



Holistically caring for those who serve our country

Allina leaders visit the Pentagon to share integrative health expertise and resources for pain management

Three Allina leaders visited the Pentagon in June to meet with military medical leaders and renowned U.S. scientists and physicians to discuss how to improve pain management for military service men and women.

Allina's CEO Ken Paulus, Chief Medical Officer Penny Wheeler, MD, and Integrative Health Service Line Operational Director and Executive Director of the Penny George Institute Lori Knutson, RN, BSN, HN-BC, presented at the gathering, which was part of the Army's effort to establish a standardized vision and approach to pain management for the Department of Defense and Veterans Health Administration.

The meeting came out of a 2009 Army Pain Management Taskforce report that called for building best practices for the continuum of acute and chronic care based on a "holistic, multidisciplinary, integrative approach to care."

"Allina was honored to be invited to be part of this important conversation," said Paulus, who presented with Wheeler and Knutson on Allina's experience implementing an integrative medicine model in a health system. "We were proud to be recognized as a national leader in enhancing health care using an integrative health approach."

Allina's Penny George™ Institute for Health and Healing at Abbott Northwestern Hospital is the largest hospital-based integrative health program in the country. As such, it is uniquely positioned to participate in the national discussion around caring for veterans and military service men and women suffering from chronic and acute pain.

Allina has a long history of providing specialized care for our nation's veterans, including Project Hero – an initiative with Humana Veterans Health Care Services, Abbott Northwestern and the Veterans Administration Hospitals in Minnesota. In 2009, Abbott Northwestern opened the Liberty Club – a private waiting area with a welcoming environment and personalized services for military personnel, veterans, and their family and friends.



"This is a unique, historic moment to capitalize on what we know works to effectively treat pain," said Army Surgeon General Lt. Gen. Eric B. Schoomaker, MD, PhD. "It marks the beginning of a cultural shift in how health is practiced in the military."

It is estimated that millions of the men and women who serve the military live with chronic pain, and research shows that pain reduces quality of life, work and relationships. "Chronic pain is truly a holistic diagnosis," said Knutson. "It's a mind, body and spirit issue, even though it often starts in a physical place. It impacts a person's whole life." According to Knutson, integrative strategies have been shown in clinical research to reduce pain scores by as much as 50 percent.

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Allina receives NIH grant to study real world usage of integrative therapies

The National Institutes of Health has awarded \$2.4 million to Allina Hospitals & Clinics to study the impact of integrative and mind/body therapies on pain management for patients at Abbott Northwestern Hospital.

The Penny George Institute for Health and Healing and the Center for Healthcare Innovation at Allina received the grant and will conduct the study.

“Integrative medicine emphasizes a full range of personalized healthy lifestyle approaches that tend to physical, emotional, social and spiritual well-being. This is right in line with Allina’s mission and strategy to extend beyond responding to illness to a new level of supporting optimal health and preventing illness,” said Penny Wheeler, MD, chief clinical officer, Allina Hospitals & Clinics.

According to a 2010 article in the *Journal of Patient Safety*, integrative therapies reduced pain by 56 percent, and 33 percent of patients reported complete pain relief after one visit by an integrative therapist. But that study left questions that researchers hope this study will answer: which patients benefit most from which therapies and for how long can pain be managed with non-pharmacologic methods?

“This study will give us data to help anticipate the needs of patients and provide integrative therapies when and where they are most effective,” said Jeffery Dusek, PhD, the principal investigator of the grant and Allina’s research director for integrative medicine.



Jeffery Dusek, PhD

Instead of a randomized controlled trial, this observational study will examine the impact of integrative therapies as they are used for pain management in the real world of a hospital setting.

“We have to look at integrative therapies in the context of a complex medical environment. Patients are hospitalized for a variety of clinical reasons, receive a number of therapies and experience and respond to pain differently,” Dusek said.

The Penny George Institute for Health and Healing at Abbott Northwestern Hospital is the nation’s largest inpatient integrative program and has served more than 19,000 patients since 2004. Its inpatient and other services are made possible, in part, through the philanthropic financial support of the community. “The strong philanthropic support we received for patient care was extremely important in helping us compete, achieve and receive this NIH grant,” explained Dusek. “Future philanthropic support is still needed to fund the study of patient care innovations that NIH is not yet ready to support.”

