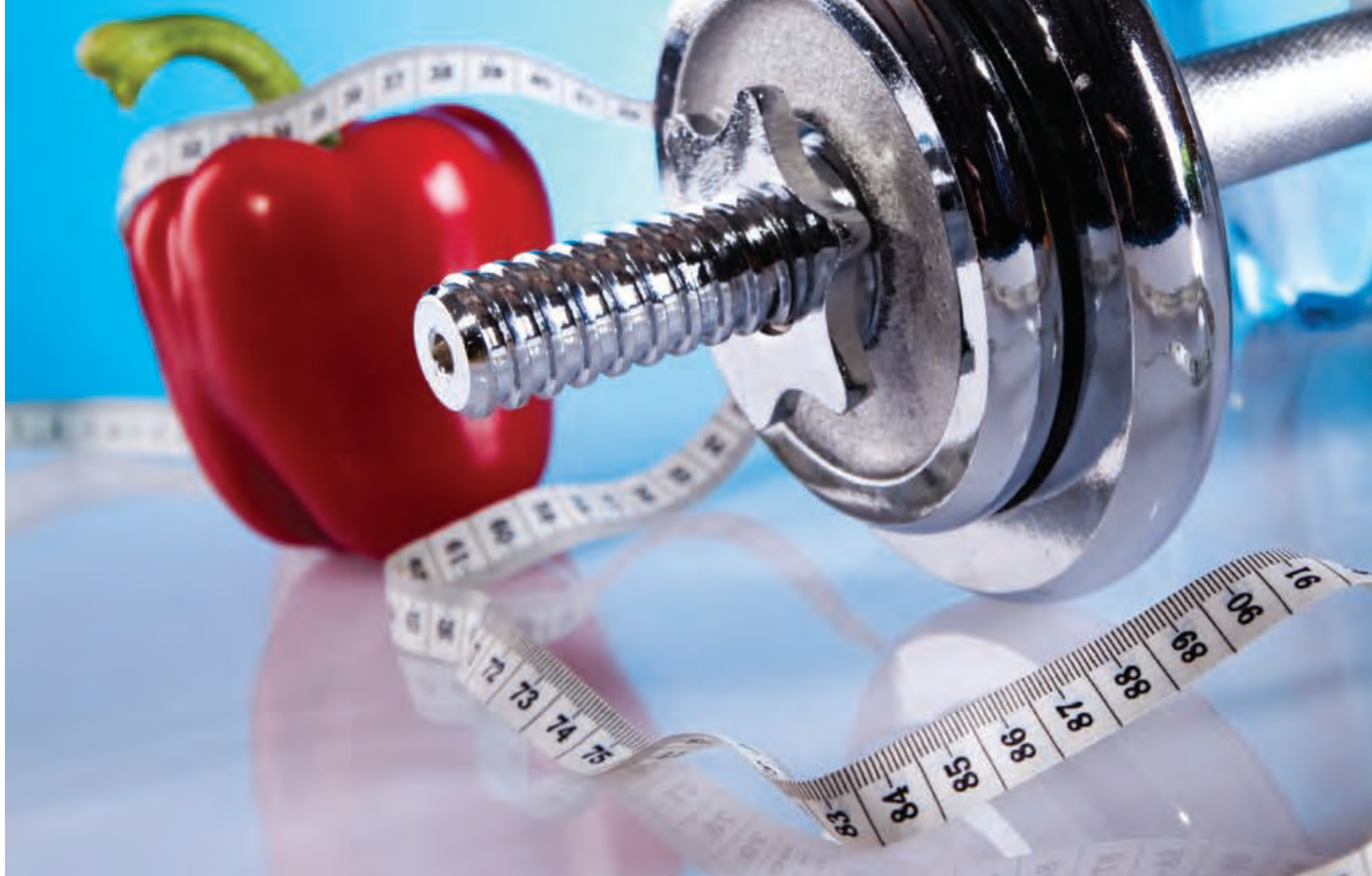


EXECUTIVE

Health & Fitness

An Advertising Supplement to the Orange County Business Journal • December 5, 2011





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UCI Irvine Executive Health Program

A management strategy that works

For most busy executives, having a physical exam is something to do after everything else is finished (and it never is). But now, UC Irvine Medical Center is offering a prescription for wellness that can easily be scheduled into hectic lifestyles – The UC Irvine Executive Health Physical.

