

Commit to Be Fit series – Massillon Independent Aultman Health Foundation Team Members

Fitness Specialists

- **Jami Long:**
 - developed and leads fitness classes at Aultman North and Aultman West including stretching and toning and water aerobics
 - provides one-on-one guidance through customized exercise programs to clients who request a higher level of supervision
 - presents monthly talks on fitness topics for Aultman Weight Management
 - involved in community and work-site educational events and screenings
 - teaches a personal training certification class at Stark State College of Technology
 - certifications: PACE (Arthritis Foundation) to lead exercise classes for arthritic clients, and CPR, AED, and Basic Water Rescue (American Red Cross)
 - background: Aultman employee since 2003 and 2003 graduate of Mount Union College, bachelor's in exercise physiology
- **Corey Price:**
 - leads water aerobics classes at Aultman West
 - skilled at assisting people with disabilities to achieve their personal fitness goals and works with clients of all ages and fitness levels
 - certifications: personal trainer (YMCA); PACE (Arthritis Foundation) to lead exercise classes for arthritic clients, and CPR, AED, and Basic Water Rescue (American Red Cross)
 - assists Aultman in achieving its mission of "Leading the Community to Improved Health" by participating in local business' health fairs, screenings and community events
 - nominated by a client for and was subsequently granted Aultman's *You Make a Difference* award
 - background: Aultman employee since 2002 and 2001 graduate of the University of South Carolina, bachelor's in exercise physiology

Dietitians

- **Marita Loyola, Masters of Science, Registered Dietitian, Licensed Dietitian:**
 - instructs clients in nutrition guidelines and healthy eating
 - motivates clients to be successful and stick to their customized weight loss plan
 - assists Aultman in achieving its mission of "Leading the Community to Improved Health" by participating in local business' health fairs and community events
 - background: Aultman employee since 1990 and 1973 graduate of Philippine Women's University, bachelor's in nutrition, and 1987 graduate of Kent State University, master's in nutrition

- **Sarah Leffler, RD, LD:**
 - instructs clients in nutrition guidelines and healthy eating
 - motivates clients to be successful and stick to their customized weight loss plan
 - assists Aultman in achieving its mission of “Leading the Community to Improved Health” by participating in local business’ health fairs and community events
 - background: Aultman employee since 1992 and 1976 graduate of Miami University, Oxford, Ohio, bachelor’s in nutrition
- **Marcella Martell, MS, RD, LD:**
 - instructs clients in nutrition guidelines and healthy eating
 - motivates clients to be successful and stick to their customized weight loss plan
 - assists Aultman in achieving its mission of “Leading the Community to Improved Health” by participating in local business’ health fairs and community events
 - motto: weight is not cured -- it is managed over time; weight management is not a destination, but a journey.
 - background: Aultman employee since 1991 and 1978 and 1987 graduate of Kent State University, bachelor’s and master’s in nutrition

Aultman Weight Management

- **Jennifer Justus, RN:**
 - coordinated AultCare’s utilization management, case management services and onsite client health fairs
 - awarded Aultman’s Golden Apple Award in 2005
 - background: Aultman employee since 2000 and 1996 graduate of Kent State University, associate’s in nursing
 - Aultman Weight Management program coordinator since April 2006

Behavioral Counselor

- **Margaret DeLillo-Storey**
 - Bachelor Degree in Education, Kent State University
 - Master’s Degree in Clinical Counseling, Malone College. Currently pursuing Doctorate in clinical counseling.
 - Retired from US Army where served 22 years as an Officer.
 - 10 year’s experience as licensed clinical counselor. Employed by Northeast Ohio Behavioral Health specializing in trauma and stress, and critical incident stress debriefing.
 - Employed with Aultman Weight Management for one year.
 - Motivates and educates Weight Management clients on behavioral strategies associated with emotional and stress eating, social situations, eating cues and triggers, and body image.

Aultman West

2051 Wales Ave. NW, Massillon

Fitness Equipment

- Olympic-size heated indoor swimming pool
 - Handicap access
 - Resistive equipment
 - Buoyancy equipment
- State-of-the-art cardiovascular equipment including:
 - ARC elliptical trainers
 - Nu-Step recumbent steppers
 - Elliptical Edge trainers
 - Airdyne bikes
 - Treadmills
 - Recumbent and upright stationary bikes
 - Rowing machines
 - Indoor walking/running track
 - Indoor basketball court
- Resistance equipment including:
 - Free weights
 - Cybex weight machines
 - Total Gym
 - Shuttle 2000

In addition to fitness, Aultman West houses the following services:

- Immediate-care services for minor injuries and illnesses seven days a week, 8 a.m -10 p.m. every day of the year. The unit is staffed with board-certified emergency room physicians
- Outpatient and non-critical care, such as short-stay surgeries (3-4 days)
- Outpatient Lab
- Diagnostic Testing
- Physical and Occupational Therapy
- Occupational Rehabilitation
- Cardiac Rehabilitation
- Sports Medicine
- Aquatic Therapy
- Community Room

Aultman Weight Management

3730 Whipple Ave. NW, Canton

All weight-loss programs include free membership to the Aultman Fitness Centers located at Aultman West, Aultman Tuscarawas, Aultman North and Aultman Carrollton. Aultman Weight Management offers the following weight-loss programs:

New Direction

- Nutritionally complete program using high-protein liquids
- Effective for people who are more than 40 pounds overweight, have to lose weight quickly or have a serious medical condition that is complicated by obesity
- Medically monitored program that includes an initial health screening (lab work, EKG, physical exam)
- Typical weight loss ranges from 3-5 pounds per week
- Includes a weekly clinic, taught by registered dietitians, behaviorists and exercise physiologists

New Outlook

- Combines high-protein liquids with one well-balanced meal per day
- Ideal for people who wish to lose 20 pounds or more
- Medically monitored program that includes an initial health screening (lab work, EKG, physical exam)
- Typical weight loss ranges from 2-3 pounds per week
- Includes a weekly clinic, taught by registered dietitians, behaviorists and exercise physiologists

New Choices

- Based on well-balanced meals and healthy snacks
- Appropriate for individuals who need to lose less than 20 pounds and can succeed independently
- Includes initial one-hour consultation with dietitian, followed by weekly consultations to review diet records