in March, when they planted the season's crops. They also made certain promises, such as resolving debts or righting wrongs. They believed that making these promises and keeping them would result in having good fortune the next year.

But around 46 B.C., the Romans changed it to January 1 in honor of Janus, a two-faced god. They believed that because Janus had two faces, he could look back on the previous year and ahead to the new year. So they made sacrifices for the past and promises to Janus that they would do good deeds in the new year.

Over time, resolution making has evolved to what it is today, where people focus on improving certain aspects of their lives and make a resolution to do it beginning January 1.

Exercising during the cooler months



Janet Utz, MD

As the transition into colder weather happens, many people move their workouts inside to avoid the elements. "There are benefits to both settings from a cardiac perspective, but being outside is the optimal choice," says Cardiologist Janet Utz, MD.

Breathe the fresh air

Exercising outside is on a different level. Studies by the National Institutes of Health show that those who exercise outside experience more feelings of well-being and less stress and anxiety. You get the benefits of crisp, fresh air, a dose of vitamin D from the sun, scenery and a sense of vitality. "There are so many lightweight clothing options that make it easy to get a great workout in," says Dr. Utz. "You have more area in which to move and can break up your routine. Plus, you have less exposure to colds and viruses because you are not in a crowded gym."

But depending on your activity, you may get a more intense workout without realizing it. Running is a perfect example. "When you run outside, there are usually grades and slopes in the terrain, and also wind resistance. As a result, the body works harder because using different muscles and tendons is required to maintain your balance and footing," she states. You can actually burn more calories than if you were running on a level treadmill at the same speed.

More options inside

If you aren't a fan of the cold weather, a gym offers a variety of equipment and classes, and in some facilities, pools and saunas and even personal trainers. If you workout at home, you may have access to online classes, DVDs, some free weights, a yoga mat and perhaps a stationary bike or treadmill. "Doing a variety of activities will work more muscle groups in your body, which helps break up muscle memory," she says. "Try not to do all of your workouts just using a treadmill."

Check with your healthcare provider before beginning any new exercise routine.

If you like riding on a bike, a stationary bike can generate more of a calorie burn than riding outside, especially if you participate in a spin class. Lifting free weights, doing circuit weight training or using smaller weights during a cardio class can help build lean muscle and burn fat. If you are using the gym during cold and flu season, Dr. Utz advises wiping down the equipment with disinfectant prior to using.

Overall, it comes down to personal preference. If it's really cold outside and you have limited time, having the option to ride a stationary bike, walk on the treadmill or do a quick cardio workout on DVD is a great solution to help keep you on track with your fitness goals.

For healthy living tips, visit aikenregional.com/4health.





Staying safe while exercising outside

Don't let the chilly weather prevent you from enjoying a brisk walk or run, or any other activity. By taking the right precautions, you can benefit from the exercise and stay safe at the same time.

Check the weather

Know what to expect with temperature, wind, or precipitation so you can dress appropriately.

Carry your cell phone

In case of accident or injury, you will be able to call for help. Many cell phones also have a flashlight or emergency blinker feature, so in case you lose signal, you can still try to summon help.

Light it up

Wear reflective or light-colored clothing. It helps make you more visible to drivers.

Don't forget to drink up

It's important to stay hydrated before, during and after exercising in the cold. Dehydration is less noticeable in cold weather, so it can sneak up on you quickly.

Turn down the volume

If you wear headphones, keep the volume low enough so you can be aware of your surroundings.

Share your location

Let your family know where you are going and what time to expect you back, especially if you are going alone.

What to wear

Wearing three layers is your best bet with cold weather. The first layer absorbs moisture away from your body; the middle layer, wool, down or fleece, acts as an insulator; and the outer layer should be wind and water-resistant. Avoid wearing cotton as it traps moisture.

Pearl

HEALTH INCENTIVE PROGRAM

The Pearl Health Incentive Program promotes empowerment and personal responsibility. It is available to *we* members who complete the attached registration form and make an annual donation of \$20 to CanHope.

The Health Services Guide in your *we* new member packet provides an extensive list of available services at Aiken Regional Medical Centers. When you become a member of the Pearl Program, you will be given a screening booklet to track your health goals.

You will have the opportunity to complete five health services within a year of enrollment. After completing and documenting five services in your book, such as screenings, tests or physician visits, schedule an appointment with the nurse navigator. She will give you a certificate of completion, which you may redeem for a genuine pearl.

NAME

EMAIL ADDRESS

MAILING ADDRESS

PHONE NUMBER

Be sure to include a check or money order for your \$20 donation payable to: **CanHope**

Mail to:

***we* - WOMEN ENLIGHTENED
FOR BETTER HEALTH**

Aiken Regional Medical Centers
302 University Parkway
Aiken, SC 29801





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Embrace your life, **DEFY YOUR LIMITATIONS**

Orthopedic conditions can keep you from doing the things you love. But with a comprehensive range of advanced orthopedic services such as sports medicine, total hip and knee replacement, as well as a progressive rehabilitation program, Aiken Regional Medical Centers can help you enjoy life again.

Learn about our Orthopedic Services at aikenregional.com/ortho