BY THE NUMBERS

In 2010, the Penny George Institute for Health and Healing saw

11,623 hospitalized patients at Abbott Northwestern, including:

2,764 acupuncture treatments

469 guided imagery treatments

4,715 massage treatments





Army Surgeon General Lt. Gen. Eric B. Schoomaker, MD, PhD, at the Pentagon in June

Holistically caring for those who serve our country

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“Many innovations in military medicine have changed American health care,” said Col. Kevin Galloway, chief of staff for the Army Pain Management Task Force, “and we are approaching the tremendous need for improvement in pain management with this same spirit.”

Additional groups represented at the meeting included The Bravewell Collaborative, Duke Integrative Medicine, Scripps Center for Integrative Medicine, Treatment Research Institute, Samuelli Institute and the *Pain Medicine* journal of the American Academy of Pain Medicine.

What is integrative health?

Integrative health

- focuses on the mind, body and spirit as a whole, and tapping into the body’s natural healing capacity
- blends conventional medicine with evidenced-based integrative medicine and complementary therapies, such as massage therapy and meditation
- encourages a partnership between a patient and caregiver
- emphasizes patient empowerment and personal responsibility
- promotes health and illness prevention through education, coaching, self-care and wellness practices.

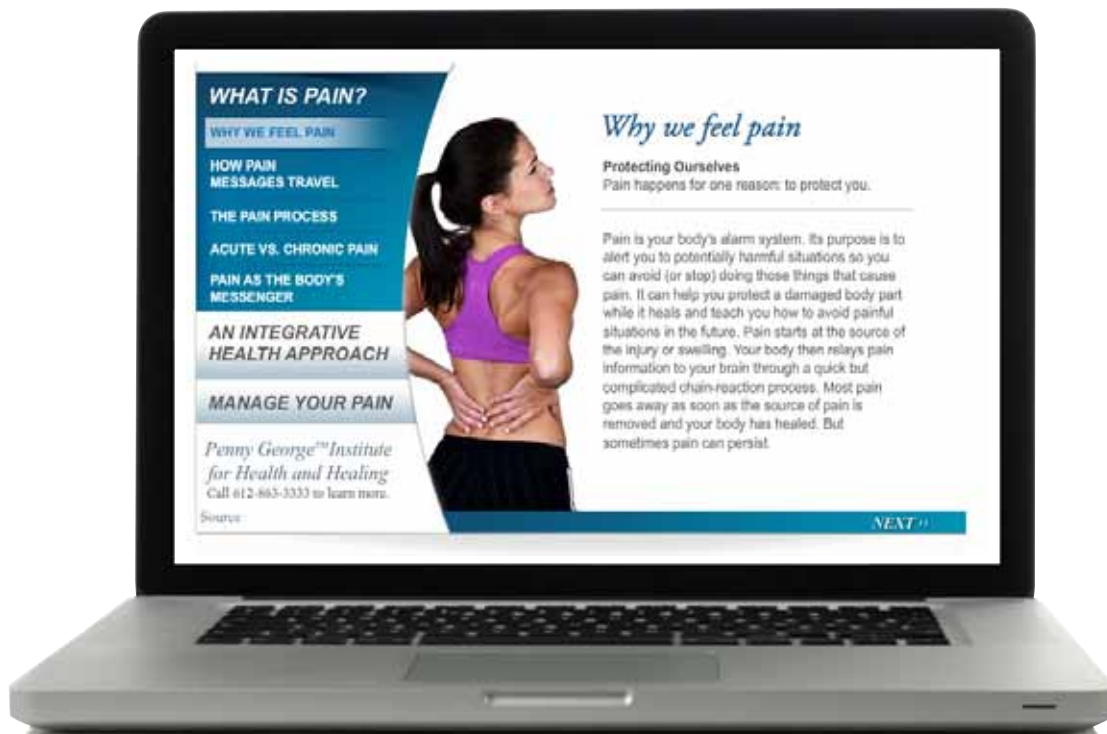
PENNY GEORGE INSTITUTE’S Outpatient Clinics

Abbott Northwestern Hospital 612-863-3333

- acupuncture
- Ayurveda
- energy healing
- healing coach
- herbal consultations
- integrative medicine physician consultations
- integrative nutrition counseling
- medical massage therapy
- mind/body therapies including biofeedback
- resilience training
- spiritual coach
- therapeutic yoga instruction.

