WALK-IN
WELLNESS
CENTERS

Phone/Fax: 508-438-0487
Cell 508-864-4033
Email: Walkinwellness@aol.com

HEALTH PORTFOLIO SCREENS

BONE DENSITY
METACHECK
LUNG VOLUME
BODY COMPOSITION
ARTERIAL ELASTICITY
DERMAVIEW
CHOLESTEROL

LIFESTYLE MANAGEMENT CARE PLANS

WEIGHT MANAGEMENT
CHOLESTEROL MANAGEMENT
HIGH BLOOD PRESSURE
SMOKING CESSATION

SPORTS ENHANCEMENT

RUNNING ASSESSMENT WITH VIDEO
POSTURAL ANALYSIS
CORE STRENGTH
OLYMPIC LIFTING
STRENGTH AND CONDITIONING

"Your First Step to a Healthier Tomorrow"

THE TWIN EPIDEMICS
OBESITY AND TYPE 2 DIABETES
"DIABESITY"

- BMI greater than 30(obease) rose from 12 to 20% between 1900 and 2000
- 61% of adults were overweight 71.5% men, 55.7% women age 45-64
- 77% of overweight teenagers will become overweight adults
- Nine fold increase in type 2 diabetes in the USA since the 1950's
- In the past 5 years there has been a 10-fold increase in the # of children with type 2 diabetes.
- Over 300,000 deaths each year are attributable to overweight and obesity.
- The economic cost of obesity are over $ 117 billion.

Causes

Behavioral: Habits, good or bad, are formed by repetition. Eating habits are no except ion. Pavlov's Dog

Environmental: Fast food is widely available, "Super-sized is everywhere"

Physical Inactivity: More adults and children are getting less recommended physical activity: Computers, Video games, Delivery, Drive thru, ect.

Poor Nutrition: Less meals are being ate at home, more junk food availability in schools, work, stores.

Biological: Our metabolic rate is also slowing down. The average American gains at l east one pound a year after the age 25. At the same time, if you do not exercise regularly, you lose a pound of muscle per year.

EXAMPLE Decrease in resting metabolic rate (RMR) by just 5%

Metabolic Rate decreased by 5%, at 2000 calories per day , that's an excess of 100 calories per day, times 31 days per month that's about 1 pound , times 12 months equals 10-12 pounds per year.

Facts about Osteoporosis

- The average primary care doctor sees 54 women a week over the age of fifty. On average, of these 54 women, 30% have osteoporosis.
- The average number of patients diagnosed with osteoporosis per week per primary care physician is only ONE.
- A Gallup Survey of Women ages 45 - 75 indicates that three out of four have NEVER SPOKEN to a doctor about osteoporosis.
- 28 million people have osteoporosis in this country and most don't know it.
- Osteoporosis leads to 1.5 million fractures each year.
- $18 billion dollars is spent on treating those fractures.
- Patients' risk of osteoporotic fracture is greater than their combined risk for heart attack, breastcancer, uterine cancer and ovarian cancer.
- 50% of women over age fifty will have some type of osteoporotic fracture in their lifetime.
- 50% of the people suffering an osteoporotic hip fracture won't walk again.

20% of the people suffering a hip fracture die within one year.