Wellness-Is It In You

By: By Derek Spinney, PT, CSCS Director of Rehabilitation Services Eisenhower Medical Center

Instructor Maria alvarez guides students through the slow, fluid movements of Tai Chi at the Eisenhower George and Julia Argyros Health Center in La Quinta

A popular sports drink advertisement asks the question, “Is it in you?”Wellness is a term used to describe the state of one’s health at a given time — whether it is good…or not so good.Many factors contribute to your state of wellness that you can control, and your efforts and degree of commitment in these areas are a lifelong investment which will pay many dividends.

Wellness means achieving and maintaining a healthy weight, getting optimal nutrition, exercise, staying young, staying fit, and taking steps to prevent disease. Taking control of your life, health, and well-being gives you the best chance for living a full and rewarding life. We all have the potential to choose wellness if we so desire — so it is in you!

The Six Dimensions of Wellness

To live a well balanced life, which includes reducing physical and emotional stress, consider the six dimensions of wellness: physical, mental, emotional, social, vocational and spiritual. Starting on your journey to wellness can be very educational and a lot more fun than you may imagine.

Eisenhower Medical Center has many ways to help you on your journey to wellness.We offer many programs that range from wellness lectures, educational classes, and exercise classes to self-help programs and support groups for those who are already dealing with health issues. The following are some of the Eisenhower programs that address the six dimensions of wellness.

Wellness Lectures

Lectures on specific topics of interest are offered year round at the Annenberg Center for Health Sciences at Eisenhower and the Eisenhower George and Julia Argyros Health Center in La Quinta. Recent topics have included “Introduction to Smart Aging,”“Muscle Up Your Memory,” and “Achievable Fitness Goals — Keep Your Eye on the Trophy.”

Educational Classes

Specific classes on nutrition, stress management, diabetes, and writing for wellness are offered throughout the year.

Exercise Classes

A wide variety of exercise classes are being conducted at the Eisenhower Renker Wellness Center, the Eisenhower Lucy Curci Cancer Center, the Annenberg Center for Health Sciences at Eisenhower, as well as the Eisenhower George and Julia Argyros Health Center in La Quinta:

• Cardio-Tone • Tai Chi • Stretching
• Strength Training • Flexercise
• Tai Chi/Balance • Yoga • Core Strength

In addition, there are exercise classes for individuals who have been diagnosed with a medical condition: • Tai Chi (for arthritis patients) • Arthritis Exercise • Strength Training for Cancer Survivors • Healing through Movement — Lebed ® Method (for cancer patients) • PD in Motion (for Parkinson’s patients)

Support Groups

Several different groups are available for patients, families, and caregiver wellness including:

• Stroke
• Osteoporosis
• Mended Hearts, Inc. (following heart surgery)
• Better Breathers Club (for pulmonary and Chronic Obstructive Pulmonary Disease patients)
• Bariatric Surgery (for those considering or following surgery)
• Individual Support

While many of the above programs are offered in a class format, there are wellness exercise options available to the individual. The Eisenhower Renker Wellness Center offers a Community Membership Program whereby individuals can obtain a health assessment and use the Renker Wellness Center for a small monthly fee.

IS It In You?

For more information on Eisenhower Medical Center Wellness Programs, please call the Eisenhower Healthy Living Resource Center at 760-568-1234.

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