Unity Hospital 763-236-5656

- acupuncture
- fitness consultations
- integrative medicine consultations with nurse practitioner
- integrative nutrition consultations
- medical massage therapy
- therapeutic yoga instruction.



PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING launches online pain education

Through a generous gift from Pat and Keith Libbey, Susan Libbey Crosby, Jonathan Libbey and the Libbey Foundation, the Penny George Institute has launched a new online tool to educate people about pain and help them manage pain.

Pain is the body's alarm system. Its purpose is to alert you to potentially harmful situations so you can avoid, or stop, doing the things that cause pain. It also helps to protect a damaged body part while it heals and teaches you how to avoid painful situations in the future. Pain starts at a source of injury or swelling. Your body then relays pain information to your brain through a quick, but complicated, chain-reaction process. Most pain goes away as soon as the source of pain is removed and your body has healed. But sometimes, it persists.

An integrative approach to pain management helps you take an active role in your health and healing. It promotes health and the prevention of illness through education, coaching, self-care and wellness practices.

In the online pain module, you will learn about the pain process, be introduced to integrative health approaches and learn some approaches to pain management you can try at home.

The new resource is available for anyone experiencing any type of pain. To access the module, visit www.allina.com/georgeinstitute.

Events and Education

Abbott
Northwestern
Hospital
612-863-3333

LOCATION: All Abbott Northwestern classes will be held at the Penny George Institute's Outpatient Clinic on the corner of 28th Street and Chicago Avenue.

The Art of Healing Program

The Penny George Institute's *Art of Healing* program provides arts-based wellness interventions and education on both an inpatient and outpatient basis on the Abbott Northwestern Hospital campus and at other facilities of Allina Hospitals & Clinics. Some program components include music therapy, artists at the bedside, collaborations with area arts groups and the creation of a volunteer program. Program components available to the general public through this program include visual arts exhibits and visual, movement, written word and music classes focused on educating individuals in the therapeutic benefits of the arts.

Visual Arts Exhibit Calendar

Each month a new local artist is chosen to display work at the Penny George Institute's Outpatient Clinic. Artwork portrays themes of health, healing and spirit. The exhibit and opening receptions are free and open to the public. Exhibit may be viewed during clinic hours, Monday to Thursday, 8 a.m. to 9 p.m., and Friday 8 a.m. to 4:30 p.m.

OCTOBER – NOVEMBER

- Penny George Institute's Outpatient Clinic location (SE corner of 28th & Chicago): Photographs by Carolyn Light Bell.
- Abbott Northwestern Hospital location (lower level by the LiveWell Fitness Center): Photographs by Carolyn Light Bell.
- Virginia Piper Cancer Institute Clinic/ Radiation Oncology: Photographs by Nancy Cox, RN.

DECEMBER – JANUARY

- Penny George Institute's Outpatient Clinic location (SE corner of 28th & Chicago): Textiles by Chiaki O'Brien.

Therapeutic Yoga

YOGA FOR BACK PAIN

Yoga has been proven to be very successful in helping reduce back pain. This course is intended to help alleviate back pain caused by habitual patterns of chronic sitting, lack of strength and asymmetry from overuse of particular muscle groups. Using gentle asana (easy movements and postures), breath awareness and deep relaxation, students will learn how to alleviate chronic pain by strengthening different muscle groups, by bringing more circulation to the back, and by creating more functional movement patterns. Practices will be equally divided between upper back and lower back conditions.

The course is not intended to address serious back conditions such as herniated discs, spinal fusions or advanced scoliosis. If you have had a surgery or have suffered from serious conditions, a doctor's recommendation is strongly advised. You will receive two home practices to help create a healthier back, and a home practice will be strongly encouraged.

Carol Dines, certified instructor

Tuesdays, 3:45 - 5:15 p.m.

