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## Fifth Annual Health Fair in Wellington!

Margaret J Swendseid



THRIVE! Southern Lorain County

May 7, 2019 -- Blood draws, lipid and prostate cancer-detecting tests can be costly, running into the thousands of dollars. But Wellington-area residents will enjoy these and other tests for free at the fifth annual Mercy Parish Nursing Health Fair on Saturday, May 11, from 8 to 11 a.m.

The Fair will take place at [First United Methodist Church \(Profile\)](#) at 127 Park Place in Wellington.

Some of the most prestigious health-related and public service organizations in Lorain County will have tables at the Fair: United Way of Greater Lorain County, Alzheimer's Association, Lorain County Public Health, Lorain County Metro Parks, The Salvation Army-Wellington, Creating Balance and THRIVE! Southern Lorain County.

Adding to the Health Fair excitement are awe-inspiring raffles, such as a gift basket from Huber Therapeutic Massage that includes massage, a salon visit and a gift card for golf. United Way and Elms Retirement Village are offering prizes of Fitbits.

### "Numbers Are Powerful"

The Fair will be the first time that [THRIVE! Southern Lorain County\(Website | Profile\)](#) brings a sophisticated new tool kit of fitness assessment equipment, which includes an all-in-one digital wrist, heart and blood pressure monitor; a "flex tester" measuring hamstring flexibility; and an advanced Metronome helping amateur and professional runners improve their form and technique.

The equipment will be used to measure the physical wellness of Fair participants, thus encouraging them to pursue a more active lifestyle and a healthier diet - all to reduce the risks of heart disease, obesity and diabetes in the region.

"Numbers are powerful," says THRIVE! Partner Deb Lansman, owner of Lansman Shape Shop, LLC. "When individuals get results of their fitness assessments and they know what range their numbers fall into, it allows people to make adjustments in their daily life - by making healthier choices with meals and/or adding an exercise component. That could be as simple as walking 30 minutes day. Knowing your numbers gives you the power to move forward," she adds.

Deb will bring her own Body Fat Analyzer to help Fair participants determine their percentage of body fat and weight.

### **Multiple Uses for the Community**

With credentials that are long and impressive - Deb is a Registered Yoga Teacher, a Certified Personal Trainer, a Certified Group Fitness Instructor, a Certified Pilates Instructor and a Certified Spinning Instructor through Mad Dog, she spearheaded the initiative to obtain the equipment, typically used by gyms and health-care facilities, for THRIVE! "This is going to be a wonderful opportunity for THRIVE! to approach organizations in the Wellington area and offer fitness testing to their employees. Then THRIVE! can repeat the process six months later to ascertain change," she says.

THRIVE! will make the equipment available for use at businesses and civic and non-profit organizations throughout the Wellington area.

For organizations that wish to offer their employees fitness testing through THRIVE!'s traveling tool kit of evaluation equipment, please contact Carol Burke, THRIVE! Facilitator, at 440-987-9182.

### **About THRIVE! Southern Lorain County**

The mission of THRIVE! Southern Lorain County ([www.thriveslc.org](http://www.thriveslc.org)) is to build upon local culture to provide affordable opportunities for all to live healthier through healthy eating, active living and social/emotional support -- all to reduce the risks of heart disease, diabetes and obesity in the region. The organization proudly serves the communities of Brighton Township, Camden Township, Huntington Township, Kipton Village, Pittsfield Township, Rochester Township, Rochester Village, Wellington Township and Wellington Village. THRIVE! is generously supported by a grant from United Way of Greater Lorain County. Like us on Facebook at [www.facebook.com/thrivesoloco](https://www.facebook.com/thrivesoloco).