

"He who has health,  
has hope, and he who  
has hope, has  
everything."

-Ancient Proverb

### Special Points of Interest

- We are now up to 89 members!
- Free weights have been donated and a new bench has been installed. Come by and check out our new equipment!.
- Attending training? Pick up a form from SD&T to use the WTC for free on days you have training.

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Hours of Operation:  
Monday—Friday  
10:00—7:00

Manager:  
Jack Cameron  
803.896.9245

# The Motivator

SCDJJ WELLNESS AND TRAINING CENTER

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## Cardio Kickboxing Classes in Full Swing

The DJJ Wellness and Training Center is currently offering cardio kickboxing classes on Tuesday and Thursday from 5:45-6:30 p.m. Ramsey Makhuli, a certified fitness instructor, is leading the classes. Everyday around the country, thousands of people participate in similar kickboxing classes due to the unique, full-body workout it provides.

An important aspect of kickboxing is learning proper technique for multiple types of punches and kicks. During the kickboxing classes, Makhuli has participants use at least four forms of punches and two forms of kicks. These punches and kicks are designed to improve muscle tone and definition and to improve flexibility. Not only are arms and legs being



Fitness Instructor Ramsey Makhuli

toned, but the knee kicks and the twisting motion of certain punches can work abdominal muscles as well.

Throughout the kickboxing classes, Makhuli keeps participants' heart rates up with continuous cardio movement, such as grapevines, jumping jacks, and step-touches. This allows for maximum benefit to the heart and higher rates of calories

burned during the workout. In fact, an hour of cardio kickboxing can burn 500—800 calories!

Each class concludes with strengthening exercises and abdominal exercises to complete the full-body workout. Many participants of kickboxing classes report feelings of reduced stress after classes, due to the opportunity to release aggression in a positive environment.

The fee for cardio kickboxing classes is included in the regular membership fees. Non-members can participate for a fee of \$2 per class or \$8 per month of classes. For more information, please contact Celita Proffitt at [cbprof@scdj.net](mailto:cbprof@scdj.net) or 803.896.9160.

## A Word from the WTC Manager

OK, members, Thanksgiving is over. I ate good and I hope you did too. Now it's time to get back in the gym and stay focused on exercising. We have about three weeks until Christmas, so let's get our workout on so we can enjoy those Christ-

mas meals and desserts. You don't have to count calories as hard if you're still working out and burning it off. I look forward to seeing you guys in the gym and at kickboxing classes.

-Jack Cameron



Jack Cameron, WTC

## Strength Training a Necessary Component for Fitness

**It pays to join!**  
**Save money by**  
**paying in advance:**  
 \$2 per day  
 \$10 per month  
 \$30 per quarter  
 \$110 per year

**Thought for the Month:**  
*How can a two pound box of chocolate make a woman gain five pounds?*

### Sponsors of the Wellness and Training Center



Comments? Questions? Ideas? Contact Celita Proffitt with Staff Development and Training. 803.896.9160 or cbprof@scdjj.net.

As any trainer can tell you, strength training is a necessary component for complete personal fitness, regardless of a person's age or sex.

There are many reasons strength training can be beneficial. Below are just ten reasons to motivate you to get started:

- 1. Increased metabolic rate.** Strength training increases the body's metabolic rate, causing the body to burn more calories throughout the day.
- 2. Increasing and restoring bone density.** Inactivity and aging can lead to a decrease in bone density and brittleness. Studies have clearly proven that consistent strength

training can increase bone density and prevent osteoporosis. This is especially important to females.

- 3. Increased lean muscle mass and muscle strength, power, and endurance.**

Everyone can benefit from being stronger. We can work harder, play more, workout longer, and we can be more alive. We're able to do everyday things, like household chores, washing cars, and moving furniture easier.

- 4. Injury prevention.** A wide variety of injuries can

be prevented by having stronger muscles and joints.

- 5. Improved balance, flexibility, mobility, and stability.** Stronger and more resilient muscles im-

proves our balance, which means more comfortable living and fewer falls or accidents.

- 6. Decreased risk of heart disease.** Strength training can decrease cholesterol and lower

blood pressure, both of which are linked to heart disease.

- 7. Aids rehabilitation and recovery.** Having stronger muscles surrounding an injured area will allow it to heal faster.



See *STRENGTH TRAINING* page 3

## How to Help Your Body Survive the Holidays

The average person gains 7 pounds between Thanksgiving and New Year's Day. How can you make it through with minimal damage? First find out why you're eating, and then decide what foods to stay away from.

People indulge because of family traditions that involve food, or because of an increase of parties which can lead to alcohol consumption, or because of the emotional stress that comes with the holidays. Knowing your "food triggers" can help you antici-

pate when you may eat more and be prone to needless calories.

Before going to a holiday gathering, eat a light, snack that includes some protein. This way you'll be more full and less likely to load up on fattening appetizers and sweets. Limit portion sizes to one fist-full or spoonful. Eating slowly will help you to feel full and be conscious of what you have eaten.

Watch out for hidden calories in drinks. An 8 oz. glass of eggnog can have

600 calories! A Starbucks 16oz Eggnog Latte has 450 calories and the Gingerbread Latte has 200 calories. If you plan on drinking calorie-fueled beverages, remember to adjust your food amount accordingly.