Sept. 27 through Nov. 15

Eight-week series

\$115

YOGA TO REDUCE STRESS AND CULTIVATE BALANCE

Yoga gives us tools to calm our nervous system and balance our lives. Using gentle asana (easy movements and postures), breath awareness, guided meditation and deep relaxation, this course will give you tools to reduce stress, to gain more focus, to work with challenging emotions and to feel more balanced in your life. You will take away three short practices that can be done at home, and a home practice will be strongly encouraged.

Carol Dines, certified instructor

Thursdays, 5 - 6:30 p.m.

Sept. 29 through Nov. 17

Eight-week series

\$115

BEGINNING YOGA

In this six-week class, learn basic yoga postures, breathing techniques and meditation practices. This style of yoga invites you to move slowly and with awareness, relaxing mind, body and spirit. This class requires the ability to get down to the floor and up again. No previous yoga experience is necessary.

Nissa Valdez, certified instructor

Wednesdays, 5 - 6:15 p.m.

Sept. 21 through Oct. 26

Nov. 16 through Dec. 28

(no class on Nov. 23)

\$89





YOGA FOR HEALING

This six-week series integrates restorative yoga, gentle yoga, hands-on work, breath work and guided meditation to support healing. The word healing comes from the word whole – it is the process of reuniting, restoring or returning to oneness. This practice is wonderful for those healing from injury or illness as well as for caregivers.

Nissa Valdez, certified instructor

Tuesdays, 9:45 - 11 a.m.

Sept. 20 through Oct. 25

Nov. 15 through Dec. 20

\$89

YOGA FOR CANCER AND CHRONIC ILLNESS

This seated yoga class is appropriate for people in all levels of condition. We will follow the traditional format of a hatha yoga class—including a self check-in, movement practice, relaxation practice, breathing practice and meditation—while making adaptations to meet the conditions of all class participants. Each session will be dedicated to experiencing the holistic benefits of yoga. Research has shown that yoga can provide an increased sense of hope, energy, confidence and ability to perform the activities of daily living.

While elevating mood, it also decreases pain, fatigue, anxiety, nausea and sleep disturbances.

Participants will be most comfortable wearing soft, loose, roomy clothes with drawstring or stretch waist pants (no jeans or belts). It is also good to have a couple layers so you can adjust to remain at a comfortable temperature. Please note, upon registration you will be contacted by the instructor to have a conversation regarding your participation and needs.

Lura Shopteau, certified instructor

Mondays, 4:30 - 5:45 p.m.

Oct. 10 through Nov. 14

\$89

YOGA FOR BREAST CANCER PATIENTS

This is a class designed specifically for breast cancer patients during or post-treatment as a complement to your healing process. The benefits of this class include re-establishing flexibility and arm movement after surgery, reducing swelling from lymphedema, relief from anxiety, stress, and fatigue, improved posture and a greater sense of your strength and well-being.

We will focus on breathing for relaxation and cellular rejuvenation, gentle yoga and visualization during a guided meditation. Each individual will be encouraged and guiding individually to self-explore breath, movement, visualization and stillness within a supportive community for healing. Each week we will work at progressively expanding our program and homework will be given to enable participants to apply the techniques and practices on an ongoing basis.

Participants will be most comfortable wearing soft, loose, roomy clothes with drawstring or stretch waist pants (no jeans or belts). It is also good to have a couple layers so you can adjust to remain at a comfortable temperature. Please note, upon registration you will be contacted by the instructor to have a conversation regarding your participation and needs. Students must be active and in reasonable physical shape. Doctor approval is required for those currently in treatment.

Lura Shopteau, certified instructor

Sundays, 11 a.m. - 12:15 p.m.

Oct. 9 through Nov. 20

(no class on Oct. 30)

\$89

Other Classes

COUPLES MASSAGE

Learn massage therapy for you and your partner. This is a great way to help each other with relaxation and therapeutic techniques for muscle aches and pains. Each participant will give and receive a full body massage.

Ann Stocker BS, LMT, NCTMB, and Jan Boettcher RN, NCTMB, instructors

Thursday, Dec. 15, 6 - 9 p.m.

