

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, Chromaflo, Martini's, Ashtabula County, Zehrco, Ashtabula Area City Schools, Gabriel Performance Products, St. John School, All-Pro Transport, Inc.

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

MARCH SALON SPECIAL

\$10 off any highlight or color service

Add a 30-minute massage to any essential facial for only \$15

Expires March 31, 2014



WHAT ARE FRIENDS FOR
 Refer a friend like you to receive your FREE travel-size hand relief* and your friend receives \$10 toward their first visit.* Ask us how.

referred by my friend _____
 my name _____
 my phone or e-mail _____

The Aveda Salon At Premiere

*Limit to 1 travel-size hand relief™ per customer referral request and 1 \$10 appointment discount per referred customer.

4 Salon Gift Certificates Available!

Premiere Fitness *Get FIT, Stay FIT*

Ashtabula County Medical Center
 ACMC Healthcare System

An affiliate of
Cleveland Clinic

Upcoming Events:

Vol. 3
 Issue 3
 March 2014

Sleep Awareness Week

Sleep Awareness Week™, which takes place March 2-9, 2014, is an annual public education and awareness campaign to promote the importance of sleep. The week begins with the announcement of the National Sleep Foundation's Sleep (NSF) in America poll results and ends with the clock change to Daylight Saving Time, where Americans lose one hour of sleep.

Aging and Sleep

Along with the physical changes that occur as we get older, changes to our sleep patterns are a part of the normal aging process. As people age they tend to have a harder time falling asleep and more trouble staying asleep than when they were younger. It is a common misconception that sleep needs decline with age. In fact, research demonstrates that our sleep needs remain constant throughout adulthood. So, what's keeping seniors awake? Changes in the patterns of our sleep - what specialists call "sleep architecture" - occur as we age and this may contribute to sleep problems. Sleep occurs in multiple stages, including dreamless periods of light and deep sleep, and occasional periods of active dreaming (REM sleep). The sleep cycle is repeated several times during the night and, although total sleep time tends to remain constant, older people spend more time in the lighter stages of sleep than in deep sleep.

Many older adults, though certainly not all, also report being less satisfied with sleep and more tired during the day. Studies on the sleep habits of older Americans show an increase in the time it takes to fall asleep (sleep latency), an overall decline in REM sleep, and an increase in sleep fragmentation (waking up during the night) with age. The prevalence of sleep disorders also tends to increase with age. However, research suggests that much of the sleep disturbance among seniors can be attributed to physical and psychiatric illnesses and the medications used to treat them.

In addition to changes in sleep architecture that occur as we age, other factors affecting sleep are the circadian rhythms that coordinate the timing of our bodily functions, including sleep. For example, older people tend to become sleepier in the early evening and wake earlier in the morning compared to younger adults. This pattern is called advanced sleep phase syndrome. The sleep rhythm is shifted forward so that 7 or 8 hours of sleep are still obtained but the individuals will wake up extremely early because they have gone to sleep quite early.

Source: <http://www.sleepfoundation.org/article/sleep-topics/aging-and-sleep>

Sleep Awareness Week
 March 2-9

Lunch 'n Learn
 Monday, March 10th
 Noon - 1:00 pm
 Sue Shuluga, ACMC Sleep Disorders Center
 Topic: "Healthy, Happy Sleep from A to ZZZzzzzz."

Support Groups
Different Strokes
People Helping Each Other

The fourth Thursday of EVERY MONTH, 2-3:00 PM, in the ACMC Education Center

Better Breathers Group
 For those who have Chronic Obstructive Pulmonary Disorders 2-3:00 PM the first Wednesday of EVERY MONTH in the ACMC Education Center



Street Shoes Reminder:
 Please do not wear street shoes on the fitness floor or on the equipment. The salt and debris from shoes not only soils the carpeting it damages the equipment.



June Penniman
 Director

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Healthways
Silver Sneakers
 Fitness Program

get FIT, have FUN,
 make FRIENDS!

Premiere Fitness Now Offers Silver Sneakers!

www.premierefitness.com



FEATURED TRAINER

Michelle received her Bachelors degree in Sports Management from Bowling Green State University. Michelle teaches several classes at Premiere including X-Fit, Zumba, and indoor cycling.

5 Half-Hour Personal Training Sessions With Michelle Massucci Only \$99! (Save \$25!)

First-time clients only. Offer expires March 31, 2014.



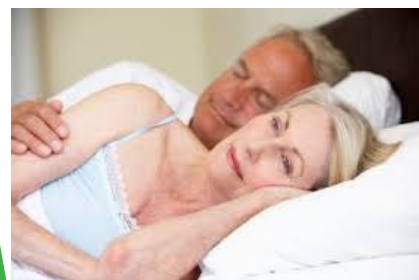
**Michelle Massucci
Featured Instructor
of the Month**

FRESH PRODUCE DELIVERED AT PREMIERE!

Blue Sky Green Fields is delivering to Premiere Fitness to offer the freshest selection of fruits and vegetables you'll find anywhere, accompanied by unmatched customer service and competitive pricing! Shop anytime from the comfort of your home or office.

Register at www.blueskygreenfields.com. Simply create a username and password. Choose Premiere Fitness Ashtabula as your organization name. This will ensure that your orders will be processed and delivered to Premiere Fitness. Orders will be delivered to Premiere once a week on Tuesday. There is no minimum order. Blue Sky Green Fields sources as many local and organic products as possible.

LUNCH 'n LEARN:



Don't miss our monthly Lunch 'n Learn series on Monday, March 10th from noon until 1. Sue Shuluga, from the ACMC Sleep Disorders Center will be presenting: "Healthy, Happy Sleep from A to ZZZzzzzz."

**Sue Shuluga, RRT, RPSGT, RST
Director, ACMC Sleep Disorders Center**



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The reason for these changes in sleep and circadian rhythms as we age is not clearly understood. Many researchers believe it may have to do with light exposure. Treatment options for advanced sleep phase syndrome typically include bright light therapy.

The prevalence of insomnia is also higher among older adults. According to NSF's 2003 Sleep in America poll, 44% of older persons experience one or more of the nighttime symptoms of insomnia at least a few nights per week or more. Insomnia may be chronic (lasting over one month) or acute (lasting a few days or weeks) and is often times related to an underlying cause such as a medical or psychiatric condition.

It is worthwhile to speak to your doctor about insomnia symptoms and about any effects these symptoms may have. Your doctor can help assess how serious a problem it is and what to do about it.

The ACMC Sleep Disorders Center

ACMC's Sleep Disorders Center is located on the hospital campus, but not in the medical center. This environment provides patients with the quiet needed for an accurate sleep study. Each room is designed to be comfortable and home-like and is equipped with a double bed, television and a place to store your belongings. Showers are also available so you can get ready for work or home the next morning.

Our Sleep Disorders Center Services:

Because we want to provide you with an accurate diagnosis so you can begin receiving treatment as quickly as possible, service features of the ACMC Sleep Disorders Center include:

- State-of-the-art Respiration Alice 5 sleep testing equipment
- Masimo pulse ox and ECG to record sympathetic activity
- Use of pressure transducer to monitor air flow
- Studies scored within two (2) business days of the test being performed
- Interpretation to referring physician within seven (7) working days of receipt of scored study
- Flexible scheduling to include weeknights, weekends and daytime tests
- Operation in accordance with standards set forth by the American Academy of Sleep Medicine

A physician's order is needed for a sleep study. To contact the ACMC Sleep Disorders Center for more information, call 440.997.6744.

"DOZEN" IT FEEL GREAT CLUB WINNER!

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

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!