

# PREMIERE FITNESS

**Ashtabula County  
Medical Center**  
ACMC Healthcare System

An affiliate of



## APRIL NEWS

April 2010

### News and Updates...

- ⇒ Premiere will be closed on **Easter Sunday** (April 4). We wish you and your family an enjoyable **Happy Easter!**
- ⇒ Mark your calendars now! **The Salon at Premiere** is planning for their Earth Month event on **Friday, April 9**. From 3-6pm Nicole and Jessica will be providing *complimentary* mini-facials and makeup touch-ups. Appointment is necessary, please call ahead. Also, discontinued Aveda makeup will be offered at 25-50% off!
- ⇒ Our **Health for Life program** has reached the half-way point. Our 200+ participants continue to drop the pounds and improve their well-being. The next few educational classes are April 7 (Dr. Talih speaking on stress/depression) and April 21 (David Bauer from Cleveland Clinic speaking on wellness) in ACMC's Solarium at 12 noon and 6pm.
- ⇒ We are continuing to go through the appropriate processes to replace the **Sauna in the women's locker room**. We realize this may be an inconvenience for some members but it is our goal to have this replaced as soon as possible.
- ⇒ As a reminder, please take the time to read over and promote our **Safety Precautions and Policies** which are posted throughout the center, including the locker rooms. These rules and policies are designed for your safety and enjoyment.
- ⇒ **Help Us Help You** - Towels have been disappearing and we enjoy providing you with this free service, BUT if we don't have the towels, we can't provide the service. At the suggestion of one of our members, **April 12 - 18** will be "Amnesty Week." We will have towel hampers in both locker rooms for those of you who may have ended up with towels in your gym bags by accident. No problem, just bring them back and put them in the hamper so we can continue this service.

### It's Spring time!



#### SPRING HEALTH TIPS

**Get Ready for Allergy Season**—Don't be stuck using anti-histamines all spring, consider some natural therapies. Candida, liver or colon cleanses can be effective for allergy relief.

**Become an Early Bird**—Studies have shown people who wake up earlier are healthier than night owls who completely miss the morning light. Especially after the winter, take advantage of the vitamin D that the morning light provides.

**Get Dirty**— Bring out the inner kid in you and work and play outside. Exposure to bacteria is important to build healthy immune systems. So go play in the mud like you did as a kid!

**Eat Spring Like** — Spring baby greens are excellent for bone health and the digestive system. They increase digestive juices and enzymes in your liver, pancreas and stomach.

**Stop and Smell the Tulips**—Stop multi-tasking once in a while and breathe in all the fresh air. Spring is full of transition and promise so enjoy it!

**Get FIT, Stay FIT**