

# Ka Leo 'O Ke Aloha Me Ka Leo 'O Ke Ola



"The Voice of Aloha, The Voice of Health"



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JUNE 2003 • VOLUME 23 • NUMBER 48 • RICHARD BETTINI, CHIEF EXECUTIVE OFFICER • DR. RIC CUSTODIO, MEDICAL DIRECTOR • GINGER FUATA, PRESIDENT

## FreeMotion Strength Machines at WCCHC



By Jasmin Galicinao, MPH, MS, RD

Would you believe that the Waianae Coast Comprehensive Health Center possesses some of the best strength training equipment on the island?

The Health Center's Integrative Medicine Center (IHI) recently obtained state of the art exercise machines, thanks to the generous donation of the Honolulu Club and FreeMotion Fitness Inc., the leading provider of cutting-edge commercial fitness equipment.

At the end of April, the Health Center's Facilities Department hauled ten machines, weighing at least 300 pounds each, from the Honolulu Club. These FreeMotion strength training machines cannot be found in any gym or health club facility in Hawaii, except at the prestigious Honolulu Club...and now at the Health Center's IHI gym.

What is so special about these machines? FreeMotion is the first and only full circuit functional training equipment in the industry. FreeMotion Fitness Inc. offers a unique line of equipment that allows the user to do basic human movement patterns, as opposed to the traditional strength stations that limit movement to a fixed pattern. The user is free to work the entire body and its muscle groups in the same way they are used in everyday physical activity. By using these machines, one can build strength, stability, balance and flexibility through replicating natural movements such as pushing, pulling, twisting, lunging, and squatting. The machines are easy to use and you can do many exercises with them. The Health Center is very fortunate to acquire these machines and the community can

*June*  
**CLINIC HOURS**

**Emergency Room open 24 hours a day!**  
**Adult Day Care open 365 days a year.**

**Dental Clinic:**  
Open Monday - Friday and some Saturdays.  
**Call 696-1496 to schedule an appointment.**  
**CLOSED: Kamehameha Day – Wednesday, June 11<sup>th</sup>**

**Medical Clinics:**  
Appointments available Monday - Saturday  
**Call 696-7081 to schedule an appointment.**  
**CLOSED: Kamehameha Day – Wednesday, June 11<sup>th</sup>**

**Special Immunization Clinic  
open every Saturday in June.**  
*Call 696-1430 for more information.*

benefit by committing to IHI's Lifestyle Enhancement Program.

Through the Lifestyle Enhancement Program, patients are seen by a physician and registered dietitian, and are encouraged to attend fitness training at the IHI gym. In addition to IHI gym's FreeMotion machines, we have dumbbells, stability balls, and cardiovascular equipment such as treadmills, stationary bikes, and a stair climber to help fulfill your fitness goals. Come and visit our facility. Call 696-1490 for more information.

### Newly Elected (and re-elected) Board Members



Congratulations to new Board members Maralyn Kurshals (L) and Aulani Ahmad (R) who were recently elected to the Health Center Board of Directors. Chuck Wothke (Center) one of the founders of the Health Center was re-elected to the board along with Herb Hew Len (not pictured).

## Mauka Clinic Hosts Diabetic Clinic



Pictured at left is Nurse Practitioner Lisa Zick-Mariteragi doing a foot exam on one of the diabetic patients who took part in the May 8 Diabetes Clinic hosted by the Mauka Clinic.

During the foot exam patients were advised to: Check their feet daily; report any redness, swelling, sores, cuts, blisters; wear well fitted covered toe shoes in and outside the home; keep nails trimmed (straight across/not pass the nail tuft); and to always check their bath water temperature prior to stepping in.

A total of 33 patients were updated for their diabetic needs including: Eye appointments, a foot exam and blood test (including A1C), counseling and nutritional advice, and immunizations.

The pharmaceutical companies, Novo Nordisk and Aventis, were also on hand to give free pamphlets and sugar free candy, and to demonstrate insulin devices.

We hope to provide this service again in 3 months.

Mahalo to Integrated Health, Central Registration, Lab, Medical Records, and the Mauka Clinic staff for a job well done. Most of all CONGRATULATIONS to all of our patients who attended and who are taking care of their health.