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## MCDONALD'S STEAKHOUSE

Imagine that you are passing the golden arches of a McDonald's and see that the sign on the building says "McDonald's Steakhouse". You quickly park your car and go inside expecting to see what type of juicy steak that you can now order. But the menu is still Big Macs, Quarter Pounders etc. No steaks. You ask the order taker about the steaks and she replies that steak is meat from a cow and all of their burgers are made of meat from cows so they are a "steakhouse".

A similar scenario may be playing out in the fitness industry. A recent promotion for a fitness trade show encouraged health club operators to "Find out why you may need to add 'Wellness' to the name of your health club". Why? Because medical wellness centers are greatly expanding the fitness market and commercial health clubs want a piece of that growth. But simply putting the word "wellness" on a health club doesn't make it something that it is not.

There is no question that health clubs can be an asset to the communities they serve but medical wellness centers fill a different need. They provide exercise and lifestyle management for many people with chronic medical conditions or rehabilitation needs that go beyond the expertise and service levels found in typical health clubs.

To help tell the difference between steak and hamburger, here are some questions to ask if the word "wellness" is in the name of a fitness center:

### Do you offer any of these programs and services?

- *Pre-surgical exercise for bariatric surgery patients?*
- *Phase III Cardiac Rehab?*
- *Balance programs?*
- *Incontinence prevention exercise?*
- *Aquatic arthritis exercise?*
- *Pre and postnatal exercise?*
- *Physicians and other healthcare professionals on site?*
- *Presurgical conditioning programs for joint replacement and elective surgery?*
- *Exercise prescriptions and health risk screening for all new members?*
- *Cancer recovery programs?*

Centers that use the word "wellness" should provide much more than standard health club services, a place to jump on a machine and break a sweat. HPA is proud to be leading the "wellness revolution" and helping our clients to create truly healthier communities.



Mark A. Nadel, FACHE  
Managing Director and Partner

## 2016 PEDOMETER CHALLENGE



The journey toward fitness starts with a single step and Anderson Regional Health and Fitness made sure it counted using a pedometer. The objective for members was to reach at least 10,000 steps a day. This inexpensive fitness program provided accountability and goal setting to the participants. Grand Prizes went to the top 3 walkers and every participant who completed the Walk Across the USA Challenge got to spin our Prize Wheel! This year, the rules allowed the walkers to still be in the contest even if they didn't walk that many steps. The Center provided a body fat percent challenge as an extra challenge for our walkers. Prizes were awarded to the male/female that lost the most body fat percent. Walkers had fun watching their progress on the Center's USA walking map and would get even more motivated when they would see that someone had surpassed their step count! It was a fun way to get motivated to exercise!

## KIDFIT



Anderson Health and Fitness Center hosted KidFit for the first time this summer! We had 16 happy and healthy kids who had a blast getting fit with our trainers while they were out on summer vacation! AHFC offered kid's crossfit, zumba, yoga, plus many fun games and obstacle courses. There was no scarcity of activities that can motivate the children, since all kids can find some form of exercise that they enjoy. The idea is to get the child interested in an activity like this when he/she is young, so that exercise and fitness are more likely to become a habit that lasts for many decades. AHFC was pleased to ignite that spark!



## FAIRWELL ANNOUNCEMENT

Abby Jane Smith and Sarai Bailey Saulters will leave Anderson Health and Fitness Center to go work at Walt Disney World as interns in the Disney College Program. While we will miss them both dearly, we are happy for them since they will be working at "The Most Magical Place on Earth" (other than AHFC!!).



## MARRIAGE ANNOUNCEMENT

Mallory Elise Jordan, Membership Services Director at Anderson Health and Fitness Center, is pleased to announce her recent marriage to Kenneth Daryl Hardy, Clarkdale High School Principal. Mallory and Ken got married on June 8, 2016 and spent their honeymoon on a road trip through the mountains.