Among the most comprehensive examinations available anywhere, it takes a little over two hours to complete. It includes intensive one-on-one attention, personal follow-up and top-flight testing – all conducted at a nationally recognized medical center complete with the latest technology, highly skilled physicians and experienced professional staff.

“The program is designed to be efficient while providing time for an in-depth discussion between the patient and the doctor,” says Morris Hasson, M.D., Executive Health Program Physician and clinical professor of medicine at UC Irvine. “Our goal is to catch diseases while they’re easily treatable and to prevent illness by encouraging lifestyle changes.”

A real head-to-toe experience

The exam begins with a medical history. It’s a personal conversation between the patient and doctor with time to discuss any specific issues or symptoms. Once this is completed, a thorough physical exam is conducted, including screenings for cardiovascular disease, cancer, respiratory ailments, vision and hearing problems. The exam also includes a comprehensive fitness evaluation and laboratory analysis to detect preexisting disease. All in all, the exam is a real head-to-toe experience. Depending on the participant’s age or risk factors, further tests may be recommended by the physician.

A computerized risk appraisal is also generated, showing participants how lifestyle modifications can decrease their risk of developing certain illnesses. Patients are also given a detailed exercise prescription, if needed, and referred to appropriate UC Irvine risk-factor reduction programs, including those dealing with weight management, cardiovascular risk reduction, and travel immunizations.

Programs tailored to individuals

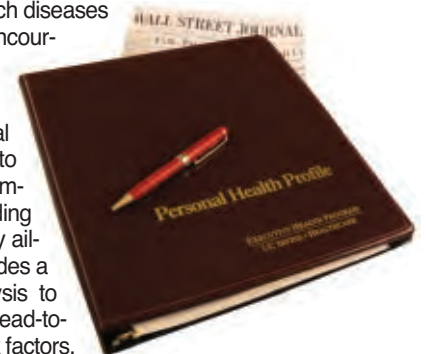
All risk factor reduction programs are tailored to meet the individual needs of participants. For example, the UC Irvine Weight Management Program provides a continuum of services varying in intensity, including a medically supervised low calorie diet as well as food-based plans. The UC Irvine Travel Medicine Program provides specific healthcare information about destinations worldwide and immunizations for individuals who are traveling the globe.

The complete results of the physical, along with recommendations, are presented to participants in a bound portfolio.

To date, more than 900 companies have participated in the UC Irvine Executive Health Program, with some enrolling their entire upper-level workforce for physicals.

The UC Irvine Executive Health Program: It’s a management strategy that works.

For information about UC Irvine’s Executive Health Program, please call 949.824.8033.



The complete results of the physical, along with recommendations, are presented to participants in a bound portfolio.



Protect Your Most Valuable Asset... Your Health.

Invest In Your Own Personal Health Profile From UC IRVINE EXECUTIVE HEALTH

PERSONAL INDIVIDUALIZED ATTENTION The 2 ½ hour comprehensive physical exam is tailored specifically to each participant’s age, gender and lifestyle behavior. The program assesses the whole individual, evaluating not only health but also fitness, nutritional status and health risks.

COMPREHENSIVE EVALUATION OF YOUR CURRENT STATE OF HEALTH

A follow-up session is scheduled with a University physician and a registered dietitian approximately 2 weeks later with ample time for questions and discussion.

HEALTH RISK APPRAISAL A computerized health risk appraisal is generated, showing participants how lifestyle modifications can decrease their risk of developing cardiovascular disease and cancer.

The UC Irvine Executive Health Program has helped thousands of executives in Orange County and around the world manage their health since 1989.

