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THE WELLNESS CENTER AND THE "BUCKET LIST"

Ever since 2007's release of the movie "The Bucket List", the idea that we need to identify those challenges that we "just gotta do" before we die has become mainstream. To recap just a bit, the movie featured Jack Nicholson and Morgan Freeman as two cancer patients who serendipitously found themselves roommates in a hospital owned by Nicholson's character. The two bonded and set off on adventures that would challenge even the most able-bodied individual.

For the "Baby Boomer" generation that grew up believing that they would live forever and that nothing was impossible, the concept really struck a resonant chord. So how does that relate to our wellness centers? We tend to think of our mission as serving those with health needs, i.e., illness or injury that requires our expertise in fitness and lifestyle modification to live a more complete life. We forget, at times, that many of those we serve seek something more; the ability to do something special, to create a memory, to honor a legacy or just push their personal limits.

For example, Amy Daniels, a "Boomer" member recently trained with our Henry Mayo Newhall staff to climb and conquer Mount Kilimanjaro. Another of our members was a retiree who trained for a marathon walk (26.2 miles) carrying a 47-pound backpack to honor his late grandfather who was taken prisoner in World War II and survived the infamous 69-mile Bataan Death March of 1942. In Monongahela, PA, the Center for Fitness and Health recently hosted a former competitive swimmer whose "Bucket List" challenge was to be able to swim a pool length on his own, one more time before the effects of his ALS were too great to overcome.



All of these people (and so many more of those we serve with even simpler goals) have one thing in common; a spirit that drives them to seek something more, something special to them and their families; and all of them give thanks to our staff for their contribution in making it possible.



Stephen A. Robbins, Esq

MON VALLEY...

CENTER FOR FITNESS AND HEALTH HOST'S 10TH ANNUAL INDOOR TRIATHLON

Competition was on full display at the Center for Fitness and Health (CFH) during the Annual Indoor Triathlon! On March 5, the staff hosted 42 individual participants and two-three person teams. This year marked the 10th Anniversary of the Annual Indoor Triathlon, and the competitors did not disappoint. Participants are required to swim 500 yards, ride a spin bike for 8 miles, and run 2 miles (24 laps) on the indoor track. Prizes were given to the winners in the overall category as well as winners in the male and female age groups. This year's competitor's ages ranged from 14 to 70 years old.

This year was the first triathlon that long time CFH member Scott Reamer was not the overall winner. Scott finished second to 16 year old member Carson Tokar. Carson finished with an overall time of 37:35 while Scott crossed the finish line at 38:07. It seems the torch has been passed from Scott to Carson as Scott prepares to retire from competitive racing after the



Triathlon World Championships in South Africa this September. Angela Tetteris, another CFH member finished as the overall female champion with an overall time of 41:39. Winners received gift cards and protein powder from our sponsor Cocoa Elite.

The event creates a special energy at the Center, with over 200 spectators cheering the athletes on! General Manager Don Doyle noted, "this is my favorite day of the year at the Center – to see the participants finish and then stay and cheer the others on is really special."



Putting your health first.

Center for Fitness and Health



CFH SUPPORTS LOCAL RESIDENT'S WISH



The Center for Fitness and Health recently hosted a local resident diagnosed with Amyotrophic Lateral Sclerosis (ALS), a disease that weakens muscles and impacts physical function. Paul Hook has been suffering from the disease for quite some time and has no lower body function. Mr. Hook, a long-time competitive swimmer, had a wish to swim a length of a pool one more time. Surrounded by over 25 family members and friends, Paul transitioned from his wheelchair to the aquatic chairlift and entered the pool. With assistance from a lifeguard, a large cheering section of family, friends and Center for Fitness and Health staff - Paul was able to get on his back, use his arms, and complete a length of the pool.

After the swim, the ALS Foundation hosted a lunch and reception for Mr. Hook and his guests. Paul was appreciative of the opportunity and proud of his accomplishment. The staff at the Center was happy to play a part in his wish and efforts.

