

## Don't Let Exercise Disrupt Your Fitness Routine

Getting fit shouldn't lead to an injury or worse.

"Falls, muscle pulls and strains are the most common fitness-related injuries," said Andrea Klein, Director, Preventive Health and Wellness at Yavapai Regional Medical Center (YRMC). "These aren't sport injuries. They're injuries people experience as they're trying to stay fit."

How can you avoid injury during a workout with fitness equipment? The answer to that question can depend on where you work out. If you're using a fitness center, Klein advises to ask the staff about the maintenance of the exercise equipment.

"You should also ask about proper technique before trying new exercise equipment," Klein said. "Performing an exercise incorrectly can result in muscle strain and injury." At YRMC's Preventive Medicine and Wellness Centers (Pendleton Center West and Pendleton Center East), new clients are encouraged to undergo a screening and a training orientation – which includes exercise equipment – before their first workout.

"We like to conduct per-

sonal interviews with clients to screen for heart health, dizziness and other issues that may require a physician's clearance before beginning a fitness routine," said Klein. "We also create individualized exercise plans for people who participate in our Adult Fitness program. These plans take into account the person's medical history, current condition and exercise goals."

What about people who work out on their own? Whether you're at home on a stationary bike or outside pedaling on a bike path, Klein says safety is always the first concern.

The reality is that people do exercise alone," she said. "If you're using an exercise machine, it's important to understand how it works and to ensure it's maintained. If you're hiking or biking alone, it's a good idea to register at the trailhead or tell people where you're going and when you expect to be you back."

Klein advises people to avoid distractions when exercising. This is sound advice whether you're using mechanical equipment, such as a treadmill, or working with a resistance band, which can snap and cause injury if it's worn or damaged.

Here are other tips to help

prevent injuries while you work to stay fit:

- Pay attention to details, like making sure your shoelaces are laced.
- Watch for uneven surfaces when walking, running or hiking to prevent falls.
- Tap the expertise of a personal trainer, like those available through YRMC's Adult Fitness program.



Klein's final piece of advice: do something you enjoy. YRMC's Preventive Medicine and Wellness Centers, for example, offer a variety of classes including aerobics, stretching, yoga, Pilates and Zumba/Z-Dance.

"Getting and staying fit can be hard work, but it also can be fun," she said. ■



For more information, contact the Pendleton Center West at (928) 771-5794 or the Pendleton Center East at (928) 759-5920.

## Sonora Quest Laboratories Empowers Patients Across Arizona to Take Control of Their Health with Direct Access Testing

Sonora Quest Laboratories has launched My Lab ReQuest™, a new service empowering consumers in Arizona to take control of their health by ordering certain lab tests on their own. A new Arizona law, effective July 3, now allows consumers Direct Access Testing from a licensed clinical laboratory without physician orders.

Direct Access Testing is the latest service from Sonora Quest Laboratories, the market leader, which is trusted by more doctors, hospitals and other health-care providers throughout Arizona. Sonora Quest is part of the nation's largest integrated laboratory system, providing laboratory services to patients in settings from primary care and specialists to hospital and long-term care, and performing more than 57 million diagnostic tests annually.

All patients across the state of Arizona will benefit from the Sonora Quest Direct Access Testing service, which is offered at all of its 70 Patient Service Centers statewide. This includes access to centers in the metropolitan areas as well as communities at all ends of the State. With locations from Kingman to Show Low and Sierra

Vista to Yuma, Sonora Quest is able to reach the largest portion of Arizona residents and visitors and is the only laboratory offering Direct Access Testing to the majority of Arizona's rural communities. "Naturally we are pleased to help consumers play a more active role in managing their health," said Sonora Quest Medical Director, Robert Stern, M.D. "Direct Access Testing gives consumers more choice, flexibility and control over their own health in a convenient, efficient and confidential way. This empowerment gets even better for consumers when these tests and potential follow-up actions occur as part of a strong relationship between a consumer and his or her primary health care provider."

All Direct Access Tests offered by Sonora Quest are approved by the U.S. Food and Drug Administration. In addition, Sonora Quest's laboratories are accredited by the College of American Pathologists, the laboratory industry's gold-standard accrediting agency, a defining distinction of Sonora Quest's outstanding quality and proven testing processes. To ensure consistent quality and accuracy of testing, Sonora Quest Laboratories voluntarily participates in

the College of American Pathologists' proficiency testing as well as in-depth inspections of all laboratories.

"This is a new era in health care consumerism, and as Arizona's leading provider of diagnostic testing and information we will do all we can to support the needs of the entire health-care community," said David A. Dexter, president and CEO of Sonora Quest Laboratories. "Consumers expect the most accurate and up-to-date diagnostic information to proactively manage their health so that they can make educated decisions," Dexter said. With My Lab ReQuest, Sonora Quest Laboratories offers consumers a select menu of wellness health profiles and tests, including screening for environmental/pollen allergies, diabetes, heart health, immunity and infectious diseases. All tests are available via an easy online ordering form or at any of their convenient locations and are fully transparent with price clearly indicated for each test. Once completed, consumers have the choice of retrieving their results online through Sonora Quest's Patient Portal, or having them sent by email or postal mail. ■

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