

IN THIS ISSUE...

HPA HQ 1

Medicine Discovers a
Cure...Exercise

Meridian 2,3

Anderson Cup Road Race
March Crossfit Special
Facility Reinvestment
Social Media Strategy

Pascagoula 4

Shape Up Pascagoula
Singing River Supports
Bariatric Program

Mon Valley 5,6

Member Spotlight
Weight Loss Competition
Food Drive
Employee Spotlight

Bay City 6

MRMC Weight Management

Monterey 7, 8

Mardi Gras Member Party
Pool Re-Opening Party
6th Anniversary

Valencia 8

Training for the Top of the World

Odessa 9

3rd Annual Desert Dash
Clinical Coordinator:
Zach Cavazos

Thomaston 10

Member Appreciation Day
Weight Watchers
Personal Training

HR Corner 11

HR Corner

MEDICINE DISCOVERS A CURE!!!.....EXERCISE

Well, how about that? It was there all along, hiding in plain sight. And because it is 'old news', it doesn't come across as all that exciting. We would rather read about some new drug or biologic that is poised to change the medical world, right? But, the reality – the hard, cold facts – is that periodic exercise IS the cure. Granted, it is not necessarily easy, or 'sexy', but it is pretty uncomplicated and vastly less expensive with far fewer side effects. For many years, as a sports medicine physician, I would give this positive message to patients only to be met, in response, with disappointment. "Isn't there a pill?" "How about an easier way?" Amazing, but we live in an amazing world.

As I write this, the US Congress is considering a bill to revamp healthcare. Regardless of what transpires, exercise and physical activity will remain steadfast with what medicine will be doing for chronic disease (CD) treatment in this country. Most modern CD interventions include recommendations incorporating exercise and physical therapy regimens, many times as the only intervention. Exercise and physical activity, instituted secondarily as part of a treatment protocol, have been shown to be effective enough to eliminate the need for drug therapy! The stimulus of chronic physical activity is significant and powerful. In the future, exercise will be integrated into technological advances that will make it easier for patients.

Traditionally, hospitals and health systems have focused on acting as a

resource for those in acute need; as a result, we have a system that is geared toward treating illness or injury, but not seeing its role in preventing that urgent (and expensive) need. Now, in the midst of all the debates about "healthcare reform", there is a recognition that we can't keep doing what we have in the past and expect to find our way to a more effective system for the 21st century. To achieve this, we must align the needs and goals of hospitals, communities, and patients. Healthcare systems and the communities in which they are located can be a powerful positive force for health. Healthplex Associates is attempting to catalyze this partnership for the benefit of communities and their people.

What better way for a hospital to help its community (and help itself) than to facilitate the measured use of exercise, especially in treating chronic diseases? Hospital and health systems that establish wellness and exercise centers where exercise treatment and new technology can be applied can be a wonderful community resource. That is the idea. HPA is working to align the clinical science of exercise with communities and their healthcare systems. Our team never forgets who benefits – patients!



Douglas B. McKeag MD, MS
Medical Director

MERIDIAN...

34TH ANNUAL ANDERSON CUP ROAD RACE

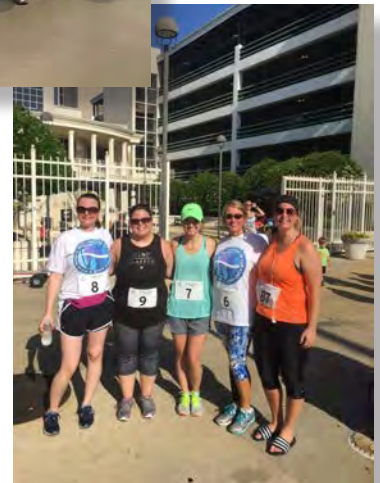
The Anderson Cup Road Race is one of our largest events every year. It consists of a 5K run, a 2 mile walk, and a 1 mile Fun Run through the streets of downtown Meridian, MS. This race is a time for the entire wellness center team to work together for a great cause! This year race proceeds benefitted The Meridian Freedom Project, which serves local Meridian Junior High and High School kids with after school and summer programs aimed at developing leadership skills and promoting health awareness.