(More on Mon Valley see page 3)

CENTER FOR FITNESS AND HEALTH WELCOMES CHAMBER OF COMMERCE EVENT

Recently a group of business professionals from the Greater Rostraver Chamber of Commerce attended a breakfast event to learn about the Center for Fitness and Health, and how fitness programming can support their efforts for Corporate Wellness. Fitness Director Chad Vorderbrueggen made smoothies using Cocoa Elite Vegan Cocoa Peanut Banana protein powder, almond milk, strawberries and raspberries. Ultimately, the smoothies were a liquid peanut butter and jelly sandwich!

General Manager Don Doyle addressed the Chamber members, and provided information about what our Center can offer to the community and the surrounding businesses. In addition, Don toured the participants around our facility, and one lucky Chamber member won an hour massage!



THE CENTER FOR FITNESS AND HEALTH ADDS YEARS TO YOUR LIFE AND LIFE TO YOUR YEARS!

Member Art Trilli (pictured with Don Doyle and Kelly Schaeffer) turned 97 years young in March. Art visits the Center a few times a week, walking on a treadmill and relaxing in the whirlpool.



Member Irene Hora celebrated her 91st birthday by participating in her favorite Aqua Water Exercise Class. One of Irene's class friends surprised her with a party after the class.

ANDERSON HEALTH AND FITNESS CENTER HRA WORKSHOP

Recently, Anderson Health & Fitness Center held an HRA (Health Risk Appraisal) workshop for all of their personal trainers. Matt Espey and Kristen Tibbetts led the team, focusing not only on the proper protocol, but the importance of this



as well. Anderson Health and Fitness aims to "go that extra mile" by doing assessments that really putting our hearts and souls into it. Through personal commitment and involvement we aim to help members feel confident in

their fitness center choice and feel like they have a home here with AHFC.

MERIDIAN...

SENIOR OLYMPICS

Anderson Health & Fitness Center recently hosted the Senior Olympics. There were five events: bocce ball, row race, race walk, corn hole, and basketball. It was a fun week, and the members had a blast. Medals were awarded for 1st, 2nd, and 3rd place winners. All competitors received a free t-shirt. Pictured below are the Senior Olympics winners sporting their medals & t-shirts.



(More on Anderson see page 4)

TRAINING NEWS

West Lauderdale High School's standout quarterback, Turbo McKee, has undergone quite a few ups and downs throughout his high school career. Turbo had ACL repair in the fall of 2015, which was followed by a full recovery with the help of Anderson's Physical Therapy team. Shortly after his time in therapy, Turbo had to have surgery for Crohn's Disease, which was detrimental to his overall health and wellbeing. Since his recovery, he has trained with Anderson Health & Fitness Center's Clinical Specialist and Personal Trainer, Bryce Branning for the past two seasons. As



a result of his training at AHFC, Turbo has regained 100% of his health and feels better than ever. He was able to become the starting quarterback for the Class 4A Knights during his junior and senior campaigns. During his junior season, Turbo helped lead the Knights to an undefeated regular season in 2016, but lost in the second round of the state playoffs. During his senior year, Turbo once again helped the Knights reach the state playoffs with a stellar performance behind his center that totaled over 2,000 all purpose yards during 2017 to cap off his high school career.



HEART CHECK

Heart Check is an annual free screening Anderson Regional offers each February to raise awareness for Heart Month. This event is open to the public, and is for people who are not currently seeing a cardiologist or on heart/cholesterol medication.

"Heart Check was a success, with over 50 people screened for weight, BMI, blood pressure, and cholesterol. Thank you to Anderson Health & Fitness Center, Cardiovascular Institute of the South, Anderson Volunteers and hospital staff for making the event run smoothly!" -Anderson Regional Medical Center



GO RED FOR WOMEN

Anderson Regional Medical Center and The American Heart Association kicked off Heart Month with The Go Red for Women Event on Thursday, February 1, 2018. The event consisted of a panel of experts who spoke about heart health, stress relief, exercise, healthy food choices, and more. This year, the event was set up as a game show and was interactive with the audience. The audience members were able to volunteer as contestants and show their knowledge about heart health. Adam Hodges, General Manager, spoke about how many calories are burned for different activities.



PASCAGOULA...