Allow yourself two holiday indulgences each week. No one wants to go their holiday with no special treats or meals. However, remember that it is still crucial to find time to exercise daily, even if it's just a 20 minute lap around the mall while doing your holiday shopping. Additionally, the WTC will remain open on all days that offices are open. Add in a lunch time walk or an extra day of exercise and you can make it through the holidays safely.



## Strength Training

Continued from page 1

**8. Enhanced performance in sports or exercise.**

**9. Aging gracefully.** Strength training ensures we are strong enough to participate in aerobic activities, outdoor recreation and sports. Strong seniors fall down less, and if they do fall, are less likely to be injured.

**10. Feeling better and looking better.** Stronger muscles and joints can have a dramatic impact on posture and leaner,

toned muscles makes everyone feel better about their appearance. This all leads to improved self-esteem and increased self-confidence.

Many women are resistant to strength training and worry that using free weights and weight machines will give them a bulky, masculine physique. However, this is not true. Due to hormone levels and body composition, it is almost impossible for a women to develop a

large muscles, despite lifting large weights. For women who are concerned about this, a good option in weight training is to do more repetitions of an exercise at a lower weight.

As with all exercises, proper form is necessary to prevent injuries. Consult a personal trainer or seek the advice of WTC manager Jack Cameron before beginning a weight-lifting routine.



The WTC has hand-held weights ranging from 2 to 25 pounds.

## What's New at the WTC This Month

The WTC is now equipped to serve DJJ in a new way. The WTC recently acquired a 12 x 12 projection screen and a sound system that allows the space to serve multiple functions for the staff. This makes the gym a perfect space for meetings, programs, and team-building activities. The screen will be used in the WTC to

show aerobics videos or for entertainment while people are working out. Anyone who would like to reserve the gym should contact Jack Cameron at the WTC. Due to classes and workout schedules, afternoon availability is limited.

New free weights were recently donated by employee Mark Capron with the Mainte-

nance Department. The weights have already gotten much use and are enhancing members' workouts.

The last addition to the WTC is a new vending machine which provides snacks for refueling after a workout. Just remember, though, to keep the Snickers to a minimum!

*The WTC is available to employees and volunteers as a meeting space. To reserve the gym, contact Jack Cameron.*

## What Our Members are Saying about Us...

*The following "testimonial" was written by DJJ employee Melissa Boyd. Melissa works at Birchwood High School, where she is the chair of the Science Department.*

As the mother of three very busy children, I need a place to workout that is close by and economical. I also wanted to go to a place where I just

wouldn't be another face coming in the door. The DJJ Wellness and Training Center is all of that and more.

Every person that goes to the WTC is greeted by Jack. He is phenomenal and makes everyone feel welcome. I workout at the WTC at least three days a week to relieve

stress and get a well-rounded workout including both cardiovascular and strength training. After going for several months, I feel better and have more energy than before- I think I may have even lost a few pounds! I will definitely continue to use the WTC.

***"I wanted to go to a place where I wouldn't be another face coming in the door." - Melissa Boyd***



The Women's Studio is adjacent to the gym, in a sectioned off, private area. The Studio features its own sound system, playing high-energy music.

Have you visited the Women's Studio? It features 10 different stations that work different muscles, intermixed with cardio stations to keep your heart rate up. The equipment was donated by Cathie and Jim Firlein, members of the Friends of Juvenile Justice— We thank you!

In the Women's Studio, you receive a full-body workout in only 20 minutes! Ask Jack to give you a quick training on how to use the different machines and complete the circuit.

## WTC Grand Opening a Success

The WTC Grand Opening was held on November 17. Over 100 employees showed their support by either attending the health seminar or participating in the volleyball tournament and cardio kickboxing demonstration.

The winning volleyball team consisted of Youth Specialists, Juvenile Correctional Officers, and other staff from BRRC and the Detention Center. The team was undefeated! Thanks to everyone who helped with the event and showed support for the WTC!



## South Carolinians Need More Physical Activity

In recent years, the media has been spotlighting several health problems that are plaguing South Carolina. SC residents have high rates of diabetes, obesity, heart disease, and high blood pressure. Ironically, all of these conditions can be improved or prevented by one thing— physical activity.

In a study of South Carolinians, about 75% did not get enough physical activity. How much physical activity is enough? Experts recommend 30 minutes of moderate activity at least five days a week. That may seem like a large amount of time, but the activities can be done in spurts. For example, a person can do a brisk 10 minute walk during lunch and then spend 20 minutes doing a recreational activity after work. Thirty minutes is not hard to find if it is broken up throughout the day.

Common sense says that increased activity is going to improve obesity rates. Obesity affects 1 in 5 SC adults, meaning over 2 million South Carolinians are overweight or obese.

However, with obesity, comes a myriad of health problems which can be life threatening, such as type 2 diabetes and heart disease. Simply incorporating physical activity will have a significant impact on both conditions. With type 2 diabetes, physical activity can help reduce weight, which is the highest contributing factor to developing type 2 diabetes. Losing weight helps stimulate insulin production and physical activity can help metabolize sugar.

Physical activity also strengthens the art and improves blood circulation which can decrease risks of heart disease. A weight loss of just 5-10% can reduce the chance of heart disease— for a 200 pound person, that's just a weight loss of 10 pounds.



**One in five South Carolinian adults are obese.**

Many state initiatives are currently underway to encourage South Carolinians to become more active. Hospitals, agencies (such as DJJ), churches, and communities are all recognizing the need to make people aware of health risks and how easily they can be prevented. Remember, it's never too late to start leading a healthy lifestyle.