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## 1. Total Wellness Program

The Rittenhouse Women's Total Wellness Package assesses your wellness by looking at your health from a 360 degree perspective. With this package, each member from our team addresses your unique health issues and goals for well-being in a single half-day visit.



During a scheduled follow-up visit, you will sit down with our board certified internist to review your RWWC Total Wellness Assessment, which includes:

- A detailed health history and risk assessment
- A complete physical evaluation
- A review of your nutritional strengths and deficiencies
- A fitness evaluation
- A review of your emotional-well being
- Medical & Aesthetic skin exam and consultation

A portion of this visit may be covered by your insurance. To learn more about this package, please visit [www.rwwc.com](http://www.rwwc.com), following the link to our Blog.

## 2. A Better Diet

By: [Amalia Krantz](#)  
Registered Dietitian at the Rittenhouse Women's Wellness Center

Happy New Year everyone!

Since healthy eating resolutions are tops on many people's lists, here are five tips to help you start off the New Year:



1. **Don't go on a "diet"** - Having a list of "forbidden" foods or a rigid diet plan makes you more likely to obsess about your food choices and feel guilty when you don't stick to it. Sometimes, if you're in a diet mindset, just having dessert may make you feel bad enough to go off your healthy eating plan altogether. To feel your best and give your body the nutrients it needs, focus on eating more fresh, whole foods and less sugar and processed foods. It's okay to eat the foods you love, as long as you have them in moderation and you watch your portions.

To learn more about how to keep your new year healthy, please visit our Blog at [www.rwwc.com](http://www.rwwc.com).

## 3. A New Fitness Plan for the New Year!

By: [Shannon Feck](#)  
Personal Trainer at the Rittenhouse Women's Wellness Center

Have you thought about the health and fitness changes you want to make for 2012? Instead of simply setting goals like losing weight or getting to the gym more often, think of your health like a business plan. Companies do not aimlessly go along hoping that profit margins will increase one day. They set specific goals and timelines defining what they want to do and when they want to get there; then they take action to make those happen.



Here are some tips to help you develop your health and fitness "business" plan for the New Year!

### **Make your goals specific and measurable:**

When setting your goals, try considering all of the benefits that exercise can bring your life no matter how small the accomplishments might seem. Be specific and make sure your goals are measurable. If you want to lose body fat or weight, how much do you want to lose? If you would love to be able to do a push-up, how many? Instead of setting goals like "feeling" healthier or stronger, try defining them more concretely such as being able to walk up a set of stairs without feeling breathless or reducing the medications you take. By setting specific, measurable goals you can see exactly what you have improved upon, because a tangible start and finish exists.

To read more about Your Fitness Plan for the New Year, you may continue reading our Blog at [www.rwwc.com](http://www.rwwc.com).

#### 4. Introducing New

**VelaShape II™**

**When purchasing a package of VelaShape II this month, you will receive 5 FREE workouts to accompany your package!**

VelaShape II has clinically proven results that help treat cellulite reduction which visibly smooth the area in as few as 4 treatments. It can help treat trouble areas such as: abdomen, buttocks, thighs, upper arms, or neck in less than 30 minutes. VelaShape II is a safe, effective treatment of cellulite and for circumference reduction.



VelaShape II can help treat:

- Circumferential reduction
- Cellulite reduction
- Body Shaping
- Post-baby treatment via circumferential reduction



Please call 215-735-7992 ext. '0' to learn more about this special!

#### 5. Better Looking Skin for the New Year!



Come into DermaCenter during the month of January to take advantage of these great specials!

#### **40% off IPL Package**

IPL treatments minimize redness, veins, broken capillaries, acne scars, fine lines, wrinkles, sun spots, age spots and other related flaws around the nose, and cheeks.

○

#### **Microdermabrasions or chemical peels for \$400**

- Microdermabrasions help buff your skin and reduce fine wrinkles and unwanted pigmentation. Microdermabrasion can be performed on all skin types, tones and colors.
- Chemical peels help lighten freckles, age spots and uneven pigmentation. A chemical peel from the DermaCenter smooths overall texture, leaving your skin feeling softer, fresher with a youthful glow. To learn more about chemical peels and Microdermabrasions visit [www.dermacenter.com](http://www.dermacenter.com).

Please call 215-735-7992 ext. '0' to learn more about this special!

## 6. Our Physicians' Total Wellness suggestions for 2012!

By: [Jillan Rowbotham, D.O.](#)  
[Board Certified Internist at the Rittenhouse Women's Wellness Center](#)

Consider making some of these goals the focus of your resolution for a healthier you in the new year.



### 1. Eliminate tobacco:

If you don't smoke, don't start. "Social smoking" still counts as smoking; consider making this the last year you light up when having a drink. Even those occasional cigarettes add up over time. If you are not ready to quit right now at least pause to consider it - is there a goal time, even if it is far in the future, you would like to be quit by (ie your wedding or a child's graduation)? What would change in your life if you were no longer smoking? Just thinking about quitting can bring you closer to being ready. If you are ready to quit and would like some help please come in and see us. Even if you aren't able to stay quit you are still better off than if you didn't try.

### 2. Increase your water intake:

Most of us don't drink enough water. The Institute of Medicine determined that adequate daily intake for a woman is 2.2 liters, which is just a little more than the classic "eight 8-ounce glasses" or 64 ounces. You need more when you are exercising, sick, pregnant or breastfeeding, or in a warmer climate. Staying well hydrated helps your skin and other important organs and can fight off fatigue and hunger. Count up the amount of non-caffeinated fluid you are drinking in a day - how close to 64 ounces are you?

If you would like a more in-depth, multi-disciplinary analysis of your health and specific ways to make 2012 a healthier year consider our Total Wellness Program. (see above)

To read more about Top Ten Goals for Total Wellness, click [here](#).

## Flu Vaccines Now Available



We now have the 2011-2012 influenza vaccine available. Please call the office to schedule your immunization. Rebecca or Maria, our Medical Assistants, will be giving immunizations six days a week.

**Patient Portal now available for:  
secure emails, referral and  
Rx refill requests.**



**Please email [info@rwwc.com](mailto: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.