\$60 per couple

HEALING TOUCH LEVEL 1

This class is designed for registered nurses, licensed health care professionals, body-oriented therapists, psychotherapists or other individuals who desire to incorporate energy system concepts, principles and techniques into their existing or new practice. Students will gain an understanding of: the basics of the human energy system, chakras, principles and practice of healing touch, basic assessment and intervention techniques, application of healing touch in personal/professional practice. This course can be taken alone or can be combined with future advanced levels. Endorsed by the American Holistic Nurses Association.

Instructor: Healing Touch International

Coordinator: Kathryn Kerber (612-863-7937)

Friday, Oct. 7 and Saturday, Oct. 8

8 a.m. - 6 p.m.

Regular tuition \$300 (HTPA/AHNA member \$275, Allina employee \$250, Student \$200, Repeat \$200)

Up to 18 CEUs available for nurses and massage therapists

MINDFULNESS-BASED STRESS REDUCTION (MBSR)

Mindfulness Based Stress Reduction (MBSR) is ideal for those suffering from anxiety, depression, chronic pain and illness, cardiac disease, the demands of care-giving, life-threatening illness, grief, spiritual emptiness and everyday stress. Participants learn and practice basic mindfulness skills to improve their health, well-being and everyday life.

This introductory course is based on Jon Kabat-Zinn's model in his book, *Full Catastrophe Living*. Participants meet weekly for eight weeks and a seven-hour day of mindfulness retreat is included. Each session involves walking, eating, sitting and/or yoga meditation, instruction and group discussion. Instructors have trained professionally with Jon Kabat-Zinn and have many years of experience with MBSR training.

Scott Cruse, LICSW, instructor

Mondays, Oct. 3 through Nov. 21

6 - 8:30 p.m.; plus day-long retreat on Saturday, Nov. 12 from 9 a.m. - 4 p.m.

Tuition: \$330 (plus \$45 materials fee payable to instructor on first day of class)

Up to 27 CEUs for mental health and teaching professionals and up to 32 CEUs for nurses

Transforming Health Care Practice: A Series of Classes for Health Care Professionals

This series of classes will inform and transform your health care practice by expanding your patient interventions to include integrative therapies. By participating in this class the health care practitioner will describe the scope, purpose and methods used in the specific integrative modality being taught; demonstrate basic skills in the use of the modality in patient care; and identify sources of evidence for the practice being taught. Participants can earn up to 3.25 nursing contact hours. Individuals representing other professional disciplines may submit course materials to their respective professional associations for 3.25 hours of continuing education credit. Participants may register for individual classes or the whole series. This class is available at a 15 percent discount for Allina Hospitals & Clinics employees. Space is limited, so early registration is recommended.

THE HEALING ENERGIES OF MUSIC

We are surrounded by sound. Whether or not we have chosen it, we still respond to it on many levels. In this presentation, we will explore the effects of sound and music on all parts of our being (physical, cognitive, existential, emotional and spiritual). Skills to intentionally choose music/sound in our environments to elicit certain responses will be taught.

Kim Donley, MS, MT-BC, instructor

Friday, Oct. 14

8:30 a.m. - 12 p.m.

\$90

CLINICAL AROMATHERAPY

In this engaging class, you will gain an understanding of essential oils and how they can be used in the clinical setting or your practice. The relationship of the chemical composition of the oils to the expected therapeutic outcomes will be demonstrated along with safety measures for application. You will learn how to apply essential oils that can address specific patient needs in addition to how you might use them for your own self care.

Mary Ellen Kinney, BA, RN, HN-BC, CPCA, instructor

Friday, Oct. 21

8:30 a.m. - 12 p.m.

\$90





CARING FOR SPIRIT

This class will explore the thesis that spirituality is the foundation for the health care professional and his or her practice. The concepts of applied spirituality will be examined as an interpersonal and intrapersonal process. The health care professional will learn ways to explore spirituality as an essential element in the health and well-being of self and of his or her clients.

Doug Dandurand, PhD, spiritual coach, instructor

Friday, Oct. 14

1 - 4:30 p.m.

\$90

GUIDED IMAGERY

Imagery is the language for communication between our minds and bodies. Current research has demonstrated that guided imagery can be used to promote relaxation, well being and creativity, and support the body's innate healing abilities. Using lecture, experiential exercises and group discussion this class will include a brief overview of imagery's use throughout history, the scientific understanding of its effectiveness. Basic techniques will be taught and practiced.

