

# Premiere Fitness

## PREFERRED VENDORS & CORPORATE PARTNERS

### PREFERRED VENDORS:

CARPET CLEANING SERVICE ..... Rachael Merlene - Stanley Steemer  
FLOORING ..... Ale Ferrell - CarpetMart

### CORPORATE WELLNESS PARTNERS:

MFG, Grand River Rubber, Martini's, Ashtabula County, Zehrco, Ashtabula Area City Schools, Gabriel Performance Products, St. John School, Premix, Country Club Retirement Center, Bridge Street Pizza, All Pro Transport

If you are interested in becoming a Premiere Fitness Preferred Vendor or a Corporate Wellness Partner, please call June Penniman at (440) 998-3488 or email [june.penniman@acmchealth.org](mailto:june.penniman@acmchealth.org)

## MAY SPA SPECIALS

20% Off first time color service for Premiere Fitness members

Free paraffin dip with any hair color service

Complementary brow arch with any facial

*Offers expire May 31, 2015*



**Premiere Fitness** *Get FIT, Stay FIT*

**Ashtabula County Medical Center**  
ACMC Healthcare System

An affiliate of  
**Cleveland Clinic**

**Upcoming Events:**

Vol. 4  
Issue 5  
May 2015

## MAY IS GLOBAL EMPLOYEE HEALTH AND FITNESS MONTH

Global Employee Health & Fitness Month (GEHFM) is an international and national observance of health and fitness in the workplace. The goal of GEHFM is to promote the benefits of a healthy lifestyle to employers and their employees through worksite health promotion activities and environments. Formerly National Employee Health & Fitness Day, Global Employee Health & Fitness Month has been extended to a month-long initiative in an effort to generate sustainability for a healthy lifestyle and initiate healthy activities on an ongoing basis. From 1989-2010, tens of thousands of employees engaged in National Employee Health & Fitness Day. However, it is clear that healthy behavior changes take time to develop into lifestyle habits. Recognizing the potential for making healthy habits, NAHF decided that in 2011 a full month - and an international focus - would lead to healthier lifestyles and sustainable behavior change worldwide.

Mirroring national trends, in Northeast Ohio more than half of the adult population is considered either overweight or obese. Obesity is quickly becoming the most prevalent disease in America. The Centers for Disease Control and Prevention states that being overweight is known to raise the risk for many chronic diseases including type 2 diabetes, high blood pressure, high cholesterol, coronary heart disease, heart failure, stroke, and some cancers.

The US Government, in 2005, published a report that showed that overweight employees cost the country approximately \$116 billion annually in related healthcare costs. The 30-49 year old age group that makes up the majority of the workforce has the highest increase in disability claims resulting from obesity in America. According to IDEA Fitness Journal, the average annual per capita increase in medical expenditures and absenteeism associated with obesity ranges from \$450 to \$2,500 per obese employee.

Source: <http://healthandfitnessmonth.com/about>

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### Lunch 'n Learn

Tuesday, May 12th noon - 1 pm  
ACMC Pulmonologist Sanjay Srivastava, MD  
Exercise with COPD and Asthma

### Fresh Produce Delivered At Premiere!

Blue Sky Green Fields is delivering the freshest selection of fruits and vegetables you'll find anywhere. Register at [www.blueskygreenfields.com](http://www.blueskygreenfields.com)



**June Penniman**  
Director



**Premiere Fitness Now Offers Silver Sneakers!**

[www.premierefitness.com](http://www.premierefitness.com)

**4 Salon Gift Certificates Available!**



## FEATURED TRAINER

Continued from page 1...

Please join us in welcoming current Group Fitness Instructor Angela Sicard to our Personal Training Department. Angela has been a Group Fitness Instructor at Premiere Fitness for four years. Angela decided to make this transition because she was approached by several members asking her if she was a trainer. Angela's classes have always been the highest attended classes at Premiere because her energy, positive attitude, and enthusiasm are contagious. Angela is currently accepting new clients. If you would like to schedule an appointment with Angela, please see the front counter for her business card. Angela will continue to teach indoor cycling on Sundays at 9:30 am and Zumba Tuesdays at 5:30 pm.



Ashtabula County  
Medical Center  
ACMC Healthcare System

An affiliate of  
 Cleveland Clinic

Ashtabula County Medical Center is committed to improving the health of the community by working directly with businesses.

### Components of the ACMC Workplace Wellness Program Include

- Health Risk Assessments
- Health Screenings/Labs available on site or at ACMC
- Online Health Activity Tracker
- Online wellness library
- Web-based behavioral modification videos
- Monthly electronic newsletter
- 50% discount on Premiere Fitness memberships
- 50% discount on Results Weight Management Program

Studies published by the Centers for Disease Control and Prevention show that employee wellness programs can produce significant improvement in employee health, productivity and injury prevention. Every dollar spent by an organization on wellness produces a cost savings that is estimated to range between \$2.30 and \$10.10 due to decreased absenteeism, fewer sick days, reduced workers' compensation claims, lower health insurance costs, and improvements in productivity and performance.

The best way to reduce healthcare costs is to improve the health of employees. Long-term lifestyle changes are key to making that happen. Healthy employees are more productive and more enthusiastic about their work. They have more energy, make better decisions, manage time better, make fewer mistakes, and miss work less often. They also have less stress, anxiety, and tension. According to the U.S. Department of Health and Human Services, employers that have workplace wellness programs will realize:

- Reduced health care costs by 20% to 55%
- Reduced short-term sick leave by 6% to 32%
- Increased productivity by 2% to 52%

If your business is looking to save money on healthcare costs and improve quality of life for employees, contact June Penniman to learn more about ACMC's Workplace Wellness Program.



Angela Sicard  
Featured Trainer of  
the Month

## "DOZEN" IT FEEL GREAT CLUB!

Congratulations to the April "Dozen" it Feel Great winner Jenna Karbacka! How Do I Join The "Dozen It Feel Great!" Club? Simply work out 12 or more times per month. We will draw a lucky winner each month for a special gift. Every month you work out 12 or more times, you will receive an entry for the annual grand prize, a FREE ONE-YEAR MEMBERSHIP!

## LUNCH 'n LEARN



Sanjay Srivastava, MD

Don't miss our monthly Lunch 'n Learn series on Tuesday, May 12th at Premiere from noon to 1 pm. Join ACMC Pulmonologist Sanjay Srivastava, MD and learn all about exercising with COPD and Asthma.



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## We Are Here To Help!

Do you have a question for a Personal Trainer or Group Fitness Instructor? Submit your question to the front counter and one of our trainers or instructors will be happy to give you an answer. Your question may also be featured in an upcoming newsletter!