



SAINT FRANCIS SPORTS MEDICINE

Making athletes of all ages BETTER, STRONGER, FASTER since 1995.

- ⊕ **New Fitness Plus in Dexter to Offer Full-Service Fitness Services**
- ⊕ **Personal Trainers Provide Additional Benefits Beyond Coaching**
- ⊕ **Don't Overlook the Obvious When It Comes to Preventing Injury**

Fitness Plus Highlights Saint Francis Health Center in Dexter

Dexter-area residents soon will have access to a modern facility designed with the health and wellness needs of patients and exercise clients in mind when Saint Francis Health Center opens July 5 featuring Fitness Plus.

Saint Francis Health Center, located at 1212 Saint Francis Drive near US 60 Outer Road and Harris Drive, will include primary and urgent care; cardiac specialists; OB/ GYN specialty care; Weight Loss Solutions bariatric clinic; physical therapy and rehabilitation; imaging capabilities; and lab and X-ray services.

The Fitness Plus portion of the Dexter campus includes three fitness areas that feature free weights, functional training and cardio. Clients and patients of all ages and fitness levels will have access to an array of advanced strength and conditioning options including:

- 3-lane lap pool
- Indoor track
- Gymnasium for basketball, volleyball and fitness
- Group fitness classes
- Physical therapy and massage services
- Locker rooms
- Steam room and whirlpool

Personal trainers also will be available for individualized coaching.

Click here to read to learn more about the benefits of using a personal trainer.

SERVICES

Athletic Republic™	573-331-5345
Concussion Clinic	573-339-4544
Injury Screening	573-331-5153
Impact Testing	573-331-5980
Outpatient Rehabilitation.....	573-331-5153

**SAINT FRANCIS
MEDICAL CENTER**
SPORTS MEDICINE

Medicine to the Highest Power

For more information, please visit
www.sfmc.net or call 573-331-5153.

Saint Francis Health Center and Fitness Plus in Dexter will host a free open house on July 22 from 4-7 pm. The event will feature complimentary snacks and beverages, beneficial health screenings and tours of the facility.

New members who sign up by July 1, 2016, can take advantage of a reduced “presale” enrollment fee of only \$19 and obtain a free Fitness Plus Dexter T-shirt while supplies last.

Stop by the temporary membership office outside the Saint Francis Health Center in Dexter to ask about individual, family and corporate membership options, or call 573-614-3636 for more details.

Don't Overlook the Obvious When It Comes to Preventing Injury

Whether you are a beginner, rediscovering exercise after an extended absence, or an experienced competitor, injuries are part of the game. However, a consistent focus on injury prevention can minimize your risk and keep you from landing on the disabled list.

“Some of the strategies we encourage people to include in their workout programs are relatively common sense, which unfortunately makes them easy to ignore and viewed as unimportant,” said Kirt Burger, PT, MCMT, physical therapist at Saint Francis Medical Center. “On the contrary, these strategies often are the most important parts of your exercise routine.”

Warming Up

It sounds obvious, but taking time for a proper warmup is one of the best things you can do to prevent injury. Too many people rush right into the meat of their workout without performing the critical step of including some light cardio exercises as simple as jumping jacks

Warming up serves to deliver blood and nutrients to the body so it can perform the activities of exercise. It signals the brain, heart and other critical body functions that a higher level of activity is around the corner.

Stretching

Dedicating a portion of your warmup routine to stretching will increase your flexibility, as well as contribute to your body's workout readiness. Since the main portion of your exercise program likely requires your muscles to perform outside their resting state, stretching can be the single most important step you can take to prevent muscle pulls.

Stretching isn't just for the pre-exercise phase of your workout. Postexercise stretching provides the

intermediate step your body needs in slowly returning to a resting state. A little light jogging and moderate stretching can nip any potential stiffness in the bud and make it easier to get moving again next time.

Hydration

Giving your body a sufficient supply of water, especially during the physically demanding summer weather, will enhance performance levels, as well as making sense.

Proper hydration involves more than just gulping a few ounces of water before and after exercise. Incorporating water consumption into your daily activities enables the body to gradually build up its water supply at the cellular level without liquid sloshing in your stomach.

