

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

-Ancient Proverb

Special Points of Interest

- We are now up to 102 members!
- Attending training? Pick up a form from SD&T to use the WTC for free on days you have training.
- A television with a DVD player is now positioned in front of the treadmill station. Bring a movie to watch while you exercise!

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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

VOLUME 2, ISSUE 1

FEBRUARY 4, 2008

First Table Tennis Tournament Starting Soon

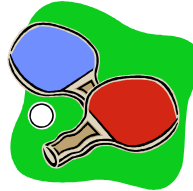
An unlikely sport has become popular at the WTC—table tennis. The two tables have drawn the attention of casual players who unwind after a workout as well as competitive, long-time table tennis players.

Due to the popularity, Jack Cameron is now organizing a table tennis tournament. The tournament will be held in late February or early March, depending on the number of players who register. The tournament will last over a course of several days, with matches being played between 5:00pm and 7:00pm.

You may be surprised to find out that table tennis has many fitness benefits and provides a good workout. Throughout a game, the body

stays in constant motion, moving the lower and upper body. Many muscle groups are engaged through all of the body, from the wrists down through the legs. Additionally, many joints move in a full-range of motion, which helps strengthen the muscles around the joints and facilitates with all daily activities. Table tennis also provides a mental workout. Not only must you react to your opponents shot, but the fast-pace requires you to plan your own shots while anticipating your opponent's move.

Any DJJ employee or volunteer may participate in the tournament. Anyone who is interested should contact Jack Cameron by February 15.



Free-Play Basketball is Back

With college basketball in full swing, many employees are starting to feel the itch to get back on the basketball court. The WTC is ready to help—free-play basketball is available to all employees, regardless of WTC membership, all day on Wednesdays. Pick-up games are encouraged and expected.



If you need an extra incentive to work on your jump shot, the WTC is sponsoring the Second Annual March Madness Tournament. Last year's tournament was a huge success with six teams participating. The date and details of the tournament will be determined by the number of teams who sign up. If interested in forming a team, contact Jack Cameron at the WTC.

Kickboxing Continued through February

Cardio kickboxing classes, originally scheduled through January, have been extended through February due to the popularity of the classes.

Classes are held every Tuesday and Thursday from 5:45—6:30 and are led by Ramsey Makhuli, a certified fitness instructor. Each class

combines stretching, cardio exercise, abdominal exercises, and strengthening for a full-body workout.

All fitness classes are included in the membership fees. Employees who are not members can pay either \$2 per class or \$8 for a month of classes.

Do you have ideas for fitness classes? Let us know what classes you're interested in! Email suggestions to cbprof@scdjj.net or drop a line in the suggestion box at the WTC.

WTC Member Featured in National Publication

Before



After



Marcie Calvert, a teacher at DJJ's Willow Lane School, was recently featured in a national publication for her incredible weight loss. The magazine, "Clean Eating" featured an inspirational story on Marcie who has gone from 411 pounds to 210 pounds— she's lost half of her body weight!

Marcie has been following Jay Robb's Fat Burning Diet since April 2006 and has been in contact with him during her weight loss. In fact, Robb recommended her story to Clean Eating. Since the publication of that article, other magazines have contacted

Marcie to feature her in their pages, including Women's World and First for Women.

According to the Clean Eating article, Marcie follows Robb's diet by eating a healthy, whole-food meal plan that alternates between low- and higher-carb days. She eats three healthy meals a day and no snacks. She incorporates lean proteins, such as chicken and fish, with fresh fruits and vegetables, and low-fat dairy products.

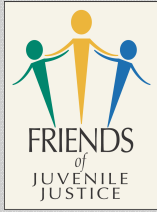
In addition to completely overhauling her diet, Marcie began incorporating exercise. Now she works out between 1

to 1 1/2 hours most days of the week. When she's at the WTC, she's either walking on the treadmill, doing circuit training, or riding the bike.

