

# Executive Center professionals boost

By JUDITH GREER

Experiencing "not enough hours in the day" is not an uncommon effect of corporate life, but professionals at the Executive Health Center say it only takes one hour-a-day to make the other 23 more productive, as well as ultimately boost the quality of life.

The prescription to add more quality hours in the day is body maintenance and fitness, said William Yanakos, general partner of Riverfront Center's Executive Health Center.

Yanakos describes the center as a medically-based wellness center which offers an initial sophisticated medical screening where present health and health risk factors are established, and a preventative fitness program is prescribed.

"During this medical exam, we have the focus of the individual's total attention as to the level of their health, and what could happen to them," Yanakos said.

An average profile of the people who come into the center, whether just for an annual checkup or as a member, are executives of 40 years of age, 70 percent men, are typically 10 to 15 pounds overweight, have a relatively high level of cholesterol in their blood, experience hypertension, high blood pressure, stress, are smokers, may possibly have or have had orthopedic problems, and are in a high risk category to attract coronary diseases, Yanakos said.

"These people are not so much overweight or obese as they are underconditioned," said Pat Dougherty, exercise physiologist.

Their exercise prescription is based on the level of risk from the standpoint of

each individual's coronary risk level, said Yanakos. Corporate fitness programs around the country generally don't focus at all on the medical aspects, he said.



**"Stress is a universal problem, and the corporate job accentuates coronary disease," said Yanakos. Travel and work schedules become so demanding that there is either no time for exercise or the employee's energy level is so low that free-time is not used for physical "work," but is used for physical relaxation.**

According to Yanakos, the risk of going into an exercise program after being inactive for any period of time is dangerous and the activity should be monitored. "We not only monitor their activity, but we educate them in the areas of physical activity, nutrition, stress management, smoking cessation, and continuing health education."

Members are not just left in here to run

wild," said Dougherty. Results of the risk factor profile and medical screening, which includes testing for percentage of body fat, flexibility, grip strength, stress, cardiovascular functioning, blood work and pulmonary function, are compiled to develop the individualized exercise prescription.

People differ as far as body mass, body tone, and endurance, among other things, and the body composition study offers the necessary information to recommend intensity, duration, frequency progression and types of physical activities prescribed, Dougherty said.

The medical exam is a prime time to intervene with a preventative health program for those who have not been participating, said Yanakos. The Executive Health Center can be used strictly for employee annual medical exams, and participation in a fitness program is not required, said Yanakos. However, in January, as part of the standard membership package, members will be required to have the medical exam.

"With come-backs, we are able to reinforce the idea to those who are not participating, that they should be following a prescribed fitness program," said Yanakos. "But if people don't want to work at it, you can't force them."

Their (executives') lifestyle includes a lot of stress and their jobs take a lot of energies," said Dougherty. "If you're in good shape you can be more effective and you will have more energy even after the job is done."

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Executives have two types of pressure, general environment pressure — competition — and decision pressure, said Yanakos. And as far as automation is concerned, he said, results in a reduction in the work force, causing more pressure on those remaining. "Yet the busier the work schedule, the greater the need to budget time for physical activity," said Yanakos.

"There is not question that the quality of life throughout the years improves with health maintenance and physical activity," said Yanakos.

While the individual's motivation

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## Health Systems to the problem

