Premiere Fitness

PREFERRED VENDORS

CARPET CLEANING SERVICE .................................................. Rachael Merlene - Stanley Steemer
FLOORING .................................................................................. Ale Ferrell - CarpetMart
TUPPERWEAR ................................................................. Cathy Gill - Tupperwer Consultant

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

FEBRUARY SALON SPECIAL

Purchase A Gift Certificate For An Essential Facial With Hidie And Receive A 30-Minute Upper Body Massage.

Botanical Hair Therapy (conditioning treatment) with any hair service for only $12 (Save $6)

Expires February 28, 2013

Source: http://www.goredforwomen.org/about-heart-disease/facts_about_heart_disease_in_women-sub-category/causes-prevention/

Heart Disease: # 1 Killer in Women

It’s true: Heart disease is the No. 1 killer in women. Yet, only 1 in 5 American women believe that heart disease is her greatest health threat.

Here are more unsettling facts:

• Heart disease kills approximately one woman every minute.
• 90 percent of women have one or more risk factors for developing heart disease.
• Since 1984, more women than men have died each year from heart disease and the gap between men’s and women’s survival continues to widen.
• The symptoms of heart disease can be different in women vs. men, and are often misunderstood.
• While 1 in 31 American women dies from breast cancer each year, 1 in 3 dies of heart disease. Visit www.acmchealth.org to learn more about symptoms of heart disease.

How can I prevent it?

Many things can put you at risk for these problems – some you can control, and some you can’t. But the key takeaway is that with the right information, education and care, heart disease in women can be treated and prevented.

Studies show that healthy choices have resulted in 330 fewer women dying from heart disease per day. Here are a few lifestyle changes you should make to lower your risk of heart disease.

• Don’t smoke
• Manage your blood sugar
• Get your blood pressure under control
• Lower your cholesterol
• Know your family history
• Stay active
• Lose weight
• Eat healthy

Source: http://www.goredforwomen.org/about-heart-disease/facts_about_heart_disease_in_women-sub-category/causes-prevention/
Ambassador Spin

Monthly

Specials

Please join us in welcoming Angela Ponteri to Premiere Fitness. Angela is certified in Zumba and Zumbatomic® along with other aerobic classes. Angela will be teaching Zumbatomic® starting this month. Zumbatomic® is for kids ages 4 to 12. Kids get fit, rock out and have a blast. Zumbatomic® will be offered on Saturdays at 10 am starting February 10th. Angela will also be teaching adult Zumba on Mondays at 8 am.

Classes are $3. Discounts are available for multiple kids. Pre-registration and pre-payment is required. Convenient punch cards are also available.

“DOZEN” IT FEEL GREAT CLUB

Congratulations to the January “Dozen” It Feel Great winner Shelly Sengun! How Do I Join The “Dozen It Feel Great!” Club? Simply workout 12 or more times per month. We will be 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!

LUNCH ‘n LEARN:

Please join us for our monthly Lunch ‘n Learn series on Tuesday, February 12th from noon until 1:30 pm at Premiere Fitness. The topic will be “Heart Healthy Deserts” and will be presented by an ACMC Certified Nutritionist. Bring your favorite heart healthy desert and vote for your favorite! Prizes will be awarded to the winners!

CHOOSE ACMC AND THE ASHTABULA CLINIC FOR YOUR HEALTHCARE NEEDS

Ashtabula County Medical Center (ACMC) has been providing quality healthcare to our communities for well over 100 years. ACMC is a full-service hospital featuring advanced technology, including digital mammography and the highest level of CT and MRI testing, and physicians who are highly skilled and compassionate. If you’re looking for a physician, The Ashtabula Clinic (TAC) is a 30-physician multi-specialty group medical practice that is part of the ACMC Healthcare System. With locations in Ashtabula, North Kingsville and Jefferson, it is easy to find a TAC physician close to home, work or school. Because TAC is part of ACMC, you can be assured that you will receive coordinated and streamlined care. For more information about The Ashtabula Clinic, or to schedule an appointment with one of the TAC physicians, call 440-992-4422.

DIAMONDS AND DENIM

The ACMC Foundation cordially invites you to the 2013 Diamonds & Denim Gala Saturday, March 2 at the The Lodge & Conference Center at Geneva-on-the-Lake.

Champagne Reception, Gourmet Dinner Stations & Cocktails, Live Entertainment, Dancing, Silent & Live Auctions

For more information or to receive an invitation call the ACMC Foundation at 440-997-6605 or kim.coxon@acmchealth.org

CARDIOLOGY

James Cho, M.D.

Family Medicine

James Chilcott, M.D.

Laxman Cingreddy, M.D.

Richard Kopec, M.D

John Lee, D.O.

David Parker, M.D

Pattanaudia Timsaularcandin, M.D. (Dr. Andi)

Archie Wilkinson, MD

General Surgery

Evangelos Bhsidakis, M.D.

Timothy O’Brien, M.D.

Hematology/Oncology

Mohammad Varghai, M.D.

Internal Medicine

Robert Dlwigosh, M.D.

Edward Wiese, M.D.

Neurology

Preetha Muthusamy, M.D.

Obstetrics/Gynecology

Suchada Chaiwechakarn, M.D.

Dan Lazarevci, M.D.

Sobiaa Thompson, M.D.

Pediatrics

Satish Adigopula, M.D.

Jude Caumenbergh, D.O.

Reham El Gammal, M.D.

Alexander Taich, M.D.

Otolaryngology

Michael Papisiem, M.D.

Orthopedics

John Pecht, M.D.

Mark Vertun, D.O.

Pediatrics

Michelle Dunbar, D.P.M.

Psychiatry

Archana Brojmohun, M.D.

Pulmonology

Ysla Sunnun, M.D.

Urology

Mark Cabelin, M.D.

Raveendra B. Raví, M.D.

Cleveland Clinic Specialists at ACMC

Cardiology

Perry Fliesner, M.D.

John Stephens, M.D.

Endocrinology

Laurence Kennedy, MD

High Risk OB

Mohammed Rajabi, M.D.

Rheumatology

Carmen Gota, M.D.

Doris Milior, M.D.

Johnny Su, M.D.

Pediatric Cardiology

Thomas Edwards, MD