Our thanks also go out to the Meridian Fire Department and Ambulance Metro Service who are always eager to help us out! Fitness Director Kristen Tibbetts commented "We love to see the American Flag hanging from the firetruck as our National Anthem is sung before the race by a Meridian resident". This year, the honor went to local 4th grader Lillie Grace Langston.

The Anderson Cup Road Race is always a large event in terms of participation, and this year we had more than 100 volunteers, including the Mississippi State (Meridian Campus) Exercise Kinesiology students, the Meridian Naval Air Station Shipmates, the Debs organization, and players for the West Lauderdale football team. We had well over 100 registrants and were able to raise the money we needed for The Meridian Freedom Project!



COUCH TO 5K PROGRAM A BIG SUCCESS IN 2017



For the second straight year, Anderson Health and Fitness offered a "Couch to 5K" program leading up to and culminating with the Anderson Cup Road Race. This year, five AHFC members went from what they described as couch potato status to successfully completing the 5K race. Congratulations are in order!

MARCH CROSSFIT SPECIAL

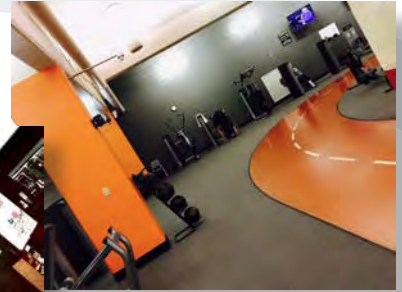
Anderson Health and Fitness' "Crossfit Torment" provided an invitation to all local military, police, firefighters, and emergency response personnel to FREE Crossfit in the month of March! This was our Center's way of giving something back for their service and dedication to our nation and community. Every day, these men and women work around the clock to selflessly keep our country and communities safe. Keeping them fit for their jobs is a simple act of gratitude that can go a long way. Several of our service people took advantage of our offer and decided to try it out for the first time. Four pilots, along with their spouses, have already decided to join!



ANDERSON IS EXCITED ABOUT FACILITY REINVESTMENT

AHFC is nearing its completion of an extensive renovation project that began last February. The lobby and main fitness floor area have been painted and additional lighting has been installed. New LifeFitness strength and cardio equipment has been brought in and the media experience has been enhanced with 5 new high definition televisions, a new Sirius-XM sound system, and Broadcast Vision audio systems being added to all cardio equipment.

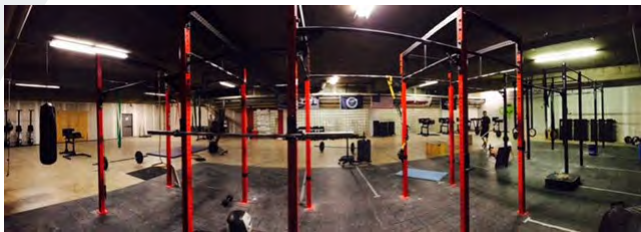
In addition, both the men's and women's steam rooms have been upgraded with new steam generators and the CrossFit / Training room has been expanded, doubling the floor space.



Indoor Walking Track



New Media Experience



Expanded Workout Space

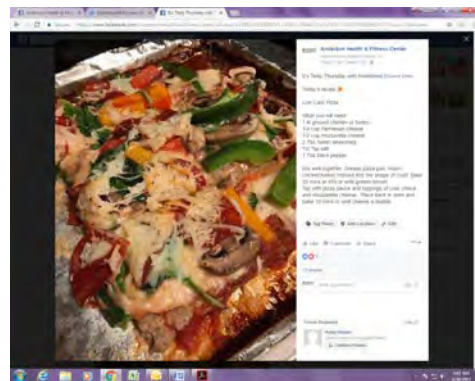


ANDERSON MEMBERSHIP SERVICES DIRECTOR MALLORY JORDAN MAPS OUT EFFECTIVE SOCIAL MEDIA STRATEGY

"In an effort to reach out to our members and potential prospects, we use social media as a driving force". Mallory has set up accounts with Facebook, Twitter, Instagram, and YouTube, as well as websites for both the fitness center and Anderson's CrossFit Torment box. Mallory stressed "We make an effort to post something daily on the accounts to increase participation".

