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Chocolate: The New Health Food?

By: Monica Duvall, M.D. Board Certified in Family Medicine
at the Rittenhouse Women's Wellness Center



Just in time for Easter, a new study has found that healthy people who eat chocolate regularly are slimmer than those who eat chocolate less often--good news for those of us with a sweet tooth! The study assessed data from more than 1000 people aged 20-85. The subjects reported eating chocolate an average of 2 times a week, while exercising an average of 3.6 times a week and following a healthy diet. Those who ate chocolate more frequently (5 times a week) had a body mass index which was one point lower than those who did not eat it as regularly. Body Mass Index, which measures body fat from a person's height and weight, is optimally between 18 and 25. For the average American woman, who is 5'4", a 1-point difference in BMI translates to a difference of about 6 pounds--pretty significant!

To read more about the benefits of chocolate, please visit our blog at www.rwwc.com.

The Power of Food Enzymes

By: Christina Ushler, RD
Registered Dietitian at the Rittenhouse Women's Wellness Center

Did you know that life would cease to exist without enzymes? We are constantly bombarded with information regarding proteins, fats, and carbohydrates - in other words, "macro" nutrition. Not as much emphasis is placed on the "micro" nutrition that fuels our system every day. Micronutrients are specific nutrients that are needed by our body in smaller amounts, but this is not to say that they do not play a pivotal role in our physiology. Micronutrients encompass vitamins, minerals, phytonutrients/phytochemicals, and enzymes.



To read more about the Power of Food Enzymes, please visit our blog at www.rwwc.com.

Will I Bulk Up If I Add Strength Training to My Exercise Routine?

By: Shannon Feck
Personal Trainer at the Rittenhouse Women's Wellness Center



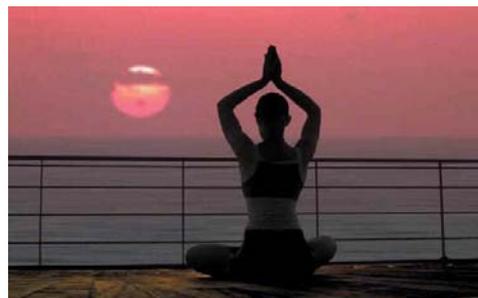
As summertime approaches, you may be thinking of how you're going to tone up and get in great shape for that beach vacation you have planned. If you haven't added several strength training routines to your work-outs each week, you should! While a lot of females believe that strength training will cause their bodies to bulk up, the fact is that it's very difficult for a female to achieve significant gains in muscle mass and size for several reasons. To get that toned look, burning body fat and creating lean muscle mass through proper resistance training is the key!

To learn more about strength training, please visit our blog at www.rwwc.com.

Yoga now available at RWWC

The Rittenhouse Women's Wellness Center is now pleased to offer our patients individual yoga classes at our Center. Each yoga session will be one hour and can help reduce stress and anxiety in your everyday life.

Rachel Goldberg is a certified Yoga instructor for the Rittenhouse Women's Wellness Center. She received her certification from The YogaLife Institute in Devon, Pa.



To read more about Rachel Goldberg, please visit Fitness at www.rwwc.com. To schedule an appointment with Rachel you may phone our office at (215) 735-7992, ext '0'.

Introducing Two New Fitness Specialists' at RWWC



Rachel Goldberg is a certified Yoga instructor for the Rittenhouse Women's Wellness Center. She received her certification from The YogaLife Institute in Devon, Pa. Ms. Goldberg teaches Hatha yoga and is also experienced in using Yoga as a type of therapy.

Kathryn Pontius is a certified personal trainer for the Rittenhouse Women's Wellness Center. Kathryn received her Bachelor of Science Degree in Kinesiology from the University of Maryland. She is

skilled in creating individualized workouts based on a clients fitness levels and goals. She also has extensive experience in integrating sports medicine and physical therapy.

To read more about Rachel Goldberg and Kathryn Pontius, please visit Fitness at www.rwwc.com.

Juvederm Party April 9th, 2012

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Event Info

Monday, April 9, 2012
3:00pm-7:00pm
Rittenhouse Women's
Wellness Center
1632 Pine Street
Philadelphia, PA 19103



Call now - space is limited!

Please call (215) 735-7990, ext '0', to schedule.

*Must sign up for Brilliant Distinctions program in order to receive discount.

**Patient Portal now available for:
secure emails, referral and
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Please email info@rwwc.com to request your patient portal user name and password.

About Us

The Rittenhouse Women's Wellness Center provides Internal Medicine, Nutrition, Fitness, Emotional Well-Being and Medical & Aesthetic Skin Care Services for women. Our goal is to provide our patients with an integrated approach to health and well-being.