UC IRVINE EXECUTIVE HEALTH PROGRAM



2100 Medical Plaza Dr., 2nd Floor
Irvine, CA 92697-6255
(949) 824-8033 or (800) 877-7348
www.ucihealth.com/corporatehealth

San Juan Capistrano's Marbella Country Club Redefines The Private Family Club Experience

Located in the rolling hills of San Juan Capistrano, Marbella Country Club offers an unmatched combination: An array of modern golf, tennis, swim and hospitality amenities, and the old-fashioned traditions and sense of belonging that make it one of the most remarkable family-oriented private clubs in Orange County.

Built in the spirit of private clubs from a bygone era, Marbella offers members a myriad of opportunities for playing, relaxing or socializing in a luxurious, yet comfortable ambience, with a year-long schedule of special events and activities designed to engage every member of the family. The club is close to the freeway – located right off the 5 Freeway; but enter its lushly landscaped grounds, and the hustle and bustle of everyday life quickly become a distant memory.

"Marbella is unique in Orange County, in that we are a full-service private country club that is upscale, but very welcoming to families," says Marbella Country Club General Manager Dan Riker. "Our location makes us accessible and convenient for busy families and corporate executives, while our breadth of amenities and member programs help us create a truly special venue for connecting with family and friends or networking with business associates."

Members can enjoy a round of golf with family and friends on Marbella Country Club's magnificent par-70, 6,558-yard championship golf course, which was created by the iconic design team of Jay Morrish and Tom Weiskopf in the old style, leaving the terrain completely natural. Thick stands of mature trees frame undulating emerald Bermuda fairways and manicured greens, with numerous lakes, waterfalls and vast elevation changes, all of which create a stunning backdrop for golf. A multitude of golf programs – including men's and women's leagues, couples' twilight golf, club championships, complimentary monthly clinics and member-guest events – give members numerous opportunities for fun or competitive play while socializing with members and guests.

Members can hone their skills on Marbella's expansive practice facility, featuring an all-grass driving range and a large short game area, or take advantage of the club's extensive golf lesson program taught by a friendly team of PGA teaching professionals.

Complementing the club's superb golf are a variety of recreational facilities that help members create memories and forge lasting friendships, including six lighted ten-



Members can enjoy a round of golf with family and friends on Marbella Country Club's magnificent par-70, 6,558-yard championship golf course.

nis courts – an ideal venue for friendly games or competition in the club's year-long schedule of USTA-sanctioned matches, league play, round robins and tournaments, with instructional programs available for juniors and adults. The club's beautiful Junior Olympic-sized swimming pool and toddler pool are outstanding focal points for family activities ranging from swim lessons and family fun days to the club's popular summer junior swim team. Members can also work out in the club's fitness room, where a range of yoga, aerobics and Pilates classes are tailored to members' needs and interests. Licensed massage therapists are also available, along with Titleist Performance Institute (TPI) professionals on staff in both fitness and golf for assessments and personal training.

Reminiscent of an elegant Spanish Mediterranean estate, Marbella Country Club's stunning clubhouse serves as a welcoming centerpiece for member dining, hospitality and socializing. Featuring breathtaking panoramic views of the golf course, the clubhouse encompasses an elegant formal dining room; a comfortable members' grill; men's and women's locker rooms; a fully-stocked golf shop; two comfortable lounges; and an array of meeting rooms and banquet halls accommodating events of all sizes and types, ranging from intimate business dinners and bridal showers to large-scale wedding receptions, fundraising galas and tournament banquets. Social events planned throughout the year help create a deep sense of community and camaraderie, making the club feel like a "home away from home" for members.

Marbella offers a variety of attractively priced membership options offering year-long club access and a superb array of privileges, including full golf, corporate, golf/tennis and social memberships – along with the club's new junior executive membership for members ages 22-36 and their families, featuring full access to all of the club's facilities and participation in member events, with dues under \$400. Additionally, as part of American Golf's network of clubs, Marbella gives full golf, junior executive and corporate members the opportunity to enroll in membership programs that extend their club privileges to more than 100 courses and clubs across the U.S.