SODIUM TABLE TALK

Excessive sodium can increase your blood pressure and your risk for heart disease and stroke. 70% of sodium consumption comes from processed foods and dining out. At a recent 'Table Talk' at Singing River Hospital, Singing River Healthplex Fitness Director Logan Stogner helped educate Singing River Health System employees and the community on how to prepare meals and make restaurant selections that are healthier for the heart!



SHAPE UP MISSISSIPPI

The 6th Annual SHAPE UP MISSISSIPPI weight loss challenge kicked off at the Singing River Healthplex on January 29th. The 101 participants lost a combined total of 502 lbs. in the 4-week challenge, but, more important than that, the educational component of the program equipped them with information that helped move motivation into effective actions. The program was holistic, emphasizing how to mentally, emotionally and spiritually stay focused and proactive with their fitness and wellness goals.



Healthplex

 SINGING RIVER HEALTH SYSTEM
Fitness & Wellness Center

HEALTHPLEX GYM-IVERSARY

In February Singing River Healthplex celebrated our 7th anniversary with a week-long celebration of activities. It was an opportunity for the Healthplex to show our members how much they are truly appreciated. The celebration included glow in the dark parties with group exercise classes. Members were encouraged to bring guests and enjoy the celebration as a real community event. There were also fitness competitions among staff and members that allowed everyone to bond and show their Healthplex spirit. The event was a huge success, and ended with a Mardi Gras celebration with food, beads, and fitness fun. Many members noted how they felt appreciated and gave us very positive feedback.





MONTAGE
Wellness Center

MONTEREY...

BOXING FOR BALANCE

Research shows that incorporating boxing exercises into a daily routine can improve balance. The Montage Wellness Center Marina launched its Boxing for Balance classes in January to help individuals dealing with balance impairment diseases like Parkinson's, Multiple Sclerosis, stroke, or other neurological conditions. Thirteen participants joined the first ten-week program where they learned exercises to improve coordination, strength, endurance, balance, posture, reaction time, and execution of dual-task activities.



ST. PATRICK'S DAY CELEBRATION

The Montage Wellness Center likes to surprise its members with quarterly member appreciation events. St. Patrick's Day was the perfect excuse to dress up, eat, sweat, and have some fun!

Over 200 members and their guests were welcomed with flashy green sunglasses, festive beads, and an assortment of healthy green food – spinach bagels, green cream cheese, green grapes, green smoothies, and lots of green veggies with dip. The lively Saturday morning started with a Shamrock ZUMBA class in Marina and a Leprechaun Sculpt class in Salinas and finished with a Luck of the Irish Aqua class at both locations.



MONTEREY COUNTY HERALD'S BEST HEALTH AND WELLNESS CENTER AWARD

Each year the local publication Monterey County Herald asks residents to vote for their favorite businesses in Monterey County. Out of the dozens of gyms, boutique fitness studios, CrossFit boxes, and sports centers, the Montage Wellness Center was voted as Best of the Best Health and Wellness Centers in 2017.



MONTAGE WELLNESS CENTER WELCOMES ITS 10,000 AND 10,0001 MEMBERS

Two of the Montage Wellness Center Cancer Survivorship sign ups became our 10,000 and 10,0001 members to ever join the centers. The Live Longer, Live Stronger program meets once a week for eight weeks at MWC for a strength, cardio, and stretch class with one of our certified instructors. During the program, participants are encouraged to become members with a special two month discounted membership.



MISSION FITNESS INVITES THE COMMUNITY TO PARTICIPATE IN MIND BODY & SPIRIT MONTH.



Mission Fitness

A Member of Medical Center Health System

What do you think of when someone invites you to a yoga class? Do you envision a back bend or a complicated pretzel shaped pose? Does your mind instantly think "There is no way I can do that"?



On Saturday, February 24th, the yoga staff of Mission Fitness dispelled these notions and introduced our community to yoga for everyone.

The format for the day began with a general meeting where participants were introduced to the five instructors. Each instructor described their path to teaching yoga and introduced

the style of yoga that they would be leading that day. The participants were then shown the props that enable everyone to have a safe and comfortable experience.

