

# SGH LIFESTYLE FITNESS CENTER

The Lifestyle Fitness Center on 4895 Fayetteville Road is scheduled to open the middle of January, 1988. The facility will offer a comprehensive program including fitness activities, athletic training, cardiac and pulmonary rehabilitation. The choices in questions 7 and 8 are many of the programs to be offered at the Lifestyle Fitness Center. In addition many health education

and wellness classes will be offered by SGH Health Care Corporation on the hospital campus. Please check as many programs as you would like to participate in. You will be helping us to offer the services you want to have.

\* The Lifestyle Fitness Center is part of the total health care program offered by SGH Health Care Corporation.

1. Please place an x beside the Health, Habit and Lifestyle Programs listed below that interest you the most.

- Alcohol/Drug Education
- Diabetes Education
- Cardiac Life Support
- Couples Communication
- Stress Management
- Osteoporosis
- Fitness Video Education
- First Visit To The Hospital
- Smoking Cessation
- Sports Medicine
- Starting A Safe Exercise Program
- Lower Back Injury Prevention
- Tension Relaxation
- Healthy Skin and Hair
- Gout
- Women's Health Issues

2. If you are middle age or older, place an x beside the programs listed below you would most like to attend.

- Foot Care
- Drug Management
- Tour of Hospital
- Exercise for Older Adults
- Eye Care
- Accident Prevention
- Wise Healthcare Consumer
- Medical Insurance Information

3. If you are in a situation where a support group could be beneficial, put an x beside the appropriate group (s).

- Alzheimer's Disease
- Diabetes
- Stroke
- Family Situations
- Alcohol/Drug Problems
- Cancer
- Lung Disease
- New Parent
- Weight Control

4. Please place an x beside the Nutrition and Weight Control Programs you would like to participate in.

- Changing Your Eating Habits
- Infant Nutrition
- Permanent Weight Control
- Sports Nutrition
- Low Fat Cooking
- Reducing Salt Intake
- Facts about Fat
- Cooking for a Healthy Heart
- Nutrition Controversies
- Single Servings
- Toddler Nutrition
- Cooking for Diabetics
- Snacks: Add Power Not Pounds

5. If you are or will be in a parenting situation, place an x by the programs listed below that would be of most benefit to you.

- Breast Feeding Class
- Baby Sitting Clinic
- First Year of Life
- Prenatal Exercise
- Preparation for Parenthood
- Teenage Pregnancy
- Single Parent
- Caring for a Sick Child
- Caring for your Newborn
- Childhood Safety/Accident Prevention
- Parent/Child Communication
- Postnatal Exercise
- Building Child Self-Esteem and Confidence
- Lamaze

6. Place an x beside the following sexuality and reproduction programs you feel would be of benefit to you.

- Infertility
- Impotence
- PMS
- Managing Menopause
- Preparing for Pregnancy

7. Indicate with an x the Fitness Programs you would participate in.

- Racquetball
- Exercise at Work
- Water Exercise
- Arthritis Water Exercise
- Weight Training - Women
- Progressive Running
- Bicycling
- Aerobic Classes
- Weight Training - Men
- Swimming
- YOGA
- Annual Fun Run/Biathlon
- Outside Fitness Trail
- First Aid for the Fitness Fanatic
- Sport Specific Training Program
- Tone Up
- Exercise Appropriate for your Body
- Aerobic Equipment Training
- Walking
- Tai-Chi
- Fitness Testing

8. If you are interested in swimming, place an x beside the program(s) you would participate in.

- Lap Swimming
- Open Swimming
- Water Sports
- Adult Swimming Lessons
- Children's Swimming Lessons

9. Aerobics classes will be offered. Place an x beside the time of day that is most convenient for you.

- Early Morning
- Mid Morning
- Noon
- Early Afternoon
- Late Afternoon
- After Work/Evening

10. The only sports medicine clinic in this area of North Carolina is at SGH Lifestyle Fitness Center. How far would you be willing to travel to get rehabilitation for an injury or training on athletic injury prevention?