While Marbella is open exclusively to members and their guests, the public can enjoy access to the club for special events including weddings, golf tournaments, corporate events and celebrations of all kinds.

Marbella Country Club is located at 30800 Golf Club Drive in San Juan Capistrano. For membership information, please call 949.248.3700 or visit www.marbellacc.net.



CONNECTION.

WHAT DR. MARLENE MIRES LOOKS FOR IN CHOOSING A DOCTOR.

Dr. Marlene Mires of St. Joseph Health System understands what it's like to choose a primary care doctor. She's done it herself. With St. Joseph Heritage Healthcare medical groups and affiliated physicians, she found exactly what she was looking for -- a real, personal connection, with empathy, compassion and excellence. St. Joseph Health System has hundreds of excellent primary care physicians throughout Orange County - with convenient locations and flexible hours. And with the support of thousands of specialists, you have complete care for your entire family -- care that feels especially connected with you.

Visit SJHSFindaDoctor.com to find a St. Joseph physician or call our physician referral line:

St. Jude Medical Center (800) 870-7537	St. Joseph Hospital (714) 633-DOCS (3627)	Mission Hospital (949) 364-1770
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St. Jude Medical Center

St. Joseph Hospital

Mission Hospital

A Ministry founded by the Sisters of St. Joseph of Orange

You can access our Orange County physician network through Mission Hospital Affiliated Physicians; Mission Heritage Medical Group; St. Joseph Hospital Affiliated Physicians; St. Joseph Heritage Medical Group; St. Jude Affiliated Physicians and St. Jude Heritage Medical Group.

St. Joseph Health System's Advice For Staying Active and Healthy this Holiday Season

Attention winter sports enthusiasts! If the chill in the air has you polishing your skis, St. Joseph Health System wants to offer a few tips. Here's some helpful advice for winter safety from the health care experts at St. Joseph Health System's Mission Hospital (Mission Viejo and Laguna Beach); St. Joseph Hospital (Orange) and St. Jude Medical Center (Fullerton).

Avoiding Injury on the Slopes, the Streets and Beyond



"Since many winter sports use very specific muscle sets, it's so important to make sure that your body is adequately prepared for increased or new activities," says Eric W. Lee, M.D., an orthopedic surgeon and sports medicine specialist at St. Joseph Hospital – Orange. "A strong core and increased endurance throughout the year will make the transition for your muscles and joints into winter sports easier and more efficient."

Although it's important to make sure your body is prepared pre- and post-workout, it's also critical to know your limits, as many winter sports injuries can occur at the end of the day from overexertion or not paying attention to pain increasing or persisting. So if a knee ache won't subside or leg muscles are feeling overworked or overused, pay attention to pain and know when it's time to take a break, stretch, or stop the activity.

Wearing proper safety equipment is an excellent way of avoiding injury while participating in winter sports – particularly helmets and wrist braces for snowboarding and properly fitting ski equipment, as bone fractures and breaks are among the most common snowboard and ski-related injuries. In addition to always wearing the proper safety gear, protect your body from the inside-out by monitoring your calcium intake. Ingesting dairy products, and calcium-rich foods like almonds, tofu and dark green, leafy vegetables such as kale, will greatly contribute to overall bone health. If you aren't getting enough of those fortified foods in your diet, you may want to talk to your doctor about calcium supplements.



Synergy, a new medical fitness center located at the St. Jude Centers for Rehabilitation and Wellness, offers many classes that are ideal for cross training in the off-season.

If you have existing injuries or persistent pains, it may be time to make an appointment with an orthopedic surgeon or sports medicine specialist to make sure that a small pain doesn't turn into a big problem. Each of St. Joseph Health System's hospitals throughout Orange County have board-certified orthopedic surgeons and sports medicine specialists – to find out more, call our referral hotlines, or visit our websites:

St. Joseph Hospital
Orange, California
714.633.DOCS (3627)
www.sjo.org

St. Jude Medical Center
Fullerton, California
800.627.8106
www.stjudemedicalcenter.org

Mission Hospital
Mission Viejo, California
949.364.1400 ext. 7952
www.mission4health.com

Winter weather is around the corner and although the cold temperatures bring an abundance of new winter sport options, those activities have the potential to make the body more susceptible to sports-related injuries. From skiing and snowboarding to a brisk morning run, cold weather sports cause joints to react differently and many winter activities involve movements that can put stress on less-used muscles and joints.

