



The Rittenhouse Women's Wellness Center

Eating Right - Staying Fit - Embracing Wellness

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Spring is Here!

By: **Monica Duvall, M.D.**
Physician at the Rittenhouse
Women's Wellness Center

Now that the weather has (finally!) started to improve, many of us are focused on getting outside for some fresh air and fitness. But what's the best way to do this safely, with the maximum benefits to our health? Variety and moderation are the keys.

Exercise is any physical activity designed to improve/maintain some aspect of physical fitness.

The benefits of exercise are numerous--risks for diabetes, high blood pressure, osteoporosis, cardiovascular disease, and stroke are all reduced in those who exercise regularly. Mood is improved, and life expectancy is increased. Although every individual's exercise program should be tailored to her own preferences, abilities, and lifestyle, the health goals are basically the same for all. There are 4 main types of physical activity that help to achieve these goals. To read more .



New Doctor Joining

Rittenhouse Internal Medicine Main Line: Stephanie McKnight M.D.

Stephanie McKnight, M.D., is a board certified physician with 6 years of experience. Her professional interests include: women's health, joint injections, weight loss medicine and dermatology. Patients describe her as trustworthy and friendly.

She is currently accepting new patients at Rittenhouse Internal Medicine: Main Line and will start seeing patients in June. To request an appointment with Dr. McKnight, please visit Internal Medicine at rwwc.com for a full biography on our Family Medicine physicians.

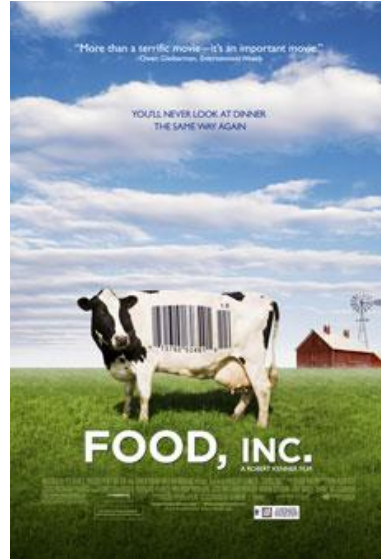


Top 5 Nutrition Documentaries

By: Theresa Shank, RD
Registered Dietitian at the
Rittenhouse Women's Wellness
Center

In this age of search engines one can easily find hundreds of thousands of articles, forums and blogs about nutrition. However, making use of a limitless source of information isn't as easy as it sounds. With so much misinformation out there, how do you know what you can trust? Where can you start? A great way to find your starting point is by watching credible documentaries. Over the last decade there has been a barrage of documentaries that place the spotlight on various aspects of our food industry.

Have you ever thought about where the meat in your cheeseburger comes from? How about the tomato in your salad? Do you question the long term affects of consuming too much added sugar? If you find yourself wondering the answers to these questions then I highly encourage you to view these influential documentaries. To read more about these recommendations, please visit our Nutrition Wellness blog at www.rwwc.com



Spring Clean Your Fitness Routine

By: Kathryn Pontius, Personal Trainer
at the Rittenhouse Women's
Wellness Center

Spring has sprung! Winter is over, flowers and trees are starting to bloom, it is time to do some spring cleaning, and it's time to do some spring training!

After hibernating this winter, your body may be in need of a make-over in time to get tight and fit for bathing suit weather. Dust off those running shoes, pump up your bike tires, and get out that water bottle.

While this time of year is exciting, invigorating, and teeming with new life and energy, it is important to remember some tips for training that you may have packed away with your shorts and tank tops. To read more about jump starting your spring fitness routine please visit our wellness blog at www.rwwc.com.



Pamper Yourself This May at DermaCenter



- **40 % OFF Cellulite Reduction & Body Contouring**

This FDA-cleared, non-invasive medical solution for circumferential reduction contours and reshapes typical problem areas such as the thighs, hips, buttocks and abdomen. **VelaShape II™** has been proven to visibly smooth skin texture up to 60% after five sessions.

- **Purchase laser hair removal bikini package and get underarm package free!**

Laser hair removal is an alternative to other methods, such as waxing, electrolysis and shaving. Clients can benefit from treatments on virtually any part of the body including the bikini line, chest, chin, back, legs, underarm and upper lip. Package includes 6 treatments and one year guarantee.

- **Microplaning: - Package of 4 for \$350**

Microplaning helps remove dead skin and facial hair in one session. It will also help **cleanse, exfoliate**, massage and nourish the outer most layer of the skin. Your skin will be left with a soft, smooth and supple appearance. To schedule an appointment, click [here](#).

Request Your Portal Information Today!

Our patient portal recently changed so that you now will be able to view your labs, print your radiology prescriptions, reference your visit summary, schedule routine appointments, request prescription refills, request referrals and more.

To request your new patient portal login and password, please email info@rwwc.com.



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All of our social media accounts provide information about our physicians, facility, healthy recipe ideas and more!!

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Follow DermaCenter Medical Spa on  or 

Like RWWC on 

Like DermaCenter on 

About Us

The Rittenhouse Women's Wellness Center provides Primary Care including routine gynecology, medical & aesthetic skin care, nutrition, fitness, and emotional well-being exclusively for women. Our goal is to provide our patients with an integrated approach to health and well-being.