Marcie cites her three year old daughter Chrysa as her motivation to lose weight and become fit. "I knew I had to be there for my little girl," she says in the article. "I realized I was the only person she could count on—the only person who would run in the park with her."

Transformations such as Marcie's are not easy, but she's proof that with the right motivation and dedication, a healthier lifestyle is within anyone's reach.

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.

Men's Health Ranks Worst Foods in America

Everyone knows that it can be difficult to maintain a healthy diet when eating out. Even foods that may seem healthy often have hidden fats from cooking oils and cooking methods.



Recently, Matt Goulding from Men's Health magazine compiled a list of the worst foods in America. We're listing the ones you can find locally, but you can find a complete list at www.menshealth.com.

Which ones have you been indulging in? These numbers may surprise you and make you think twice before ordering.

Worst fast food chicken meal:

Chicken Selects Premium Breast Strips from McDonald's (5 pieces) with creamy ranch sauce: 55 grams of fat

Worst "healthy" burger: Ruby Tuesday Bella Turkey Burger: 71 grams fat

Worst Kid's Meal: Macaroni Grill Double Macaroni n' Cheese: 3,450 mg sodium, 62 grams fat

Worst sandwich: Quizno's Classic Italian (lge): 92 grams fat

Worst steak: Lonestar 20 oz T-bone: 1540 calories

Worst dessert: Chili's Chocolate Chip Paradise Pie with Vanilla Ice Cream: 77 grams of fat

Worst chicken entrée: Chili's Honey Chipotle Crispers with Chipotle Sauce: 99 grams fat

Worst Pizza: Uno Chicago Grill Chicago Classic Deep Dish Pizza: 162 grams fat

Worst pasta: Macaroni Grill Spaghetti and Meatballs with Meat Sauce: 128 grams fat

Worst starter: Chili's Awesome Blossom: 203 grams of fat

Worst food in America: Outback Steakhouse Aussie Cheese Fries with Ranch Dressing: 2710 Calories

Get Your Exercise Started on the Right Foot!

One of the biggest mistakes made by people starting an exercise program is not having proper footwear. Even if you plan on just walking a few laps during a lunch break, your footwear can make a big difference in your comfort level and affect your muscles from your feet all the way to your back.

Almost any exercise is going to put an impact on your feet—walking, running, biking, floor exercises. Having sore feet can prevent you from wanting to exercise and limit the amount you can do. Plus, not having enough support in your shoes can easily cause muscle and joint pain due to the impact and stress on your feet. Dr. Kathy Kaehler, a celebrity fitness instructor and consultant, gives the fol-

lowing tips to consider before starting an exercise program:

*** Invest in good shoes.** Not just any shoes, but shoes that are specific for the activity you're going to be doing. Buy running shoes for running, walking shoes for walking, or cross-trainers for other activities. Make sure they fit properly, especially at your arches.

*** Stretch.** Yes, you can stretch your feet. Keep your feet flexible by pointing and flexing your toes. Another easy stretch is to take your shoes off and roll your foot over a tennis ball. This helps stretch your arches.

*** Replace worn sneakers.** Shoes should be replaced about every 6 months. In addition to poor support leading to joint and muscle pain,



It is important that your sneakers are made by a reputable shoe company. With so many to choose from, you are certain to find a perfect fit.

worn shoes can cause blisters which can be very painful on the feet.

*** Get help for sore feet.** See a podiatrist if you have consistent pain. It could be something small like an ingrown toe-nail or something more troublesome such as tendon inflammation. Early treatment will get you back on your feet and exercising the quickest.

Celebrate Your Heart on Valentine's Day

Valentine's Day is a time celebrate our love for others. This year, show your love for yourself by being "heart healthy." You may be surprised at how some typical Valentine's Day traditions can actually improve your heart's health.