On Mondays, employee spotlights are posted highlighting AHFC employees and their roles here. "In doing this, we are able to showcase certain classes and amenities at AHFC", stated Mallory.

On Tuesdays, there is a "Fitspiration" video highlighting a member of the week and the reason why they chose AHFC. On Wednesdays, feature a "hump day" tip highlighting a quick reminder

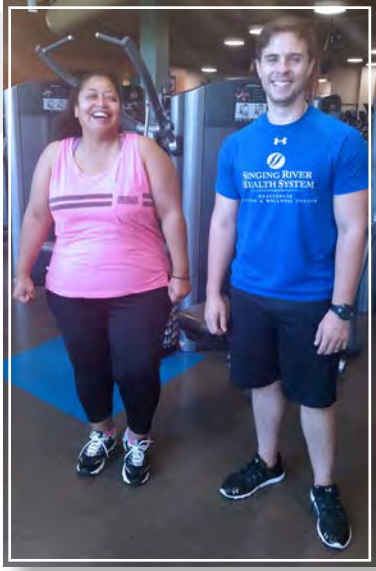


on how to make small changes that can boost your health in a big way. Thursday's posting is a "Tasty Thursday" in which we post a healthy recipe, serving size, and picture of the healthy food. On Fridays, we have "Fitness Friday" highlighting an educational workout video.

AHFC has quickly learned that social media can be an amazing way to reach out to others. Members tell us that they are more responsive to pictures and videos instead of just words on a page. Mallory exclaims "We love social media because we can post the group fitness schedule, hours of operation, etc. It is a very handy resource for our members. We see members liking, sharing, and commenting on our posts. We have certain posts that have reached over 4,000 people organically, which is quite phenomenal for our small community".

Healthplex

 SINGING RIVER HEALTH SYSTEM
Fitness & Wellness Center



SINGING RIVER HEALTHPLEX SUPPORTS THE 'SOUTH MISSISSIPPI SURGEONS' BARIATRIC PROGRAM

Obesity is the #1 public health problem in our country today, with more than half of Americans overweight and roughly 12 million Americans suffering from morbid obesity. Mississippi currently ranks #1 among states for this disease. The South Mississippi Surgical group are leaders in their field of advanced laparoscopic bariatric surgery. Singing River Healthplex is proud to support their patients by educating them through the various steps involved in achieving their ideal weight, such as changing their exercise and nutritional habits.

SINGING RIVER HEALTHPLEX 5TH ANNUAL 'SHAPE UP PASCAGOULA' WEIGHT LOSS CHALLENGE

Singing River Healthplex hosted its 5th Annual SHAPE UP PASCAGOULA weight loss challenge this January. The program lasted for 4 weeks and consisted of 2 tailored sessions per week with a degreed personal trainer.

The goal was to graduate the participants from extrinsic to intrinsic motivation by utilizing daily micro-goals. In addition, the participants received education on movement quality, nutrition and sleep. Out of the 96 people who participated, they lost a record-breaking 545 pounds!



MEMBER SPOTLIGHT: KIMBERLY GORSKI



Kimberly Gorski, who has been a member at the Center for Fitness and Health since it opened more than 10 years ago, competed in the Boston Marathon on April 17, 2017. Kim, 51, of Belle Vernon, PA., finished the race in 4:02:46. It was her first time participating in the world's oldest marathon.

Participating in the 121st Boston Marathon wasn't even on Kim's radar. Each year, a group at the Center for Fitness and Health participates in a number of 5k, 10k and half marathon events locally. This group of friends trains together for these events. "I

was considering running in a half marathon in May of 2016 in Pittsburgh," Kim said, "but my friends did not think that was challenging enough so they suggested I run the full marathon". A few days after the Pittsburgh Marathon, Kim learned that her 3:57:08 time not only placed her 3rd in her age group, but also qualified her for the 2017 Boston Marathon. Her family and a few close friends made a trip out of it and went to Boston to cheer on Kim. "It was a bucket list experience and I will remember the run and the trip for the rest of my life," She said. "But, it never would have been possible without the support and help from my friends at the Center for Fitness and Health."