# THOMASTON...

## MEMBER PROFILE: SANDY KERSEY

Sandy Kersey joined The Wellness Center of URMC in April of 2007. Since that time, he has made 2,690 visits, an average 5.7 visits per week. His daily routine consists of one hour or more on his favorite piece of equipment the Life Fitness 95xi Elliptical at a level 13. We estimate Sandy has logged more than 24,000 miles. Every day we look forward to seeing Sandy and that wonderful broad smile. Congratulations to Sandy!



The Wellness Center of URMC held a **"Welcome Back Tommy"** bash on the last day of August to celebrate the return of former fitness specialist Tommy Glisson as our new General Manager. The Wellness Center and its members all celebrated the day with free smoothies, fruit, chair massages and door prizes. The result was 19 new members. Way to go team and welcome back Tommy! We are glad to have you as part of the HPA senior staff.

## THE WELLNESS CENTER'S VERY OWN BOTTLE BOY: TERRY OWENS



TWC's Terry Owens ran the San Diego Marathon recently in a unique fashion. Terry provided us with a first hand account of his experience that we wanted to share: "I don't consider myself a gym or fitness center type of person, instead preferring the solitude of the trails and roads as a distance runner. However, there needs to be balance in order to keep the entire

body working in unison and in injury-free form. That's where the URMC Wellness Center plays a part. My wife, Valerie, and I joined the Wellness Center as newcomers to the area and have enjoyed getting to know the kind people we've met there over the past several months.

We are also heavily involved with the Children's Tumor Foundation, a non-profit organization that funds research and spreads the word about NF, or neurofibromatosis. NF is a genetic disorder that causes tumors to grow on nerves throughout the body and can lead to blindness, bone abnormalities, cancer, deafness, disfigurement, learning disabilities, and excruciating and disabling pain.

While living in San Diego I was involved in starting

Team Garrett to support our family friend, Garrett Baumann, who suffers from NF. We've continued with our annual team fundraiser since moving to Georgia, and I participate in America's Finest City Half Marathon each year as part of that effort. Each year our team dresses as Nintendo characters as a tribute to Garrett who is a huge Mario fan, as well as wearing other crazy costumes. For 2016's race I asked Clean Bottle, a maker of sports bottles, if I could use their Bottle Boy suit to run the race, to which they said "yes".

Because the suit weighs 12 pounds, I incorporated intense training at the Wellness Center into my four weekly runs which I generally chose to undergo in the heat of the day. Having served in the Marine Corps I had a good idea of the training that would need to happen, and the Wellness Center has the equipment needed to help reach my goal.

And it all paid off. Not only did Team Garrett members raise \$25,000 toward NF research, we all completed the race, including Bottle Boy who finished mile 13.1 under his own power. Thanks to the URMC Wellness Center for their support during this process. The Wellness Center is a great asset to our community, and we are fortunate to have access to their facilities and staff in our rural community."







HENRY MAYO  
FITNESS  
AND  
HEALTH



Pictured here are Bill Holstein, General Manager, Sharlene Duzick, Membership Services Director and Adnan Hyder, Fitness Director.

Henry Mayo Fitness and Health is excited to announce its Grand Opening on September 10th, 2016. The 55,000 sq. ft. facility located in Valencia CA., just 1 hour from Los Angeles features Henry Mayo Newhall Hospital's outpatient Physical Therapy Clinic and Educational Department, Pool, and a variety of Group Fitness classes. Equipment featured in the Center includes strength and weight training, cardio equipment, steam room, sauna, and group exercise studios.

With the recent additions of Sharlene Duzick as Membership Service Director and Adnan Hyder as Fitness Director, Henry Mayo Fitness and Health looks primed to have a successful opening. As a longtime Santa Clarita Valley resident, Sharlene Duzick naturally gravitates toward local outreach and education for the community. She is a former Miss Santa Clarita Valley and is extensively involved in business and philanthropic projects in the SCV. She holds a bachelor's degree in Business Marketing from California State University Northridge. Adnan Hyder has been a certified personal trainer for 12 years, and for the past three years held the position of Fitness Manager at Equinox Fitness. He has experience in new club openings and successfully opened three clubs in the Greater Los Angeles area. Each club has continued to surpass the previous club in breaking

records nationwide for sales revenue and personal training sessions performed.

