

Special Report: **Facility Design**

fitness

MANAGEMENT

ISSUES & SOLUTIONS FOR FITNESS FACILITIES

JANUARY 2008

ARCHITECTURAL DESIGN

Transform Small Spaces
Into Big-Time Solutions

FLOORING

Choosing Functional Floors
for Your Outdoors

LOCKER ROOMS

Providing the Essentials
to Meet Members' Needs

Design Sense

Getting Back to the Basics



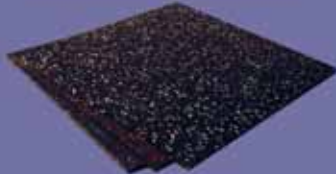
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- Aquatics for the Mind and Body
- Research Update: Cardio Equipment Effectiveness
- Purchasing Guide: Insurance

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Plus One Offers "Green" Fitness

PLUS ONE Health Management, New York, N.Y., designer, developer and manager of corporate fitness centers, luxury spas and wellness programs, launched ECOfitness in October, an extensive approach to "green" design, development and management. This approach most recently guided the opening of theClub, Hearst Corp.'s full-service wellness facility located in the



Plus One partnered with the Hearst Corp. to build theClub, a full-service wellness facility located in the Hearst Tower. The Tower is the first occupied building in New York City to be certified "Gold" under the LEED Green Building Rating System.

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ECOfitness ensures that energy conservation and the use of "green" products play an integral part in fitness projects. Elements of ECOfitness include the use of self-powered exercise equipment, reducing the need for electricity, and the installation of flooring and lockers made of recycled materials.

"Plus One's partnership with organizations like the Hearst Corp. demonstrate that a company's wellness goals do not

need to be separate from their green initiatives," says Plus One CEO and Founder Mike Motta. "We are proud that our ECOfitness approach allows us to maintain our focus of helping members achieve their health and fitness goals, while at the same time reducing our overall impact on the environment."

Plus One is currently engaged in a number of ECOfitness projects for corporations throughout the U.S. The ultimate goal of ECOfitness is to educate all Plus One employees, clients and members, and encourage environmentally responsible behavior inside and outside of the workplace. **FM**

HEALTH & FITNESS

Exercise Helps Treat Depression

Regular exercise may work just as well as medication in improving symptoms of major depression, researchers have found. In a study of 202 depressed adults, investigators found that those who went through group-based exercise therapy did as well as those treated with an antidepressant drug. A third group that performed home-based exercise also improved, though to a lesser degree. Say study authors, "There is certainly growing evidence that exercise may be a viable alternative to medication."

The study, published in September in *Psychosomatic Medicine*, included 202 men

and women ages 40 and older who were diagnosed with major depression. They were randomly assigned to one of four groups: one that worked out in a supervised group setting three times per week, one that exercised at home, one that took the antidepressant sertraline (Zoloft) and one that took placebo pills.

After 16 weeks, the patients completed standard measures of depression symptoms. Researchers found that 47 percent of patients on the antidepressant no longer met the criteria for major depression. The same was true of 45 percent of those in the supervised exercise group. In the home-based exercise group, 40 percent had their symptoms go into remission. That compared with 31 percent of the placebo group. **FM**

HEALTH & FITNESS

Functional Fitness Really Works

The American Council on Exercise (ACE), San Diego, Calif., released in November results of its study on functional fitness for older adults. The research found that it works, and most exercisers will see real-world benefits.

ACE commissioned researchers at the University of Wisconsin, La Crosse to examine physical improvements associated with this type of training. Researchers recruited 48 volunteers, ages 58 to 78. All had some form of cardiac, metabolic or orthopedic condition. Each subject was randomly assigned to either the exper-
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