Kim has been employed as a Medical Secretary/ Receptionist for Monongahela Valley Hospital for the past 32 years. In fact, her office is just a few short steps from the Center for Fitness and Health. She and her husband Cliff, have a son, Brandon, and a daughter and son in law, Marysa and Garrett Hazlett.

26.2

Putting **your health first.**

Center for Fitness and Health
MVH HEALTH CARE

TRAINER VS. TRAINER WEIGHT LOSS COMPETITION

There has been a buzz in the air about the weight loss competition at the Center for Fitness in Health in Rostraver, PA. The competition features two of our trainers leading a team of members on their weight loss mission. Our trainers, Sean Boyles and Andrew Booth, have designed weekly themed work outs that have included football training camp, obstacle courses, and "Armed and Dangerous".



We have had 22 participants take part in the 8 week program. Each team is meeting with their trainers twice per week for a 45 minute class. By the time they completed the first half of the program, both groups had lost over 2% of their starting weight! Each group has lost close to a combined 50 lbs. since embarking on their journey to a healthier lifestyle.

Ultimately, the winning team will receive a healthy meal that is prepared and served by Andrew, Sean and Chad Vorderbrueggen (Fitness Director). In addition, the individual with the largest weight loss percentage will receive 4 one hour personal training sessions with their current team trainer! We are extremely excited to see what the next 4 weeks in the weight loss competition will bring!



UNITED WAY SCOUTING FOR FOOD

Angels Among our Members

Monongahela Valley Hospital and The Center for Fitness and Health recently completed a food drive in partnership with the United Way and Boy Scouts of America. Everything from canned foods to adult diapers were collected for donation. As an incentive for members to donate, participants were entered into a raffle for a \$50 gift card to a local grocery store chain. For every item donated, the participant was given a ticket for the raffle.



Our employees and membership were extremely generous in their donation efforts. All in all, 31 boxes of donations were handed over to the Scouts. We are proud that in addition to all the generosity, the member who won the \$50 gift card donated it back to the drive!! Ultimately, our campaign was an extreme success, and we are very proud of how our members responded to our charitable event!

EMPLOYEE SPOTLIGHT: FALLON MARTIN

**MS Exercise Science and
Health Promotion
NASM Certified Personal Trainer
ACE Orthopedic Exercise Specialist**



Training Specialty: Orthopedic (back, knees, shoulder) General Fitness, Strength Past 50, Performance Enhancement

Fallon says that "training is about improving everyday - living with a safe exercise routine; moving you forward at a pace and with a routine that is catered to you." Fallon also says she takes care of people not because she has to, but because she wants to!

Since joining the team in October, Fallon has worked hard to fill her schedule with training. She has quickly established herself as our top female trainer. Fallon embraces our mission statement, and it shows by the response of her clients and other members! One of Fallon's clients had this to say "Fallon has had such an impact on my life. I started with training hoping to feel better. Now I have energy that I never remember having. She has added quality years to my life. She motivates me to be the best I can be. I am a better Dad because of Fallon. I consider her my trainer and my friend."

BAY CITY...

MATAGORDA REGIONAL MEDICAL CENTER WELLNESS & REHABILITATION

Nearing our fifth month of operations, MRMC Wellness & Rehabilitation has steadily increased in membership and provided services and programs. We are excited to announce the launch of our Weight Management Program that began on May 4th! While a small group, we are looking forward to seeing the transformation in our participants.

MRMC Wellness & Rehabilitation hosted their first Texas A&M Dinner Tonight event on March 29th, with a local Chef who provided a great demonstration of cooking a delicious four course meal! The event was a hit with close to 100 in attendance.

Beginning in June, we will be introducing our employee fitness challenge. The different departments have been divided into 9 different teams and will compete to earn points through various means to earn a team prize!



