



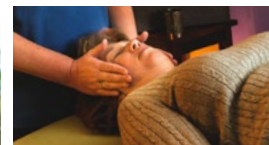
8300 Health Park
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Spring 2014 NEWSLETTER



Upcoming Events

Kids Training Event-Complimentary

Sports & More Physical Therapy, Carolina Family Practice & Sports Medicine and Healthy Diets
Saturday, February 22 | 1 p.m. to 3 p.m.

The American Institute of Healthcare and Fitness
8300 Health Park Drive - 27615

Get Your Rear in Gear

Saturday, March 1 | registration begins at 7 a.m.
5K Run/Walk Sponsored by Raleigh Endoscopy

At the Fred Fletcher Park For more information
visit www.getyourrearingear.com

AIHF Kids In Training Da-KIT-alon

Saturday, March 8 | noon to 4 p.m.

For more information & to register visit
www.kidsintraining.org

AIHF Women's Event & Luncheon

Saturday, May 3, | 8 a.m. to 2 p.m.

Visit www.aihf.net for more information
Email info@aihf.net to register

Sports Physicals for Fall Sports

Tuesdays, May 14 | 6 p.m. to 8 p.m.

Performed by Carolina Family
Practice & Sports Medicine

New to AIHF

Triangle Orthopaedic Associates, P.A. Now Offers:

Rheumatology services at the AIHF location as well as comprehensive Orthopaedic care. Orthopaedics are provided by Dr. Paul Kerner, Dr. Brett Rosenberg, and Dr. John Solic. Rheumatology as well as Allergy and Immunology are now provided Dr. Elliot Kopp.

For more information please visit
www.triangleortho.com

All events will be held on the
AIHF campus, **8300 Health
Park** in Raleigh unless noted

How Your Lifestyle Affects Your Health



No one wants to find out that they have cancer or that they've suffered a stroke. Yet some people may feel helpless in preventing these conditions, thinking that they are genetic or a matter of bad luck. Fortunately, that is not true. The lifestyle choices you make can significantly reduce your chances of contracting a serious illness or disease.

"Lifestyle affects health in so many ways," explains Dr. Rig Patel, a Gastroenterologist with Digestive Healthcare.

"Diet is a very important aspect for the body in terms of function and disease. Our body needs the correct fuels to work optimally. Putting the wrong balance of foods, or food high in oxidants, into your body can be harmful and can accumulate. We believe there are now many dietary factors that are associated with the development of cancer."

However, diet is not the only important lifestyle choice that can affect health.

'Lifestyle' includes many other factors such as exercise, adequate sleep, relaxation techniques,

and even regular bowel habits, all of which can affect not only the body's physiology, but general well-being and even mood," Patel says.

Flo Moses, the president of Sports & More Physical Therapy a provider at the American Institute of Healthcare & Fitness, adds, "Developing a healthy attitude toward fitness, nutrition, adequate sleep and good emotional fitness is essential to a successful life – i.e. one in which a person can self-actualize and identify their strengths and talents and utilize them to pursue fulfilling dreams and goals."

**SPORTS & MORE
PHYSICAL THERAPY, INC.**

Exercise is also an essential component of a healthy lifestyle. Regular exercise can help you to maintain a healthy weight, get more restful sleep, regulate your moods, and reduce your risk of developing serious diseases.

Dr. Carol A. Trakimas of The Dermatology Center of Raleigh cautions that if you exercise outside or spend a lot of time engaging in outdoor activities, it is important that you take the proper precautions to protect your skin.

"Sunlight contains UV rays that we now know are a clear carcinogen," Trakimas says. "Not only does exposure cause skin cancer, but it also contributes very strongly to early signs of aging."

Trakimas recommends using sunscreen regularly and wearing protective clothing, regardless of how active you are or how much time you spend outside. "The rise in the rates of skin cancer is alarming, particularly in adolescents," she says.

In addition, Patel says that some of the most dangerous lifestyle factors include not getting enough sleep, eating a poor diet, consuming excess sugar, not getting enough exercise and smoking.

"Make a commitment to yourself, then plan well. For example, plan the evening before what you will eat the following day at work. Pack a healthy meal and snacks so you have healthy food available to you." Patel says. "Set yourself reasonable goals and plan good reward mechanisms. Do all these for yourself. Also, talk to your doctors to make sure you have had all your preventative health screens." ■

If you would like to receive an e-copy of
HealthFit, please sign up at www.aihf.net.

Published quarterly by American Institute of Healthcare & Fitness
Direct comments to Jennifer Roberson at info@aihf.net.





PROVIDER SPOTLIGHT

Improve your health and reduce your risk of serious disease starting today at Healthtrax!

Sound too good to be true? Well, it's not! It's actually pretty simple; start a new fitness routine at Healthtrax and get healthier. Exercise can be a miracle drug, but it is up to you to take it.