The first 30 minute session offered the choice of Yin Yoga or Hatha Vinyasa Flow. The second offered either Restorative Yoga or Ashtanga Yoga and the third offered a choice between Gentle Yoga and Athletic Flow.

Participants took part in one class per session and then regrouped to discuss their experience over a catered lunch.

"In our medically integrated fitness gym, we have yoga students from many different health backgrounds", said Karen Campbell, a seven year instructor at Mission Fitness. "I have worked with people who have frozen joints, 90 year olds with stooped postures and even a wheel chair bound member with Cerebral Palsy. Every one of them has had good results from a consistent, appropriate yoga practice."



Yoga instructors pictured from L – R: Kathryn Vega, Karen Campbell, Michelle Bybee, Carmen Kenner (Mission Fitness Membership Director), Marie Vasquez-Brooks and Kendra Pennington



MCHS employees Susan Thornton, Mia Gibson and Rhonda Lewallen



Marie Vasquez Brooks assisting a participant with proper alignment.



Mission Fitness Membership Director wrapping up the Workshop.

MISSION FITNESS WELCOMES STEVEN FLOWERS AS NEW FITNESS DIRECTOR



conditioning coach as well as working as a fitness attendant and

We are excited to introduce Steven Flowers as the new Fitness Director at MCH Mission Fitness. Steven comes to us with experience in both the fitness and athletic industry. He is a volleyball coach at a local university, has served as a strength and

coordinator in various facilities.

Steven earned his BS in Sport Wellness and more recently completed his MA in Educational Leadership last summer. Since assuming his new position, he has added group exercise classes that include a Balance + Stability class along with different Bosu classes in hopes of both encouraging participation from new users as well as to strengthen and add diversity to Mission Fitness's current offerings. Steven and his wife, Lauren, are proud parents to their daughter, Joy, who was born this past Christmas.

BUCKET LIST COMMITMENT

Henry Mayo Fitness and Health's General Manager, Bill Holstein received a letter from one of their members that paid tribute to the staff and pointed out the role that medical fitness can play in the lives of those we serve:



Mr. Holstein,

I would like to thank HMFH for helping me achieve a personal goal by completing and finishing the 2018 Bataan Memorial Death March Marathon at the U.S. Army White Sands Missile Range in New Mexico. This event honored all the brave Filipino and American military personnel who surrendered to the Japanese in WWII on April 9, 1942 and were forced to march 70+ miles to a POW camp in the Philippines. Many of the soldiers died along the route which is the reason why it's historically known as the "Death March". This marathon was a very personal event for me to join since my grandfather was amongst the captured soldiers and part of the infamous Bataan March. He did survive it but died a month later in the POW camp. I was able to complete and finish this event in honor of his memory.

There were over 8,400 participants that included both military personnel and civilians at the 2018 Bataan Memorial March. I opted to register in the "Individual Heavy Civilian" division where it was mandatory for participants to carry a ruck/backpack with a minimum of 35 pounds. The race course was extremely challenging with the majority of the 26.2 miles consisting of dirt trails, sand, and never-ending hills. This was no ordinary marathon and I knew I was going to need professional help training for this event.

As a recent retiree, serving 25 years in law enforcement, I believed I was experienced and very knowledgeable in physical fitness training. Your staff proved me wrong when I signed up for personal training sessions with Sven Manseau and Cathy Francisco. They guided me through new training exercises that I've never done before. I found it amazing that I became stronger through new movements and motions, of which many were body-weight only exercises. It was through their professional guidance that I was able to achieve my goal and finish in the "Heavy" division of this event. They challenged... I accepted... I succeeded! Please give them both my sincerest thanks.

I would also like to thank Adnan Hyder, Sharlene Duzick, and Tina Satterfield. Adnan's initial assessment and recommendations provided me with a clear understanding of what I needed to do for maximum results and how personal training sessions would help me reach peak performance in time for the event. He took into account my pre-existing conditions and was able to customize a plan for me. Sharlene was my nutrition expert. Her information truly helped me fuel my 50-year-old body and enabled me to power through this very exhausting event. All I can say about cycling instructor Tina is that her "class kicked my ass"!