Nutrition

Closely related to hydration, good nutrition should be an everyday focus for any athlete. Providing the body with the right type of fuel to perform at optimal levels is an elementary concept, yet one that's easy to ignore. Old eating habits die hard.

The right mix of proteins, carbohydrates and fats provides the energy athletes need to work hard and stay strong during exercise. Eating a meal rich in carbohydrates about three hours before exercising is an effective plan.

Carbohydrates are a key energy source because they break down into glucose, which serves as the body's primary fuel. The body stores some glucose in the muscles as glycogen, which the body can consume during exercise and avoid accessing the protein stored in muscles.

Avoid sugar prior to exercise at all costs. After an initial spike in blood-sugar levels, the body will release additional insulin to bring those levels back into balance. The result is a drop in blood-sugar levels and a sudden feeling of fatigue or low energy.

Rest, Rest, Rest

As tempting as it might be to work out every day, you'll be better served in the long run by taking at least one day off per week. Your body needs the break to recuperate and repair damage at the cellular level.

Think of your rest day as preventive maintenance for your body. Listen to your body and take it easy on days when you just don't have it. Poor form, often caused by fatigue, is one of the leading causes of injury.

For more information about preventing injuries during exercise, please call the Sports Medicine team at Saint Francis Healthcare System at 573-331-5153.

Your Personal Trainer Can Put You on the Fast Track to Success

The numerous benefits of working with a personal trainer range from having a cheerleader in your corner to sport-specific expertise. Perhaps the most significant advantage clients of personal trainers enjoy is that of accountability.

“Individuals who team up with a personal trainer are much more likely to maintain their exercise program than those who try to go it alone,” says Robert Harper, BS, HFS, personal trainer at Saint Francis Healthcare System’s Fitness Plus. “It’s very rewarding to help our clients make consistent progress toward their health and wellness goals.”

Dexter-area residents soon will have local access to personal trainers and top-flight facilities when Saint Francis Healthcare System opens its new Fitness Plus facility on July 5. [Click here](#) to learn more.

Benefits of Using a Personal Trainer

There are many reasons people at all levels of fitness find value in working with a personal trainer. From world-class athletes to exercise beginners or people starting their first workout program in many years, Fitness Plus clients benefit from the expert guidance and support their personal trainers provide to stay on track.

Accountability

Personal trainers are part master motivators and part exercise experts. They can design an individualized program appropriate for your level of fitness, age, health and goals. Keeping your appointment with your trainer is the best way to stay on schedule and avoid blowing off your workout.

Personalized Programs

Nutrition, appropriate rest and other aspects of fitness that fall outside the scope of designing an exercise routine are additional areas of expertise provided by your personal trainer. Improving your overall well-being is a foundational goal, with specific exercises completing your fitness picture. These professionals are called “personal” trainers for a reason!

Proper Technique

Injuries are the quickest way to turn a well-intentioned exercise newbie into a discouraged spectator. Personal trainers are equipped with the knowledge to teach you how to use equipment properly, perform stretches and other exercises correctly, and generally keep you in

the game. Learning how to move efficiently and safely can make your exercise program that much more enjoyable.

Injury Rehabilitation

Unfortunately, injuries can occur despite the best efforts of athletes and their coaches. Too often athletes attempt to push through injuries too quickly only to make them worse or create new problems. Your personal trainer can devise a series of exercises that enable you to maintain progress while allowing your injury to heal. An injury doesn’t necessarily have to be a ticket to the sideline.

Sport-Specific Training

Do you want to get your body better prepared to excel at your particular sport? Personal trainers know the best exercises to help you develop the flexibility, strength and agility you need. Athletes in every sport can benefit from strength training, conditioning and other exercises designed to enhance performance and have more fun.

Faster Results

There’s no question that getting into better shape takes time, but a personal trainer can help you get the most out of your workout time and make faster progress toward your goals than most people can on their own. The combination of accountability, coaching, support and personalized programs create a fast track to success.

For more information about personal training through Fitness Plus facilities, please contact Fitness Plus in Cape Girardeau (573-331-3355) or in Dexter (573-614-3636).