Just 150 minutes of exercise a week can produce life-changing results:

- * Lower your risk of diabetes, stroke, high blood pressure, cancer and osteoporosis
- * Improve the health and functioning of your heart
- * Maintain a healthy weight
- * Build muscle
- * Increase flexibility and balance
- * Reduce stress and keep depression at bay
- * Sleep better

You get even greater benefits when you combine aerobic exercise, such as running or cycling, with strength training. Healthtrax offers various fitness methods for all levels of exercise.

Healthtrax Fitness & Wellness offers a variety ways to get healthy through exercise. In our comfortable, spa-like environment you'll find:

- **60+ motivating group classes each week including; Zumba, Cycling, Yoga, Pilates and Aqua classes**
- **New functional training area and equipment**
- **Aquatics center with lap pool, whirlpool, sauna and steam room**
- **Personal and group training**
- **Free Healthy Start fitness orientation program with a trainer**
- **Outdoor walking trails**
- **Women-only private fitness area**
- **Basketball & court sports**
- **Babysitting & kid's programs**



With a 30-day money back guarantee, trying Healthtrax is risk free! In fact, your first workout is free with the 1-day guest pass found on page three.

For a free Healthtrax tour call 919-847-2393 or visit Healthtrax.com. We are located on the first floor at the American Institute of Healthcare & Fitness.

Let Healthtrax Fitness & Wellness help you move toward better health. You'll be feeling great in no time. Well, in 150 minutes! ■

HEALTH FIT Q & A

Dr. William Parsons MD, FACC, RPVI of Carolina Cardiology answers your questions about Healthy Living.

Q To what degree does lifestyle affect heart disease?

A "Lifestyle plays a key role in heart disease. While positive lifestyle choices can improve your heart health, negative lifestyle choices can cause damage to your heart and your body's circulatory system. As a cardiologist, many of my patients have already developed heart disease by the time I see them in the office. Ideally, I'd prefer to help people prevent heart disease by encouraging the following healthy lifestyle tips:

Know your numbers. Have your cholesterol, blood pressure, body mass index and glucose checked regularly by a physician who can help you understand your results and manage potential risk factors.

If you smoke, quit. Smokers are 4-times more likely to develop heart disease and 2-times more likely to have a stroke than nonsmokers.

Get active! The American Heart Association recommends at least 30 minutes of moderate-intensity aerobic activity five days a week.

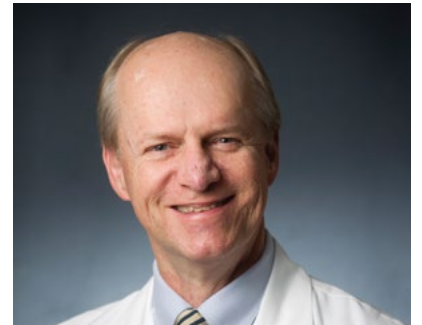
Manage your weight. Losing just 10 to 20 pounds can help lower your heart attack risk, as well as your risk for diabetes, high blood pressure and high cholesterol."

says Dr. Parsons.

Q What measures should you take from a lifestyle and diagnostic standpoint to address the potential for heart disease?

A "From a diagnostic standpoint, the best first step is to establish a relationship with a primary care physician and be sure to have at least one visit per year where your physician reviews your health history, any changes in your health, and performs routine labs to monitor potential risk factors for heart disease.

On the lifestyle side, be sure to listen to the advice your primary care physician gives you. While there are basic guidelines that apply to most every individual is different. Your primary care physician can help you understand your personal risk factors and how you can help prevent the potential for heart disease based on your overall health. In certain cases, your primary care physician may refer you to a cardiologist to help to reinforce these important lifestyle measures and to limit your cardiovascular risk." ■



Dr. William Parsons MD, FACC, RPVI of Carolina Cardiology.



Carolina Cardiology

Spring Coupon!



Present this coupon and get **Free 1-Day Fitness Pass***

Take a class, go for a swim, or workout!

919-847-2393
Healthtrax.com

* Fitness pass is valid for local residents and first time promotional visitors in past 6 months, over the age of 18 only. Pass expires 4/30/14.

Avocado- Corn Salsa

Ingredients

- 1 medium avocado, diced
- 3/4 cup frozen corn, thawed
- 1/2 cup quartered grape tomatoes
- 1 tablespoon chopped fresh cilantro
- 2 teaspoons lime juice
- 1/4 teaspoon kosher salt

Preparation

Toss ingredients together and serve with chips, meat or tacos!

Nutrition per serving: 101 calories; 7 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 11 g carbohydrates; 2 g protein; 4 g fiber; 75 mg sodium; 339 mg potassium

This recipe is brought to you by your Friends in Good Health at Boylan Healthcare www.boylanhealthcare.com



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