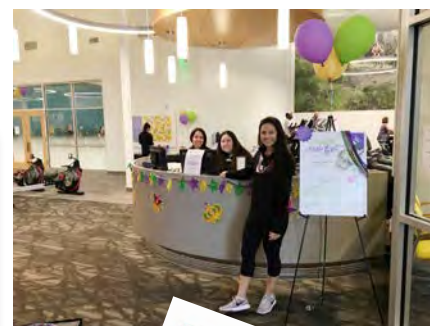


MONTAGE
Wellness Center

MONTEREY...

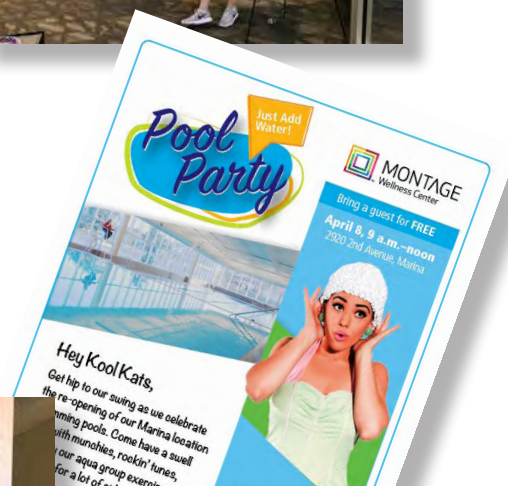
MARDI GRAS MEMBER PARTY

The Montage Wellness Centers turned "Fat Tuesday" into "Fit Tuesday" in Monterey County! Members were greeted with Mardi Gras beads, adorned with masks, served healthy snacks, and enjoyed a fajitas bar. They also participated in themed group classes like Mardi Gras Treadmill Trivia, a Masquerade Mile, Super Circuit, and Yoga Basics amongst others in return for a raffle ticket. Raffle prizes included a free month of membership, personal training packages, spa treatments, HeartRate monitors, and Montage Wellness Center towels, water bottles, and robes.



POOL RE-OPENING PARTY

We couldn't let the new, shiny, and upgraded locker rooms and pool deck at the Montage Wellness Center in Marina do all the talking for themselves! We had to throw a party to celebrate the excitement around their reopening. What better way than with a "Retro California Pool Party"? Members played with pink flamingo blow-up pool toys, beach balls, rocked party favor sun glasses, sipped on fruit infused water, enjoyed a delicious brunch spread, and participated in special aqua classes.



SIX YEAR ANNIVERSARY WEEK

May marked six years of keeping Monterey County residents healthy and active at the Montage Wellness Centers. To show our appreciation, we not only treated our members to daily breakfast and evening appetizers, we hosted a week-long series of events for them and their friends. Monday kicked off with an Intro to Strength Training workshop, a Fitness Myth Busters lecture, and a GNC booth. On Tuesday, we held a running lecture with Fleet Feet that included individualized gait analysis, a Strength Training Level II workshop, and a Vitamin Shoppe booth. Wednesday focused on chronic back pain with a Healthy Back lecture and class. Thursday was all about overall wellness with an Intro to Yoga workshop and Nutrition lecture. The week ended with a hyped-up ZUMBA party and Lucy Activewear booth.

For our non-members, we offered a two-day Anniversary Flash Sale which resulted in over 140 new members between the two Montage Wellness Centers!



VALENCIA...

TRAINING FOR THE TOP OF THE WORLD

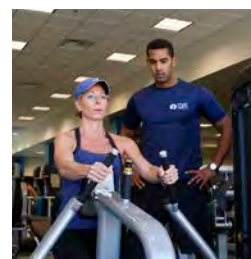
Henry Mayo Fitness and Health has taken on a unique member challenge by training local Santa Clarita resident Amy Daniels. Amy is training for her attempt to reach the summit of Mount Kilimanjaro. No rookie, Amy has climbed other mountains across the globe but at 19,341 feet, this will be her most challenging ascent. In preparation for the climb in September 2017, Amy trains three times a week with HMF&H Fitness Director Adnan Hyder.