At Henry Mayo Fitness and Health, we focus on our members maintaining a healthy and active lifestyle by not putting fitness on top of dysfunction. Our training staff understands that the daily stressors of life and work can cause postural imbalances and asymmetries in the joints. We focus on increasing mobility, increasing stability, and thus giving our membership a strong foundation to start their strength training and cardiovascular routine. The Personal Training Department has already successfully signed up 10 clients who are currently training out of the mini gym located in the Pre-sale Office and those members are establishing a strong foundation for the strength training routine they will undergo once the facility opens to the public. With an emphasis on quality of training, Henry Mayo Fitness and Health will set itself apart from the average commercial gyms saturating Southern California.



Lynn Robbins, HPA Vice President, Client Support Services is shown here training staff on the member management software.

## HEALTHPLEX PARTNERS WITH NAVIGATOR CREDIT UNION TO LIVE HEALTHY

In partnership with Navigator Credit Union,



Healthplex launched a series of screening for blood pressure, weight and glucose levels. The screenings

were introduced to: highlight any health risks that employees may face; display improvements in key health indicators due to exercise; and motivate employees to begin or continue to exercise. Special classes and healthy educational seminars were introduced for Navigator Credit Union employees in the late evening timeframe to accommodate their work schedules.

## HEALTHPLEX YOUTH SPEED SCHOOL



This summer, the Singing River Healthplex held its first Youth Speed School. The overall focus was on core stability, power, speed, agility, and aerobic conditioning. The kids had a great time and were able to improve their speed while safely learning key fundamental training techniques.

## THE US NAVY AND US COAST GUARD JOIN HEALTHPLEX FOR PHYSICAL CONDITIONING



Singing River Healthplex has signed a contract with both the U.S. Coast Guard and U.S. Navy to provide exercise facilities for personnel to maintain physical requirements necessary for the U.S. armed forces. Currently, the navy has three ships docked at Huntington-Ingalls to be serviced. The shipbuilding company, Huntington Ingalls, has recently signed another contract with the U.S. government to supply additional ships.

# Healthplex

 SINGING RIVER HEALTH SYSTEM  
*Fitness & Wellness Center*

# MON VALLEY...

## CENTER FOR FITNESS AND HEALTH EXPANDS OFFERINGS FOR KIDS!!

Understanding the importance of promoting a healthy lifestyle for today's youth, The Center for Fitness and Health has made an effort to expand its fitness offerings for children. Fitness Director Melissa Ondesko has seen kids who have participated in our Summer



Healthy Kids Camp over the years grow into teenagers and now looking for fitness options. "Our members want their kids to be involved in fitness programs; they have made the decision to join our Center and they want their kids here, sharing the experience. The programs we roll out are always well received and supported. Our team of fitness professionals has really enjoyed making a difference in the health of the children in this region." The Center's youth programs include:



- **Healthy Kids Camp** – a summer program designed for ages 5-11. The camp includes swimming instruction, fitness classes and creative craft time.
- **YES Program (Youth Exercising Safely)** – an interactive exercise program for kids 10 – 14 years old. The program offers personal coaching specifically designed to give participants the knowledge to safely use a selection of the fitness equipment. Once kids graduate from the program they can become members and are able to visit the Center with their parents.
- **Athletic Performance Program** – The Center offers a special program designed to help student athletes reach their full potential no matter what their sport, in a safe, challenging and fun environment. The program is aimed to develop performance related skills; strength, speed, power and quickness.
- **Youth Triathlon Conditioning Program** – This unique five-week program finishes with a mini triathlon to put the skills that the kids learn to a test. The program is designed to develop confidence as well as endurance for participation in triathlons of all levels.

Putting **your health first.**

Center for Fitness and Health



### FITNESS WALKING CLASS AT CFH



Fitness Walking classes have become the new "it" class at Mon Valley's Center for Fitness and Health. Members have responded very positively and the class participation averages over 25 per class! Instructor Dawn Szalay chooses music based on its beats per minute to guide her participants through up to 4 miles of stationary walking in a one hour class.