According to the American Academy of Orthopaedic Surgeons, more than 350,000 people were treated for winter sports-related injuries in hospitals, doctors' offices and emergency departments in 2009, but Michael Fitzpatrick, M.D., an orthopedic surgeon and sports medicine specialist at Mission Hospital, says there are many precautions we can take to limit our risk. So what's the secret to maintaining or increasing activity levels, while keeping aching joints and other injuries at bay? To start – a good warm up and cool down can make all the difference.

Adequately warming up before exercising can help reduce the risk of injury and increase athletic performance, as cold muscles can be more prone to injury. Whether it's a brisk walk for five to 10 minutes, or simulating the movement of whatever activity you'll be partaking in with stretches, warming up can have a positive effect on your work-out, game or time on the slopes.

"Warming up increases blood flow while making the joints and muscles more limber, which readies the body for the activity ahead," says Dr. Fitzpatrick. "Making sure that the joints are properly lubricated will lessen the likelihood of pulling, over-stretching or tearing ligaments – some of the most common sports-related injuries we see in our offices during the winter."

Taking time to cool down and stretch post-workout can be just as important as a quality warm-up, as studies show that stretching improves flexibility, thus increasing the full range of motion for your joints, which in turn decreases the risk of injury.

Cross-training year-round is another way of effectively reducing the risk of injury during winter sports, especially building up strength in the frequently used muscles for winter sports (core muscles, quadriceps and hamstrings for skiing and snowboarding). Having a strong core increases balance, a key element of most winter sports.

Stuffy Nose and Workout Woes

How sick is "too sick" to stay active?

With the onset of cold and flu season, it's easy to get stuck in a rut of an inactive lifestyle. A small case of the sniffles can lead to a full-blown cold in a matter of days, and it can be difficult to determine the amount of activity that's acceptable for your ailment.

While some say exercise can actually make you feel better when you're sick since it boosts the immune system, others say it's best to take it easy. So what's the best strategy for staying active while you're under the weather? Although there's no simple answer to that question, there are some guidelines to go by and questions to ask yourself to help aid in your decision.

A good rule of thumb is that if your general symptoms are "above the neck," or cold-like symptoms such as congestion, runny nose, sneezing or a minor sore throat, moderate exercise is usually ok. "If you have an upset stomach, chest congestion or a cough, it's usually best to rest and not worry about exercising until you're feeling better," says Judy Losco, D.O., Family Medicine, St. Jude Medical Center. "But for the common cold or other minor illnesses, exercise can often contribute to you feeling better, faster."

Dr. Losco also says that with a fever, fatigue or body aches (flu-like symptoms), exercise could prolong your recovery or make you feel even more run down, so don't exercise with any of these symptoms. With a serious infection, exercise can also lead to heat stroke and dehydration, and a rise in body temperature can make a fever more severe; therefore, staying hydrated is crucial to a full recovery.

If your symptoms are "above the neck" and you do decide to exercise, it's important to listen to your body to determine the suitable amount of activity. Sometimes scaling back the



amount of exercise can be the best solution – like opting for a 45-minute walk, instead of your usual 30-minute run, or taking a slow-paced bike ride instead of that intense mountain trail you've been eyeing. Brisk walks or other moderate forms of cardiovascular activity can contribute to opening nasal passages and relieving congestion for minor illnesses.

You may also want to think twice about heading to the gym while you're sick and stick to working out outside or in your own home, as you may put others at risk if you're contagious, or may be susceptible to catching a different disease if your immune system is compromised. When you do get back to the gym, make sure to exercise caution when touching equipment, avoiding contact with any germs that may have been left behind.