Amy states, "Because of Adnan, my strength and endurance has increased, my speed has increased in all of my timed activities and I feel more comfortable that this climb will be a breeze. He is very well aware that athletes are concerned both with increasing their fitness level and keeping an eye on aesthetics - he has a great balance of the two with his workouts."

Just as with all personal training clients at HMF&H, Amy's training program is customized based off her goals and limitations. Her daily training routine is comprised of functional movements that she will be performing on the climb. By adjusting as many variables as possible to mimic the actual environment she will be in, HMF&H is making sure Amy is well prepared for her climb.



HENRY MAYO
FITNESS
AND
HEALTH



"I'm 53; I came to Adnan with old sports injuries and though I was fairly fit to begin with - I've always been an athlete - I'm here to show anyone that your trainers are the best in Santa Clarita and anyone under their tutelage can succeed in the gym."

ODESSA...

3RD ANNUAL DESERT DASH

Hardy and resilient West Texans braved the weather to participate in the 3rd Annual Desert Dash 5k/10k runs benefiting the Medical Center Hospital Foundation.

"Just two days ago we had beautiful weather. We woke up Saturday morning and the cold front expected for later in the day had blown in overnight", said John Douthitt, Mission Fitness General Manager and Desert Dash Race Director. "We had to make continual adjustments throughout the day to accommodate the crazy weather conditions such as removing the start/finish line decorations when winds snapped the poles, moving post-race yoga & and the race awards programs indoors instead of the back patio. It turned into a great opportunity to show off our beautiful facility."

Spring Fling kicked off in the North parking lot and patio area for the Center for Health & Wellness at the conclusion of the race. The Permian Basin Bicycle Association graciously set up a bicycle rodeo and presented the kids who participated with a new bicycle helmet courtesy of the Hard Hats for Little Heads program.

The other scheduled events, sample Boot Camp, sample HIIT Class, games for the children and parents and safety demonstrations by our local law enforcement and fire departments were cancelled due to the weather.



Mission Fitness

A Member of Medical Center Health System

CLINICAL INTEGRATION COORDINATOR: ZACHARY CAVAZOS; ACSM-CPT

Mission Fitness promoted Zachary Cavazos to the position of Clinical Integration Coordinator effective May 1, 2017.

"I have always had a heart for the clinical aspect of fitness. I grew up in a family with a strong history of autoimmune diseases, metabolic syndromes and cancer," Zach said. "This is very close to my heart. As the new Clinical Integration Coordinator of Mission Fitness, my mission is to promote lifestyle modification and disease intervention programs for individuals like those in my family. I love to see and hear how exercise has changed a client's life for the better."

Zach graduated from the University of Texas of the Permian Basin with a Bachelor's Degree in Exercise Science. He has a certification through the American College of Sports Medicine as a certified personal trainer.



THOMASTON...

MEMBER APPRECIATION DAY!



As our way of saying thank you to ALL of our members, we hosted a special Member Appreciation Day on May 4th which was a Pre-Cinco de Mayo party. Some of our activities included:

- Live music by Garrett Wilson, URMC fitness attendant
- Glucose testing by URMC
- Eye checks by the Thomaston Lion's Club
- Body Composition by The Wellness Center
- Presentations on Calcium Heart Scan URMC Cardiology Department and Healthy Eating Habits by URMC Nutrition Department
- Refreshments included breakfast burritos (am) and a nachos bar (pm)
- Door prizes included massages, t-shirts, and a free months dues
- All day Happy Hour with margarita smoothies

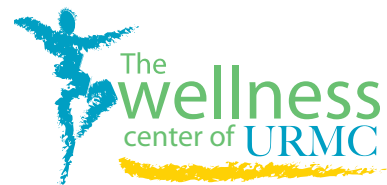


The Wellness Center teamed up with Weight Watchers in January by hosting their weekly meetings here in the center. Two of

our own employees, Sheryl Webb, our Fitness Coordinator, and Kristina Perry, our front desk/massage therapist, decided to join Weight Watchers and have had tremendous success.