The tradition of "wining and dining" can be helpful to your heart—in moderation. According to the American Heart Association (www.americanheart.org), studies show that drinking red wine has a benefit to the heart. Red wine is rich in antioxidants such as flavonoids which can decrease the chance of heart disease, lower bad cholesterol and increase levels of good cholesterol. However, these antioxidants are also present in

red grapes and can be derived from eating grapes or drinking grape juice. Small amounts of alcohol can also increase levels of HDL (good cholesterol) and help prevent blood clotting. It is important to remember that these benefits occur in moderate use—defined as one glass of wine per day for women and two glasses per day for men.

Don't feel like you have to bypass all of the Valentine's Day chocolate! Dark chocolate also contains flavonoids and has the same benefits of wine. However, even dark chocolate can be high in fat so limit consumption to small servings. There are also chemicals in chocolate which stimulate the brain into secreting serotonin and endorphins which

create pleasurable sensations in the brain and can alleviate some feelings of depression.

And of course, there is no need to leave out the "love" part of Valentine's day. Studies show that people who have satisfying, close relationships with their family, friends, and romantic partners have lower instances of heart disease and lower stress levels. So go ahead, sip a glass of wine, eat dark chocolate, and spend the time with the ones you love. Your heart will thank you for it.

"There are chemicals in dark chocolate ... which can alleviate some feelings of depression."



Cold Winter Weather can Increase Joint Pain

Increased problems with joint pain and arthritis is common in the winter months once the temperatures start to drop. Doctors, however, have been conflicted over the medical reasons behind the pain.

Doctors have several theories on the reason pain increases. First, the cold weather may force the body to circulate blood differently than in warm weather. The body may circulate less blood in order to conserve blood around the heart. As a result, joints become stiffer and pain can increase.

Another possibility for increased joint pain is the drop in barometric

pressure that often occurs in the winter months. This drop in pressure is linked to arthritic pain, which would also explain the tendency for people to feel more pain before and during rain and snow. With this theory, it is possible for people to predict the weather based on physical sensations!

With decreased circulation and colder weather, it can be difficult for skin to maintain the same temperature as in the summer months. In fact, the skin on someone's hands may drop to as low as 70 degrees, which is 20 degrees lower than normal body temperature the rest of the year. When skin is colder, pain sensors work more

which makes people more susceptible to painful sensations.

How can you combat the winter joint pain? Doctors have a few suggestions:

1. Stay warm by staying outside for short amounts of time. Wear long sleeves and layer clothing as much as possible.
2. Keep your household temperature between 70—75 degrees.
3. Use a heating pad on a joint that is giving you a particular problem (do not use a heating pad for more than 15—20 minutes at a time)

Source: Meridian Wise and Well

2008 Spring Fling for Wellness Coming Soon

How many times have you said to yourself, "I no longer want to be a couch potato. I want to live a healthier life"? You can do it! Spring is just



around the corner and so is DJJ's Spring Fling for Wellness – the perfect beginning for a new you.

On April 10, the 2008 Spring Fling for Wellness will debut at our new Wellness and Training Center on Shivers Road. Throughout the day, we will be offering inspiring and exhilarating activities and health screenings to guide against illnesses and enable a healthier body. Health professionals will be on hand to provide health information and

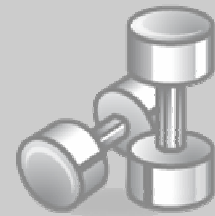
answer questions. More detailed information on the day's activities will be announced soon.

A key component to a healthy lifestyle is early detection of health risks. Screenings can provide insight to illnesses you are at risk of developing or may have already developed without your knowledge. Some conditions, such as high blood pressure, high cholesterol, and diabetes, can be hard to identify without health professionals.

Don't forget, membership to the Wellness and Training Center is opened to all DJJ employees and volunteers. For membership information, call Jack Cameron at 896-9245.

Thought for the Month:
Our health always seems much more valuable after we lose it.

It pays to join the Wellness and Training Center!



Save money by paying in advance:

\$2 per day

\$10 per month

\$30 per quarter

\$110 per year