Debbie Smith, MA, RN, HN-BC, CHTP, instructor

Friday, Nov. 4

8:30 a.m. - 12 p.m.

\$90

MASSAGE

This course will emphasize how the impact of touch is necessary on the health and well-being of humans. The class will discuss the evidence for the multiple outcomes of massage including comfort, caring, pain and stress reduction. This experiential class will introduce simple, easy-to-use massage techniques and identify benefits and uses. This course will also introduce you to the basic use of the traditional Chinese medicine technique of acupressure for common health concerns of patients and yourselves. Using acupressure we can treat symptoms and help restore health.

Wendy Farrar, NCTMB, instructor

Friday, Oct. 21

12:30 - 4 p.m.

\$90

INTRODUCTION TO TRANSFORMATIONAL LANGUAGE

A medical crisis is more than a physical experience – it is a mind, body, spirit experience and an invitation for healing on every level. This course will introduce participants to the basic concepts of transformational language and the guiding principles of neuro-linguistic programming. The health care professional will learn new ways of hearing patient stories and will obtain skills to respond with effective reflective listening.

Pat Vitale, LICSW, instructor

Friday, Nov. 4

1 - 4:30 p.m.

\$90

HEALTHY SELF: FOOD AS INFORMATION

This course will broaden your knowledge of nutrition beyond the science of calories, grams and fat. You will learn how food impacts the body and health, exploring the concept of food as information. The focus will be on foods to include in the diet and why, with discussion of related topics such as phytonutrients, fats, inflammation...and yes, the benefits of chocolate.

Carolyn Denton, MA, LN, instructor

Friday, Nov. 11

8:30 a.m. - 12 p.m.

\$90

MEDICAL FITNESS

The course will explore how exercise affects the body's physiology through the basic fitness components. The many benefits of exercise in preventing chronic disease and as a powerful complement to traditional medical interventions will be identified. Learn how to play an integral role in educating your patients about medical fitness, learn important self-care practices and motivational tools for patient engagement.

Sue Masemer, MS, exercise physiologist, instructor

Friday, Nov. 11

1 - 4:30 p.m.

\$90

Events and Education

Unity
Hospital
763-236-5656

LOCATION: All classes are held at Virginia Piper Cancer Institute/Penny George Institute for Health and Healing – Unity Hospital located on the second floor of the Fridley Medical Center at 480 Osborne Road, Suite 200, Fridley, MN 55432.

The Art of Healing Program

The *Art of Healing* program provides arts-based wellness intervention and education, and supports the healing environment of the Virginia Piper Cancer Institute and Penny George Institute for Health and Healing at Unity Hospital. Exhibit may be viewed during clinic hours, Monday to Friday, 8 a.m to 4:30 p.m.

Visual Arts Exhibit Calendar

Virginia Piper Cancer Institute, in partnership with the Penny George Institute for Health and Healing (480 Osborne Rd. Suite 200, Fridley, MN 55432):

AUGUST – SEPTEMBER

- Mary Welke: Nature and landscapes Reception, Sept. 16, 5 – 7 p.m.

OCTOBER – NOVEMBER

- Shari Carlson: Contemporary batik artist Reception, Nov. 11, 5 – 7 p.m.

Therapeutic Yoga

YOGA ON THE FLY

Recharge yourself for the afternoon ahead with a yoga practice that replenishes your sense of vitality and builds resiliency. Kundalini yoga is known as the “yoga of awareness” and is practiced with the eyes closed. No yoga experience is necessary. Bring a mat.

Maureen Doran, certified instructor
Wednesdays, Oct. 26 through Nov. 30
12 - 12:30 p.m.
Unity Hospital Auditorium Stage
\$40

Other Classes

INTRODUCTORY COURSE: MINDLESS TO MINDFUL EATING

This introductory, one-time class introduces the practice of mindful eating that can transform your relationship with food.

Mindful eating reconnects us with our body’s natural wisdom. It embraces the “how” and “why” of eating rather than the “what.” Interested in learning more? Register for Mindful Eating & Yoga series.

