



The Cantrell Center Newsletter

February is Heart Health Month



Be Sweet

to Your Heart

**FREE CONSULTS FOR NEW MEMBERS
DURING THE MONTH OF FEBRUARY!**



Lets be "Sweet to our Hearts" & get active! Exercise has many positive effects on heart health. A regular exercise routine can help:

- Lower blood pressure
- Lessen risk of developing diabetes
- Maintain healthy body weight
- Reduce inflammation throughout the body

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FEBRUARY SPECIAL

**BE SWEET TO YOUR
HEART**

UPCOMING CLOSURES

**CANTRELL CENTER
ANNIVERSARIES**

**FEATURED RUN/WALK
EVENTS**

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Experts say one of the key benefits of exercise is that it helps to control or modify many of the risk factors for heart disease.

The American Heart Association and the American College of Sports Medicine both recommend combining aerobic exercise (jogging, swimming, biking) with resistance training (moderate weightlifting). General guidelines call for at least 30 minutes of these two categories of exercise to produce the greatest benefit for preventing and managing heart disease.

The key to a successful exercise routine is staying interested and motivated. Here are a few ways to keep exercise a lifelong habit:

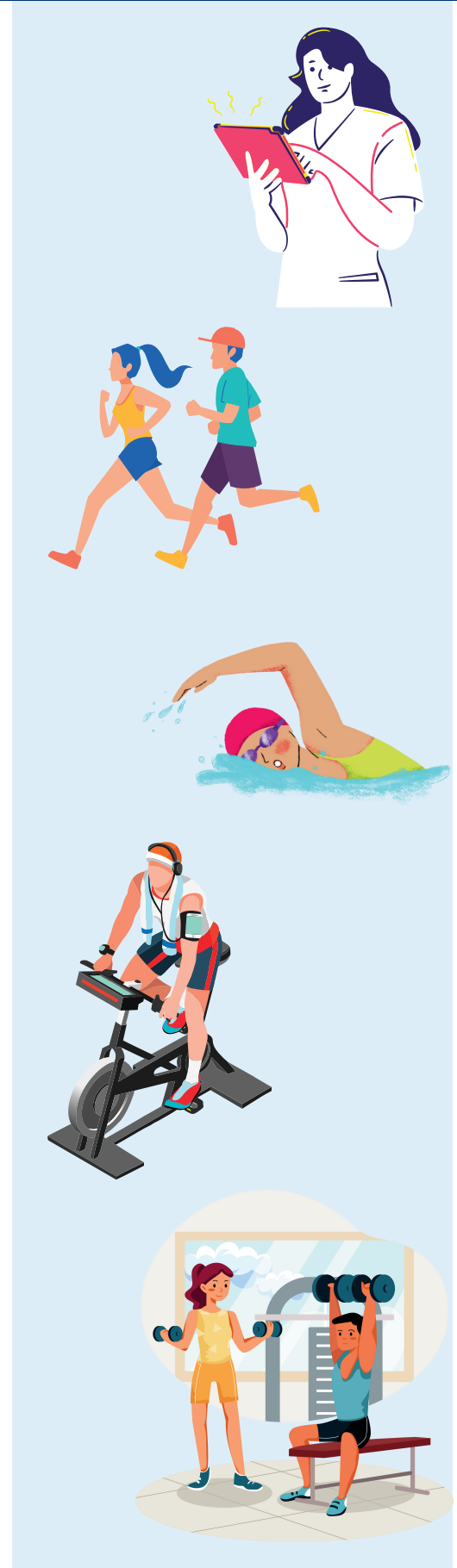
- Set aside a specific amount of time each day for exercise and work it into your schedule.
- Work out with a friend or join a gym and work out in a group. Either scenario creates mutual support and healthy competition to keep things interesting.
- Keep a simple log to chart your progress.
- If you jog or cycle, use a heart rate meter or speedometer to help you set and reach goals.

We would like to help get you active by making it easy to join our Wellness Program.

The entire month of February, we are waiving
the \$45.00 consultation fee to join our
Wellness Program!

Take advantage of this special offer and get a head start on
Heart Health!

Call 478.333.6777 to schedule your consultation today!



Upcoming Closures:



POOL ONLY: The Cantrell Wellness Center pool will be closed on **Saturday, February 15th** for a day of aquatic physical therapy treatment.

We apologize for any inconvenience.

The gym will still be open, and the pool will reopen at 6:30am on Monday, February 17th.



Employee *Anniversaries*



Lauren Davidson
Patient Service Coordinator
2nd Anniversary

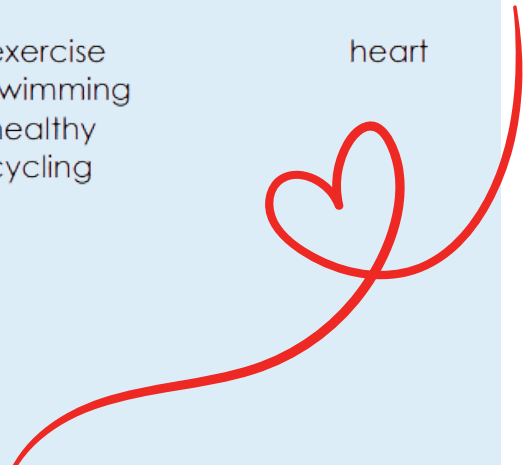
WORD SEARCH

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cantrell center
strength train
free consults
valentines

exercise
swimming
healthy
cycling

heart



KEEP MOVING, MIDDLE GA!

The Cantrell Center is proud to highlight several races throughout the year as a way to encourage you to keep up the momentum. We want you to KEEP moving!!

41st Al Toll Memorial 5K, 15K

Saturday, February 8th @ 8:30 AM in Macon, GA



Join us for this 41st annual race, organized by Macon Tracks Running Club. The race is named in honor and memory of Al Toll, a Macon Tracks Running Club member. The 5K is an out-and-back and the 15K is a rolling loop with plenty of hills. Both races are open to runners of all ages. Macon Tracks members receive \$1 off the entry fee and earn points in the Macon Tracks OrthoGeorgia Race Series.

7th Annual Kiwanis January Jaunt 5K

Saturday, January 25th @ 9 AM in Macon, GA



Join us for the annual Forsythia Festival 5K on Saturday, March 1, 2025! Check-in and packet pickup begins at 7:00 a.m. under the covered driveway of Forsyth Methodist Church at 68 W. Johnston St., Forsyth, GA. The race starts at 8:00 a.m. Sign up by January 31 to take advantage of the early bird registration fee of \$30. From February 1 to March 1, the registration fee is \$35. Please note that February 7, 2025, is the deadline to guarantee your quarter-zip and swag bag. Run Fit Sports proudly sponsors this event.

Get a head start on other upcoming run/walk events by browsing these online calendars: Macon Tracks, Run Georgia, Running in the USA, Active.com.