

# Living Well

EMPLOYEE HEALTH & BENEFITS

## Stall Talk



Copies available at [tpm.scgov.net](http://tpm.scgov.net) or from Angela Deem at [adeem@scgov.net](mailto:adeem@scgov.net)

### Fitness for Spouses!

Spouses of SCG employees can now access the Fitness Center at 2817 Cattlemen! If your spouse already has access to the Administration Bldg Fitness Center at 1660 Ringling, their card is now programmed for the Fitness Center at 2817 Cattlemen Rd. Please note this is a trial period and hours may be restricted in the future depending on usage during busy times. For applications, please visit the TPM website (Living Well Program page)

<http://tpm.scgov.net/BenefitsFitnesscenters.asp>.

### Health & Wellness Classes:

CPR Training (1FIT1020)

04/13/07 (Friday)

2817 Cattlemen

8:30am-noon

Exercise Boot Camp classes

04/10/07 – 05/17/07

Every Tuesday & Thursday for 6 weeks

Terrace Bldg

5:30pm-6:30pm

OR

(Mondays & Wednesdays for 5 weeks)

04/16/07 – 05/16/07

Twin Lakes Park, Rm A

5:45pm-6:45pm

Nutrition & Your Health Challenge (10 weeks)

06/04/07 (Mondays for 10 weeks)

Twin Lakes Park

Noon-1:30pm

To Register for any of the classes, please visit

TRAC

<https://trac.co.sarasota.fl.us>

### Preventing Osteoporosis:

#### Exercise Really IS the Best Medicine

The BEST (Bone Estrogen Strength Training) Study found that after 1 year of being assigned to either a group who exercised, took calcium supplements, were on hormone replacement therapy (HRT) or any combination of the above had the following results:

- With HRT, calcium supplements, and exercise: participants had an increase in their bone mineral density (BMD) by approximately 1-2%.
- Participants not on HRT *BUT* taking a calcium supplement *and* exercising had an increase to their BMD by approximately 1%.
- Participants who were on HRT *and* taking a calcium supplement *BUT* did not exercise, had a negligible change in their BMD.
- Participants not on HRT *and* not exercising *BUT* taking calcium supplements actually had a significant decrease in their BMD.



Lessons learned, resistance exercise and the effects seem to be dose responsive. That is, the women who lifted the most weight experienced the greatest improvement in their BMD. Adequate Iron intake or supplementation is also crucial in maintaining one's BMD. By participating in a program of weight-bearing and strength-training resistance exercise 3 days a week, combined with consuming an average of 1,700 mg/day of calcium and a dietary iron intake or supplement, women should be better equipped to maintain or increase their bone density.

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