Maureen Doran, RD, LD, nutritionist and certified yoga instructor
Wednesday, Oct. 5
5 - 6 p.m.
\$15

MINDFUL EATING & YOGA SERIES

This uplifting six-week series teaches mindful eating combined with simple yoga techniques that can transform your relationship with food. Mindful eating reconnects us with our body’s natural wisdom. It embraces the “how” and “why” of eating rather than the “what.” This series promotes the union of body, mind and spirit and allows you to experience a happier, healthier body and mind!

Maureen Doran, RD, LD, nutritionist and certified yoga instructor
Wednesdays, Nov. 2 – Dec. 7
5 - 6:30 p.m.
\$140



COUPLES MASSAGE

Learn massage therapy for you and your partner. This is a great way to help each other with relaxation and therapeutic techniques for muscle aches and pains. Each participant will give and receive a full body clothed massage. Comfortable clothing, shorts and a tank top are recommended.

Julie Kempkes, NCTMB, instructor
Wednesday, Sept. 21, 6 - 9 p.m. or
Tuesday, Nov. 22, 6 - 9 p.m.
\$60

FIT AND FABULOUS

This course is designed for people who do not exercise regularly and want to learn how to exercise effectively. The two one-hour sessions are lecture style and led by a certified personal trainer.

Marc Arndt, MA, exercise physiologist and certified American College of Sports Medicine personal trainer
Wednesdays, Oct. 12 and Oct. 19
5:30 - 6:30 p.m.
\$60

GROUP EXERCISE PROGRAM FOR PATIENTS WITH CANCER

There are many benefits of exercise during and after cancer treatment that include increased stamina, strength, energy and movement. The program offers a one-on-one orientation with an exercise physiologist, followed by six group exercise training sessions. Sessions will include stretching, cardiovascular and resistance training.

Marc Arndt, MA, exercise physiologist, instructor
Orientation by appointment.
To schedule, please call 763-236-5600.
Classes offered on Mondays from 11:30 a.m. - 1:30 p.m.
\$50



REGISTRATION

FOR MORE INFORMATION

If you have registration questions or do not have access to the Internet, contact Class Registration at **1-866-904-9962**.

For more information about the content of a course at Abbott Northwestern, call **612-863-3333**.

For more information about the content of a course at Unity Hospital, call **763-236-5656**.

REGISTRATION CONFIRMATION

A registration confirmation will be sent via e-mail. This is the **ONLY RECEIPT** you will receive; please retain a copy for your records. The email will include course details. Please print. If you have not received a registration confirmation via email prior to the start of the course, please contact Class Registration at **1-866-904-9962**.

CANCELLATION POLICY

If cancellation is received by 10 days prior to the course, tuition is refundable with the exception of a \$10 non-refundable registration fee. Notices after this date will not receive a tuition refund. To complete your cancellation contact Class Registration at **1-866-904-9962**.

Register for classes online at **allina.com**

- 1) Log into **www.allina.com**
- 2) Click on **Find an Event/Class**
- 3) Click on **Search by Topic** and enter "Integrative Health"
- 4) Click on **Register** and create an account
- 5) Search and register for your class(s) of choice

LiveWell Fitness Center Programs & Services at Abbott Northwestern Hospital

To register for any of the LiveWell Fitness Center's programs, call **612-863-5178**.

TAKE ACTION PROGRAM FOR WEIGHT MANAGEMENT

Take Action is a highly successful program for people who want to lose weight and keep it off. Choose between a 12-week group program or an individual, one-on-one approach. For the individual approach, the program offers flexible scheduling for the personal coaching education sessions. Participants will meet each week with a registered dietitian, fitness expert or a wellness coach. In the group approach, you will meet at an established, set time for group educational sessions.

Both programs include an initial fitness profile, personal nutrition consultation, resting metabolism measurement, Bod Pod body composition measurement, and wellness coaching sessions. A comprehensive Take Action manual is included as an ongoing reference and support tool.

Fall group sessions meet on Tuesdays beginning Sept. 21 from 4 - 5 p.m. or Thursdays starting Sept. 23 from noon - 1 p.m.