The total weight loss for all participants is nearly 850 lbs. Sheryl has lost nearly 20 lbs. and Kristina almost 40 lbs. We are very excited to be kicking off our second session the week of May 15th. Congratulations to both Sheryl and Kristina!



"Where health and fitness come together!"



Dr. Bert Wall, MD
URMC Medical Director of Hospital Medicine

*"It's a waste of time and money", I said.
"I'm going to the gym already", I said.
"I can train myself", I said.*

WRONG, so, so wrong!! I am happy to have gone against my own judgment and made the commitment to work with a personal trainer at The Wellness Center of URMC. More than just someone to keep track of my workouts, Deb (Debbie Mills, BS/NSCA-CPT) is a partner in setting goals and developing actionable strategies to achieve them.

With a comprehensive attitude toward fitness and a willingness to adapt the exercise to the individual, my personal trainer keeps me interested in maintaining my workout schedule. If I need to alter a workout, she is there with a plan. If I am going to be on the road, she has portable exercise plans that will keep me on track. Flexibility and personalization set the personal training experience apart, and Deb is exceptional in these areas.

To the curious, I would say "go for it!" to the skeptical I would challenge "dare to measure your results with those achieved with a trainer." In either case, I would expect one to be exceedingly surprised. I read on a gym wall someplace, "making excuses burns zero calories per hour," so help them help you NOT make any.

WE ARE VERY EXCITED ABOUT OUR NEW CLASSES.



Self Defense



Outdoor
Bootcamp



healthplex associates, inc.

HR CORNER

Welcome



Renee' Clark-McDonald HPA Director of Human Resources

It is with pleasure that we announce a new team member to the HPA family. Renee' Clark-McDonald joined the HPA team on

March 7, 2017 as the Director of Human Resources.

Renee' has over 10 years' experience in increasingly responsible roles within Human Resources at several companies. As a graduate of Saint Leo University with a BA in HR, Renee' brings a tremendous amount of education and experience to the company.

Renee' will lead the company in recruiting, compliance, employee relations, team development, as well as many more areas that will prove beneficial to all team members.

Outside of her work day, Renee' is the mother to 5 children. She has spent countless hours on a soccer field, watching karate routines, and cheering on motocross activities.

Thank you for joining me in welcoming Renee' to the HPA team.

5 TIPS TO BEAT THE SUMMER HEAT

As temperatures rise in many areas of the country, it is important to remember the following tips in order to prevent heat illnesses.

1. Stay well hydrated- drink plenty of liquids
2. Cover up in the sun- cover all exposed skin areas with sunscreen and light-colored clothing
3. Limit activity during the hottest part of the day- plan your daily activities in the early morning and late afternoon
4. If indoors, keep the house ventilated- open windows and use fans to circulate air if you do not have air conditioning
5. Get immediate help if symptoms of heat stroke occur- Seek help if you or someone else might be suffering from heat-related illnesses; move to a cooler shaded area, lie down, drink additional liquids, call 911.

Congratulations

First comes love... then comes marriage... then comes...BABY!

Kristen and Seth Tibbetts are happy to announce the birth of their daughter!



Emma Kathryn Tibbetts
January 17, 2017
7 pounds, 4 ounces
19 ½ inches long

LaDarius Slider, exercise specialist at Mission Fitness, has graduated with his PTA degree from Odessa College.



Mission Fitness Exercise Specialist **Amber Valles** recently achieved her Certified Exercise Physiologist certification through the American College of Sports Medicine

Fitness Director **Abby Magness** (Mission Fitness), her husband Lane and their 22 month old daughter Tinley welcomed Tank Chester Magness to the world on Monday, March 20th at 3:30pm.



Tank weighed in at a svelte 9 lbs. 7 oz. and was 22 inches long obviously living up to his name. All are doing great. Big sister, Tinley, has welcomed Tank with arms wide open and won't let anyone else have him!



Caleb Kenner, son of **Carmen** and Jack Kenner, has graduated with an Emergency Medical Technician certificate. He has passed his National Registry and is currently pursuing a position as a first responder.