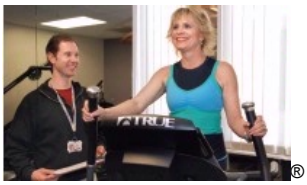
Gym Dandy

Eisenhower Renker Wellness Center


® CSX™ Elliptical while Fitness Instructor Joe Hockensmith observes." border="0" width="199" />
Eisenhower Renker Wellness Center Fitness Instructor Sharla Jensen demonstrates the use of the True® CSX™ Elliptical while Fitness Instructor Joe Hockensmith observes.
The Eisenhower Renker Wellness Center has earned a stellar reputation for its cardiac and pulmonary rehabilitation programs, helping patients with heart and lung disease to improve their health through a regimen of medically supervised exercise tailored to their individual needs and physical capabilities.

What you may not know, however, is that you don't have to have heart or lung disease to take advantage of the outstanding health and fitness resources of the Center."People can join the Center and use our fitness facilities just like those of any other gym," says Julia Dugan, RN, RCP, BS, Interim Manager, Eisenhower Renker Wellness Center.

These facilities include an impressive complement of cardiovascular conditioning and weight-training equipment comprising 20 treadmills, twelve recumbent bicycles, four elliptical trainers, three NuStep® step machines, a full Cybex® strength-training circuit and ample free weights. In addition, the Center offers members an array of fitness classes including Cardio Tone (lowimpact aerobics), yoga, T'ai Chi and stretching, along with Arthritis Foundation®-sponsored Flexercise and strength-training classes. In addition, personal trainers are available to help you set and achieve your fitness goals for a nominal fee. There are also clean, wellappointed shower and locker facilities for men and women on site.

But what sets the Eisenhower Renker Wellness Center apart — as its name underscores — is its emphasis on wellness."This is a place where exercise is about being healthy, not just being buff," says Dugan, noting that the Center takes a personalized approach to ensure each member's comfort and safety.

Members must obtain a release from their physician to exercise at the Center, complete a medical history and provide a list of current medications.All new members undergo a one-hour orientation with a personal trainer who will familiarize them with the exercise equipment, develop an individualized cardio-exercise regimen, and provide special cards with which they can track their workouts and progress.

"An added benefit of membership is that a nurse is present during business hours (7 a.m. through 4:30 p.m.), and each member's vital signs — blood pressure, heart rate and blood oxygen levels — can be measured before and after every exercise session,"Dugan notes. "This enables us to identify any trends and recommend medical intervention when appropriate," she adds.Notably, all Renker Wellness staff is trained in cardiopulmonary resuscitation (CPR), and the nurses are also certified in advanced cardiac life support.

The Center also offers a series of free educational lectures to enhance members' heart health, addressing such topics as nutrition, diabetes, cholesterol and blood pressure management.

Another feature that distinguishes the Eisenhower Renker Wellness Center is its fee structure."You don't have to make a yearlong commitment,"Dugan says."You can simply join on a month-tomonth basis, which is great for snowbirds."

"Here at Eisenhower Renker Wellness Center, we believe that heart health is an essential part of keeping the entire body healthy, and we're committed to making our services as accessible as possible," adds Cindy Olson, Director, Cardiac Services. "Our team of fitness trainers and registered nurses are eager to assist our members. If you want to develop or maintain hearthealthy habits, we hope you'll join us.

EISENHOWER RENKER WELLNESS CENTER

Membership: $66 per month (includes full use of facilities and all Center-sponsored classes) $83 initial one-time evaluation/orientation fee

Hours: Monday through Friday, 5:30 a.m. to 7 p.m. (closed noon to 1 p.m.) Saturday, 7 a.m. to noon Sunday, closed

For more information, please call the Eisenhower Renker Wellness Center at 760-773-2030."

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