Fee for group program: \$349

Fee for individual program: \$559

BURN RATE PACKAGE

Combine a Bod Pod body composition assessment with a Body Gem resting metabolism test and save with our special package price. The Burn Rate package will help you evaluate your current body composition, set ideal weight/body composition goals and understand your body's unique caloric and nutritional needs.

\$135

PILATES REFORMER TRAINING

Pilates Reformer Training consists of a series of exercises, performed on a unique piece of equipment called a reformer. Individual programs are designed to strengthen, stabilize and balance muscles of the core, shoulder, pelvis and other

major joints while lengthening and mobilizing tight muscles and joints. The low-impact exercise will help to transform your body in appearance and function by improving postural stability, flexibility and muscle balance while engaging the mind-body connection.

Personalized, one-to-one sessions are led by a Stott®-certified reformer instructor, who will customize and modify for your individual exercise level. New participants will complete an introductory package, which includes a 60-minute assessment and three 30-minute individual, follow-up sessions.

Fee for beginner's package: \$175

After completing the beginner's package, you may purchase single 60-minute sessions or packages.

Fee for single session: \$75

Package of three: \$215

Package of six: \$385

FITNESS PROFILE

The Fitness Profile is a comprehensive fitness assessment that provides an ideal starting point for any new exercise plan or an opportunity for regular exercisers to check their progress. This assessment includes: helpful information to make certain your exercise program is safe, effective and enjoyable; an intake of your health history; complete muscular strength, flexibility, body fat and muscular endurance tests; a cardiovascular fitness assessment to establish your ideal aerobic exercise levels and heart rate ranges. An exercise physiologist will interpret your results, help you establish personal fitness goals, address any concerns, and give you recommendations for a personalized exercise program.

Fee: \$69 member, \$89 non-member

Fee for the Sports Performance – Exercise Metabolic Assessment: \$150 member, \$175 non-member

BODY COMPOSITION ANALYSIS

Body fat levels that are too high or too low can place your health at risk. But how do you know what your ideal weight is? A scale alone will not provide adequate information. You need to understand how much of your weight is lean muscle and how much is fat. Body fat analysis is helpful to both those who are new to exercising or who have an established routine. Once someone begins an exercise program, they may see a change in appearance without weight loss. Typically, this is due to a loss of spacious fat and a gain in compact muscle. The only way to know for certain is to have your body fat levels measured. The body composition analysis is conducted by a trained exercise physiologist using a variety of methods, such as the skin fold caliper method and state-of-the-art Bod Pod technology, which is highly accurate. Following completion of your assessment, you will receive your results and recommendations for ideal goals.

Skinfolds fee: \$25 member, \$40 non-member

Bod Pod fee: \$35 member, \$55 non-member

BODYGEM™ RESTING METABOLISM TESTING

Do you know how many calories you should eat and burn during exercise on a daily basis?

State-of-the-art metabolic technology allows us to measure your resting metabolic rate, which is the number of calories your body burns each day at rest. This reading, along with additional calculations relating to your daily activity levels, will allow us to accurately assess your daily caloric needs. This is vital for anyone who wants to lose weight or maintain an ideal body fat goal. A licensed nutrition expert or exercise physiologist will administer the test, decipher the results and help you create a realistic action plan to achieve your goals.

Fee: \$85 member, \$95 non-member



P.O. Box 43
Minneapolis, MN
55440-0043

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ALLINA HEALTH
SYSTEM

From the Penny George Institute for Health and Healing

The Penny George™ Institute for Health and Healing is supported by the financial generosity of the community. To make a donation, call the Abbott Northwestern Hospital Foundation at 612-863-4126 or Mercy and Unity Hospitals Foundation at 763-236-3961.

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PENNY GEORGE IS A TRADEMARK OF ALLINA HEALTH SYSTEM.

The Penny George Institute for Health and Healing is now offering services in Fridley:

- acupuncture
- integrative nutrition consultations
- classes such as yoga, couples massage and meditation
- services tailored for cancer patients
- fitness consultations
- therapeutic massage
- integrative medicine consultations with nurse practitioner

Located at the Fridley Medical Center adjacent to the Unity Hospital campus.
Call 763-236-5656 to make an appointment or learn more.