When the sickness subsides, make sure to get back into your regular workout routine gradually – continue your modified routine for approximately a week after your symptoms are gone to ensure your body has time to recover. A week off shouldn't affect your overall performance and you'll be back to normal in no time.

"The amount of exercise you choose to partake in while sick is really dependent upon how you feel," says Dr. Losco. "Do what's best for you and listen to your body, because everyone deals with illnesses in different ways."

If you have questions about your symptoms or level of physical activity, or are looking for a new primary care physician, call the St. Joseph Health System referral hotlines: St. Joseph Hospital – 714.633-DOCS (3627); St. Jude Medical Center – 800.627.8106; Mission Hospital – 949.364.1400 ext. 7952.

Is Your Annual Physical Outdated?

Mission Center for Longevity & Aesthetic Medicine is a new center for executive wellness affiliated with Mission Hospital. Dr. James Heinrich and Charlene Jessup founded the Center in February of 2009 to meet the needs of individuals who were looking for a state-of-the-art physical examination performed in one location in a condensed period of time.

Executive physicals have been available for more than 25 years. Their goal was to make it convenient for busy executives to have a comprehensive physical examination in a short amount of time and to diagnose any issues that could potentially be life threatening. Many things have changed over the past 25 years. Individuals are living longer and want to maintain their physical and mental health so that they can continue to live the active lifestyle that they have enjoyed for many years. Both men and women are not willing to let aging change the quality of their lives.

Good health is often described as freedom from pain, looking your best, feeling good and performing your best. The *Personal Wellness Profile* provides the patient with scores in the following areas of wellness: coronary risk, cancer risk, fitness status, stress status and nutrition status.

Mission Center for Longevity & Aesthetic Medicine combines the basics of an extensive physical examination with the following unique features that are not available at most centers:

- u Exercise Tolerance & Pulmonary Function Test utilizing *V02 Max* Technology
- u Carotid Intima-Media Thickness Test (CIMT)
- u Peripheral Vascular Disease Testing
- u Skin Cancer Screening utilizing *Digital Mole Mapping* Technology
- u *Visia Complexion Analysis* System
- u *DEXA* Scan Bone Density Test with Body Composition Analysis

Dr. Jesus M. Valadez and Dr. Kenneth L. Rexinger, both board certified in Internal Medicine, along with a team of health & longevity specialists assist in guiding patients through the examination.

The richly appointed changing room is equipped with lockers and an expansive shower area with all of the amenities necessary so that following the examination, the patient can be ready to go about their day.

For more information on how to get the most from your executive physical program, please contact Mission Center for Longevity at 949.364.2440.



Dr. James Heinrich and Charlene Jessup, founders, Mission Center for Longevity & Aesthetic Medicine

Smart Executives Know How To Get Ahead

Introducing A Limited Number of Young Executive Memberships, Now Available

At Marbella Country Club, we understand that private club membership makes good business sense. That's why we're introducing a limited number of Young Executive Golf Memberships for new members under the age of 37 and their families. Our members enjoy an 18-hole championship golf course, tennis courts, clubhouse, fitness and swimming facilities for everyday; and banquet facilities for special events.

Special pricing on Full Golf, Limited Golf, and Social Memberships available through December 31st, 2011.

Financing options available.

To learn more, please call 949.248.3700 x310.



To schedule a tour, or for additional information contact:
Joshua Allison - Membership Sales Director
 membership@marbellacc.net | 949.248.3700 x310

Limited memberships available. and terms and conditions apply. All rights reserved.



Affiliated with Mission Hospital

Executive Physicals... We've Improved Them.

Now Offering Complimentary Insurance Billing

Mission Center for Longevity & Aesthetic Medicine is a new center for executive wellness affiliated with Mission Hospital. Our mission is to assist individuals in improving and maintaining their physical and mental health so that they can continue to live an active and healthy lifestyle as they age.



James A. Heinrich,
 M.D., F.A.C.S.
 Medical Director



www.missionlongevity.com
 Call for details: 949-364-2440