Movements include simple marching, stepping, and striding patterns that are easy to catch on to and keep up with. This simplicity makes it perfect for all ages and abilities who are interested in the benefits of distance walking.

### CFH MEMBERS RESPOND TO CHARITABLE REQUEST

Mon Valley Hospital and its affiliates contributed 10,735 units of nonperishable food to the Boy Scouts of America's annual food drive which supports area food banks. For the second consecutive year, The Center for Fitness and Health donated the most of all participating Hospital departments! "We are very proud of our staff and members for responding to this charitable cause" said Don Doyle, General Manager. "The members were rewarded with chances to win prizes for every item donated – with the grand prize being a 3 month membership."



Mon Valley Continued on page 10





## Mission Fitness

A Member of Medical Center Health System



In July, Mission Fitness sponsored a bicycle team in the annual MS150 Cactus & Crude Ride that raises funds to fight Multiple Sclerosis.

The Mission Fitness team consisted of six Mission Fitness members who made the two day, 150 mile ride from Midland to Lubbock, Texas ending at the beautiful CapRock Winery.

The team was lead by Marie Vasquez-Brooks, a Mission Fitness group ex instructor. Mission Fitness member Don Tohkubbi made his inaugural ride with the team this year. We are so proud of him.



Day 1



Day 2



Medical Center Health System  
Your One Source for Health

## SETTING THE EXAMPLE FOR COMMUNITY HEALTH



**36 Medical Center Hospital employees. 4 Departments. 4 Biggest Loser teams. One 8 week weight loss competition. 263.6 pounds lost!**

Over eight weeks 36 Medical Center Hospital employees embarked on a challenge to see who could lose the greatest percentage of weight. They were split into four teams based on the department where they worked.

The four teams were Labor and Delivery Nurses, Physical Medicine and Rehab, Performance Improvement and Community Health.

Once a week they would meet with their Mission Fitness Coach and participate in an hour long workout as a team. For the remainder of the week the coach would send them daily newsletters with the workout of the day to keep them motivated.

Each team also received a grocery store tour with a licensed dietitian. This allowed each participant to learn how to grocery shop and carry their newly acquired healthy lifestyle into the kitchen.

These thirty six full time employees lost a total of 263.6 pounds combined. Wow! Congratulations to each participant for taking this step and becoming a healthier version of themselves.

## ANNUAL MEMBER APPRECIATION LUAU



Summertime at the Marina Wellness Center calls for the annual Member Appreciation Luau in July. Over 300 members were greeted with Hawaiian leis, experienced authentic island food, watched Hula dancers, and were entertained by a professional Ukulele musician.

Upon admission, each member was given a raffle ticket to enter a drawing to win one of a dozen prizes straight from the Hawaiian Islands. The most anticipated prizes? The 60-minute massage, 45-minute personal training session, and month of membership!

After receiving their leis, members were escorted to the conference room where the feast of poi, BBQ pork and chicken, grilled vegetables, spam, and brown rice was waiting for them. Members were directed up to the main tent by smiling employees and festive signs. The tent was filled with bright decorations, additional food - including fresh pineapple, fruit infused water, and sweet rolls - along with musical entertainment, and a temporary tattoo station.

Guests were entertained by the Ukulele player while they enjoyed their food and mingled amongst themselves. Once plates were cleared, the Hula dancers arrived. They performed a number of traditional Hawaii Luau dances and even called up volunteers to help them perform the "Hookie Lau". It was apparent how much the members loved the percussive music and authentic costumes when they swarmed the dancers for pictures at the end of the performance.

The evening wrapped up with the raffle drawing and dark chocolate macadamia nuts. Over forty members went home with prizes from the islands and free Montage Wellness Center services.



## COMPLIMENTARY BOOTCAMP

In July, the Montage Wellness Center Marina offered members a free outside boot camp. Lead by one of the ACSM personal trainers, members were taken through a number of different cardio and strength circuits designed to improve anaerobic and aerobic fitness, lower blood pressure, and decrease abdominal fat. Over thirty members signed up for the Wednesday evening and Saturday morning classes.



