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Issue #5

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Summer is around the corner and the specialists at RWWC want to help you look and feel your best! Throughout the month of May, we are offering special deals in the areas of nutrition, fitness, and beauty. Read below to learn more!

Get Your Body Ready for Summer with These 3 Steps!



#1 Nutrition: Your Insurance May Cover 6 Free Visits with our Dietitian!

#2 Fitness: \$25 Fitness Assessment and Workout!

#3 Beauty: \$199 Velashape Cellulite Reduction Summer Special!

Your Insurance May Cover 6 Visits With a Dietitian!

Call our office at (215) 735-7992 or email us at info@rwwc.com and we will check to see if your visits are covered.

Let our Registered Dietitians get you ready for the beach!

Our Dietitians will work with you to create a personal plan based on your weight loss goals to get you ready for summer.

Your goals are our goals - call today to set up a consultation at (215) 735-7992 (215) 735-7992

Visit <http://www.rwwc.com/nutrition/home.html> to learn more about our nutrition program.



\$25 Fitness Assessment and Workout Routine



Look your best this summer by adding a personalized fitness routine to your schedule!

Our certified personal trainers will evaluate your current level of fitness and will identify areas which need improvement. We will develop a custom fitness program incorporating the best exercises to achieve your fitness goals. Our personal trainers will provide you with a fun, challenging exercise program to help you meet your fitness goals.

Visit <http://www.rwwc.com/fitness/home.html> to learn more about our personal training options.

To schedule an appointment, call (215) 735-7992 or email us at info@rwwc.com.

**This offer is available for Monday appointments only. Must be purchased by May 31 and used by August 31, 2011. Maximum purchase is 2 per customer.*

\$199 VelaShape Cellulite Reduction Treatment!

Eliminate cellulite and improve your overall figure with Cellulite Reduction and Body Contouring Services with VelaShape.

With VelaShape treatments you will lose inches from your waist, thighs and buttocks. This a non-invasive procedure contours and reshapes these typical problem areas.

To learn more about VelaShape, visit <http://dermacenter.com/cellulite-reduction.html>

Call now to schedule an appointment - (215) 735-7992 or email us at info@rwwc.com.

This deal must be purchased by May 31 and used by August 31, 2011. \$199 is a per treatment price; 4 treatments are recommended. Only valid for waist, thighs, buttocks or saddlebags. No purchase limit.



Our Team Approach to Weight Loss



By: Dr. Jillan Rowbotham, Internal Medicine

Though the actual work of weight loss is largely an individual effort, having a solid team behind you can mean the difference between success and setbacks. Our Weight Management program has assembled all of the professionals needed to comprehensively address the complexities of obesity and weight loss. The Weight Management team at RWWC includes a physician, a psychologist, personal trainers, and registered dieticians and was designed with your health and long term success in mind. Because we are all under one roof, we are able to work closely together to design the most effective weight loss plan for you based on your lifestyle, goals, and underlying medical conditions.

Having a physician as part of the weight loss team is something that is lacking in most commercial weight loss programs and gives our patients an advantage. From the very beginning of your weight loss journey, I will evaluate you for underlying medical conditions that may make weight loss more difficult, such as obstructive sleep apnea and underactive thyroid. I can also identify medications, including over-the-counter preparations, which may be increasing your appetite or otherwise impeding your success.

Through a comprehensive social history, family history, and blood tests I will be able to assess your risk for developing weight-related diseases and fully evaluate your cardiovascular risk, ordering stress tests or other further heart evaluations if needed. This information is communicated to the rest of the team to allow our personal trainers to better design a safe fitness program for you and to alert our dieticians to any areas that may need particular focus, such as cholesterol or salt intake.

In our Weight Management program you will work closely with all of our professionals. Frequent visits to the center will help us quickly identify problems, fluidly make corrections to your plan, and proactively address the inevitable plateaus.

Weekly Weight Management meetings are held with the team members to discuss your progress and revise your goals. A summary e-mail will be sent to you with reminders of what to work on for the next week along with words of encouragement.

The reasons for weight gain are multiple, complex, and individual. Our multifaceted team allows us to get to the root of your weight gain and devise a truly personalized plan to help you realize your goals for a healthier you!

Dr. Jillan Rowbotham, a Board Certified Internist, earned her medical degree from the Philadelphia College of Osteopathic Medicine and received her training in Internal Medicine at Main Line Health's Lankenau Hospital in Wynnewood, Pennsylvania where she was one of the top residents in her program.

5 Moves for a Toned Body in 2 Weeks

By: Erica Umosella, Certified Personal Trainer

If you've been procrastinating on your workout plan for Memorial Day - this just might be your last minute strategy for success! (Repeat this circuit 3x a week, with cardio, for best results.)



Inchworm - Works abs, chest, arms. Bend forward, place hands on floor in front of toes, and walk hands forward, until you reach plank position. Do a push-up, then inch back to start. (Keep belly button pulled in.) Do 8 to 12 reps.

Side Plank - Works abs, Oblique's, butt, hips, thighs. Lie on right side with legs extended, hips and feet stacked; prop yourself up on your right forearm, elbow under shoulder, and place left hand on your waist. Slowly lift hips off the floor as high as you can, hold for 15 to 30 seconds each side.

Lunge Twist - Works calves, hamstrings, butt. Stand with arms at shoulder height, palms down. Step forward with right foot, crossing it in front of left. Lower into a curtsy-like lunge (right knee shouldn't go past toes) while twisting torso right. Untwist, push off right foot, return to start. Do 8 to 12 reps; switch legs and repeat.

Squat Shoulder Press - Works butt, thighs, shoulders, back. Stand with feet hip-width apart holding five-pound weights in each hand, arms bent, palms facing in. Bend knees and squat, pause, then stand and press arms straight up over shoulders. Do 8 to 12 reps.

Wood Choppers - Works oblique's, back, shoulders. Stand with left foot in front of right, holding one weight with both hands, arms extended so weight is by right hip. Rotate arms up and across, (don't twist torso) pause, then return to start. Do 8 to 12 reps; switch sides and repeat.

Erica Umosella received her Bachelor of Arts in Health and Exercise Science with emphasis in Physical Education from Rowan University. She also earned a degree as a certified personal trainer and nutritional consultant from the National Personal Training Institute of Philadelphia.

Women's Wellness Center is Expanding!

We'd like to thank you - our patients - for the wonderful positive feedback and loyalty we've received over the past two years! The response to our Center in the Rittenhouse and greater Philadelphia communities has been so great, we will be opening new **Women's Wellness Centers** in the surrounding areas in the very near future. We hope the expansion will help us serve you better through:

- more location and appointment options
- increased access to our doctors and experts
- better communication through online access



We are also very excited and proud of our updated website www.rwwc.com. We would love for you to explore it and hear your feedback. Simply email us at info@rwwc.com with any comments.

Follow us on Facebook and Twitter to stay tuned in to upcoming openings and events!

Job Opportunities at the Women's Wellness Center

The Women's Wellness Center is seeking:

Controller/VP of Finance

Director of Marketing

Director of Practice Management and Operations



If interested, please send your resume to Dr. Saltzman's husband Bob at rsaltzman@rwwc.com. Please feel free to forward this to friends and family.

About Us

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