The 2018 Bataan Memorial Death March Marathon was a very important event for me to be a part of personally. It was the most physically challenging event that I've ever participated in. Unfortunately, I saw many participants quit and picked up by the Military Police and Border Patrol throughout the course trails. There were many times that I also hit the "Wall", but persevered and powered thru the best I could. Your staff was very encouraging and believed in me that not only can I complete this extremely, physically demanding marathon, but finish in the hardest division – HEAVY. I started with 47 pounds in my ruck and completed 26.2 miles carrying 43 pounds (8 over the minimum).

So happy I finished! Thank you Henry Mayo Fitness & Health for helping me achieve my goal!!!

Sincerely,
Argel C

BAY CITY...

WELCOME TO THE TEAM RONNIE!



In March, Ronnie Arnold Jr. joined the team as the new wellness coordinator. Ronnie was a former Division 1 & Division 2 multi-sport athlete until he was injured. His injuries led him into his own rehab program where he gained a passion for working to help others achieve their own optimal health status. Ronnie has been a key part of our growth in membership and programming since relocating from North Carolina. The Center has been able to implement later hours, more classes and an expanded orientation and training program for staff and members.



CLASSES TAKE OFF IN BAY CITY

Just over a year into operations, MRMC Wellness and Rehabilitation, located in Bay City, Texas, has grown in membership and provided many new services and programs to the residents of this coastal community. Recently, the Center announced the launch of its new "Fitness on Demand" program. This service is unique in its ability to provide on-demand programming for members of all ages and at different stages in their fitness journey. There are over 200 classes ranging from HIIT, Yoga, Cardio, Strength, Cycling, Dance, Boxing, and more. The classes range from 5-50 minutes each which works great for those with busy schedules.

The staff has also launched a popular boot camp class this spring. These classes are high intensity circuit training which had proven to be very popular with members. The class attracts a loyal following that is growing.



MEMBER APPRECIATION OPEN HOUSE



Members enjoyed a Valentine Member Appreciation/Open House on Tuesday, February 13th. They were treated to a morning yogurt bar with fresh fruit and granola, and afternoon chips, cheese dip, and jalapeno humus, fruit smoothies, and valentine cookies. Free chair massages were a hit

as well as the chances to win door prizes throughout the day. Members also had the opportunity to attend one of our nutritional classes on reading labels and eating out, offered at 11:00 am or 6:00 pm, and our exercise Q & A session, offered both in the morning and evening.



MEMBER SPOTLIGHT... GARY LARSON



Meet charter member Gary Larson. Gary has been a member since our opening in early 2006. When he first began coming, Gary lost 50 lbs. in his first year, but began putting the weight back on slowly over the next 9 years until he had

gained back 33 lbs. He started watching what he was eating and continued his exercise regimen and lost 35 lbs. over the next 7 months. Even though Gary has had 2 knee replacements and a back surgery, he continues to exercise, has decreased knee pain, and has done all of this by doing what he loves; swimming!

HR CORNER

10 WORKPLACE SAFETY TIPS

1. Always be aware of your surroundings
2. Maintain correct posture to protect your back
3. Take regular breaks
4. Use equipment and machinery properly
5. Always know where the emergency exits are located
6. Report unsafe/dangerous conditions to your supervisor
7. Keep your area neat and organized
8. Do not spread sickness/germs
9. Prevent slips, trips, falls
10. Maintain personal safety

Congratulations



Caleb Kenner, son of Carmen Kenner, Membership Service Director, **Mission Fitness**, was pinned as an Odessa Fire Rescue Rookie Firefighter/EMT on March 5th.



Congratulations to Rylea Kidd, **Mission Fitness** front desk coach. She graduates from Permian High School in May 2018 and will attend Texas State University in the Fall.

Travel



Karyn Perez, **Mission Fitness** front desk lead, took a recent family trip to Hawaii. Karyn and her husband, Carlos were celebrating his recent graduation from University of Texas of the Permian Basin with an Industrial Technology Degree



healthplex associates, inc.

IN THE NEWS



HPA is proud to announce that it has received the **"Medical Fitness Association Excellence in Consulting Award: For Best in Class in Industry Consulting"**.