- 0-10 Miles
- 10-20 Miles
- Mileage not a Factor

11. Screening tests will be available. Place an x beside those tests you would like to have.

- Blood Pressure
- Colo-Rectal Cancer Screening
- Lungs (Pulmonary Function)
- Lifestyle Assessment
- Body Composition & Analysis
- Current Health & Fitness Level
- Cholesterol (fat) in your blood
- Athletic Injury Screening
- Heart/Treadmill Exercise Test
- Flexibility
- Muscular Strength/Endurance
- Health Risk Appraisal

### PROFILE OF THE LIFESTYLE TEAM:

The many health care programs offered through the Lifestyle Fitness Center require a highly experienced staff. Programs for individuals and groups will be offered.

The professionals directing the Lifestyle programs are:

- exercise physiologists to develop an individualized exercise and fitness program based on each individual's health profile
  - certified athletic trainers to work with sports competitors of all ages on injury prevention and treatment
  - certified aerobics instructors
  - health educator to increase awareness and develop skills in personal health care
  - registered dieticians and nutritionists to design personal meal and food programs
  - cardiac rehabilitation specialists to develop healthy hearts
  - pulmonary rehabilitation specialist to work with individuals having breathing problems
  - physical therapists to aid individuals in muscle injury recovery
  - occupational therapists for developing small muscles damaged by injury
  - vocational rehabilitation counselors to assist injured persons' re-entry into the job world
- The director of the Lifestyle Fitness Center is Randie Mantovani, also director of physical therapy at Southeastern General Hospital.

12. If your insurance paid for your rehabilitation programs from a heart problem, sports injury or a lung problem, would you want to participate in a rehabilitation program?

- Yes
- No

13. Would you be willing to participate in a rehabilitation program even though your medical insurance may not currently cover program expenses?

- Yes
- No

14. Are you interested in participating in a cardiac rehabilitation or heart strengthening program?

- Yes
- No

15. If you have a breathing problem, do you have any of the following?

- Asthma
- Emphysema
- Bronchitis
- Other: State Problem \_\_\_\_\_

16. If you have a breathing problem, would you be interested in a pulmonary rehabilitation program that would help you manage that problem?

- Yes
- No

18. Specific children's programs would be of interest to me.

- Yes
- No

19. I would use the Lifestyle Fitness Center's nursery for my children.

- Yes
- No

20. I am

- Male
- Female

21. My age is in the following range.

- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65 +

22. If you are employed, is your normal daily work period a

- Second (Evening) Shift
- Third (Night) Shift
- Rotating Shift
- First (Day) Shift

23. My education level is

- Junior High
- High School
- College
- Post Graduate

24. Do you smoke?

- Yes
- No

25. About how many miles do you live from Southeastern General Hospital?

- 0-5 Miles
- 6-10 Miles
- 11-15 Miles

26. If you work, about how many miles do you work from Southern General Hospital?

- 0-5 Miles
- 6-10 Miles
- 11-15 Miles
- More than 15

27. How many times per week would you be interested in participating in the fitness programs sponsored by SGH Healthcare Corporation?

- 1
- 2
- 3
- 4 or more

28. If you participate, what would you prefer for an average session length?

- 5-30 Minutes
- 31-60 Minutes
- More than 1 hour

29. From Monday through Friday, what time of day would you prefer to participate in fitness activities?

- 6:00 a.m.-10:00 a.m.
- 10:00 a.m.-2:00 p.m.
- 2:00 p.m.-6:00 p.m.
- 6:00 p.m.-10:00 p.m.

30. Saturday Preference?

- 9:00 a.m.-12:00 Noon
- 12:00 Noon-3:00 p.m.
- 3:00 p.m.-6:00 p.m.

31. Sunday Preference?

- 1:00 p.m.-3:30 p.m.
- 3:30 p.m.-6:00 p.m.

32. If you enroll in a health promotion/fitness activity, do you prefer to have a group activity?

- Yes
- No

33. If prepared foods that tasted good and were nutritional (low fat, low sodium, low sugar, high fibre) were available from the hospital, would you be interested in buying them?

- Yes
- No

34. What would influence your decision to buy them?

35. Is there something you would either like to ask or to tell us?

Friday, December 4, 4:30 P.M.-6:30 P.M.  
 Saturday, December 5, 11:00 A.M.-4:00 P.M.  
 Monday, December 7, 4:30 P.M.-6:30 P.M.  
 Saturday, December 12, 11:00 A.M.-4:00 P.M.

NAME \_\_\_\_\_  
 STREET \_\_\_\_\_  
 TOWN \_\_\_\_\_  
 PHONE \_\_\_\_\_

You can qualify for a grand prize if you join at the mall.