**MONTAGE**  
Wellness Center



## MONTAGE WELLNESS CENTER SALINAS GRAND OPENING



January 10th 2016 marked the grand opening of the brand new Montage Wellness Center Salinas. The 25,000 square foot facility includes a warm water pool, lap pool, group exercise class studio, sports performance studio, and state of the art cardio and strength training equipment. The first 200 members to sign up were awarded Charter membership which included complimentary branded reusable bag, water bottle, and sweat towel.

Since January membership has grown to nearly 700 members who have signed up for personal training and expanding group exercise classes. The gym now offers over thirty group fitness – including PIYO, Indoor Cycling, Aqua Dynamics, Full Body Circuit, Flexibility, Healthy Back, Core Strength, and even Latin Dance classes - and performance training classes weekly.



## BAY CITY...

### HPA'S NEWEST LOCATION



HPA is proud to announce our newest affiliated facility the Matagorda Regional Wellness Center (Bay

City, Texas). This unique building serves a dual purpose as it is designed to withstand hurricane force storms and serve as a "safe shelter" for first responders in the event of a disaster.

The new building which is scheduled to open November 15, 2016 will house Cardiac Rehabilitation and Physical Medicine departments as well as the new Wellness Center.

Devin Mongrain will head up HPA's team on site as the Wellness Center Coordinator.

### WELCOME DEVIN MONGRAIN

Devin Mongrain, pictured here is the new Wellness Coordinator at the Matagorda Regional Medical Center site. He is a 2010 graduate of Michigan State University with a Bachelors of Science in Kinesiology and Exercise Science. He also graduated with specialization in Health Promotion. Throughout his career, Devin has been certified through ACE (CPT), NSCA (CSCS) and Kettlebell Athletics (Level I). Devin has experience in a wide range of training including Bodybuilding, Powerlifting/Olympic lifting, CrossFit, Injury Prevention, and Functional Training.



## CFH PARTNERS WITH LOCAL COLLEGE INTERNSHIP PROGRAM

The Center for Fitness and Health has partnered with California University of Pennsylvania to be a preferred location for student interns. The partnership has allowed CFH to be active in the selection of students in the Exercise Science and Sport Management departments. Management team members for the Wellness Center periodically instruct classes focused on applying course work to real life jobs. CFH also participates in the job fairs and interviewing skills sessions for students. Students can apply and interview for the CFH internship. "We have had great success with the

students and their performance. We currently have three former interns whom we have hired as employees. The relationship has truly been a win – win for California University and The Center for Fitness and Health," says Melissa Ondesko, Fitness Director. Pictured here is former intern Tim Livingstone who has become the leading Personal Trainer at CFH.



*Welcome*

## HR CORNER



**Adnan Hyder (Valencia)** received his bachelor's degree in Physiology and Neuroscience from UC San Diego. Adnan has been a certified personal trainer for 12 years and has created a niche in the field with his unique scientifically backed fitness programs. He previously held the position of Fitness Manager Equinox Fitness in the Greater

Los Angeles area for the past 3 years. As a Fitness Manager, he has specialized in new club openings and successfully opened 3 of the company's most recent clubs in Woodland Hills, Westlake Village, and Glendale. Adnan has also been involved in the initial on-boarding and on-going education of Personal Trainers regarding subjects such as physiology, anatomy, neuroscience, proper joint function and how all these subjects play a role in movement mechanics.



**Sharlene Duzick (Valencia)** is the new Member Services Director at Henry Mayo Health and Fitness. Prior to her new position, she was the Director of Member Services for the Santa Clarita Valley Family YMCA where she supported community members in developing a healthy lifestyle through personal one-on-one support and

in group exercise settings. Duzick also coaches Students Off and Running (SOAR) a group that offers youth in need living in the Santa Clarita Valley the opportunity to participate in a fully supported, 24-week, 380-mile marathon training program. Sharlene is a former Miss Santa Clarita Valley and a member of the Junior Chamber in Santa Clarita. She holds a bachelor's degree in Business Marketing from California State University Northridge.



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