The award was accepted on behalf of the Company by Lynn Robbins, EVP, CPA, FMFA during

MFA's annual conference in November. HPA specializes in Medically Based Wellness Centers which are part of a Hospital's Population Health Strategy. HPA was recognized for the consulting and management services provided to hospitals and health systems. In the picture, Lynn Robbins is congratulated by Kevin Hughes who presented the award to HPA on behalf of the Medical Fitness Association.



Lynn Robbins, **HPA Corporate**, was recently featured member of the Medical Fitness Association this month! Many thanks to MFA for the post on their website! MFA included the below bio on the front page of their website.

"Lynn Robbins, CPA, FMFA is an Executive Vice President for Healthplex Associates based in St. Marys GA. Lynn's primary role for Healthplex Associates is Business Development. She has an accounting degree from Widener University in Pennsylvania and her MBA from the University of Delaware. She has over 20 years of experience with successful project implementation. During her 8 years with HPA she has worked on numerous projects with hospitals in developing ambulatory care and medical fitness wellness strategies. Before joining HPA, she was the CFO of several different companies including public accounting (her own firm), real estate development, transportation and pediatric rehabilitation. Lynn has been an active member of the Medical Fitness Association since early 2013. She has chaired several committees, including the outcomes and membership committees. She currently is Vice Chair for SEFMA and a State Captain. In her spare time, she loves to travel, golf, take a spin on her bike, read and spend time with her grandchildren. She has traveled to some exciting places such as Egypt, South Africa and Kenya (safari's)."



The State Highway that passes by **Mission Fitness** was renamed the Chris Kyle Memorial Highway in memory of Odessa-born Chris Kyle - American Sniper. Pictured after the dedication ceremony are Carmen Kenner, Membership Director, Taya Kyle, widow of Chris Kyle, and John Douthitt, General Manager.



HPA BIRTHDAYS

PWM- Montage

Crum, Zoe L.	01/13
Mueller, David	01/22
Maturino, Jason E.	01/18
Campos, Leigha M.	02/24
Do, Thiem T.	02/02
DiGiacomo, Wendy A.	02/05
Tienken, Mercedes A.	03/09
Collins, Timothy	03/15
Gamez, Beverly S.	03/16
Ruiz, Ashlee M.	03/22
Clovis, Margaret E.	03/12
Saucedo, Isabel G.	03/16
Matias Mitra, Jessica A.	03/20
Iniguez Ybarra, Gabriella N.	03/22
Ayala, Elizabeth H.	03/27
Tomlinson, Katherine Y.	03/31

Henry Mayo

Brown, Tammy	01/20
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Thomaston

Howell, Julia	02/03
Huettinger, Kort T.	02/07
Mills, Deborah J.	01/17
Glisson, Thomas N.	02/08
Webb, Sheryl L.	02/02
Jaudon, Elizabeth S.	02/11
Merritt, Crystal R.	03/14

Corporate

Steve Robbins	05/3
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Mon Valley

Chad Vordenbruggen	05/3
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Mission Fitness

Edmiston, Linda C.	01/22
Elfert, Bryan	01/02
Walsh, Lora C	01/14
Flowers, Steven S.	01/15
Valles, Amber L.	01/18
Bybee, Michelle L.	02/08
Fierro, Mireya	02/27
Lopez, Teresa B.	03/18
Cherrybone, Connie	03/07

Singing River

Slider, LaDarius A.	03/08
Vega, Kathryn	03/28
Glaude, Tajuana L.	01/21
Williams, Kolby Christopher Kan	01/30
Murdock, Kyle O.	02/28
Welsh, Preston S.	02/26
Bonvillain, Dwayne P.	03/21

Meridian

Elmore, Lillian A.	01/12
Stockton, Angela T.	01/03
Hannington, Melliza J.	01/13
Dudley, Sarah H.	01/16
McKee, Kelley T.	01/21
Gonzalez, Savannah J.	02/15
Hardy, Mallory E.	02/17
Webb Vanderpoorten, Sarai C.	02/04
Dew, Keri B.	02/28
Malone, Nao S.	03/20

Matagorda

Scott, Megan "	03/31
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