

## IN THIS ISSUE...

### HPA HQ 1

Learning a New Way to Wellness

### Mon Valley 2

Disco Spin for Hospital Charity  
Member/Trainer Spotlight  
CPR Training for the Community

### Meridian 3,4

Allie Cat Run  
Wedding Dress Story  
Anderson Cup  
Member Spotlight

### Pascagoula 5

Member Spotlight  
Athletic Development Camp  
Healthy Partners

### Monterey 6

Anniversary Week  
Nextdoor Award  
June Better U

### Odessa 7

Member Spotlight  
Team Up Against Falls

### Valencia 8

Health Luau

### Bay City 9

Member Spotlight  
Welcome Chelsea  
Fitness on Demand

### Thomaston 10

Member Spotlight  
Congratulations Frank King!

### HR Corner 10,11

In the News

## LEARNING A NEW WAY TO WELLNESS

One of the more gratifying trends that we have observed in the last few years has been the growth in our educational outreach programs. It's clear that our members and the folks in the communities we serve are now actively seeking information, tips and guidance on how to improve their quality of life, both for themselves and their loved ones more than ever.

I have to admit it...it does come as a bit of a surprise to me. In my former life as a hospital executive, I had the community education department reporting to me, although I never focused on it like I did with the clinical areas. It was more of a "nice thing to have" and we offered basic classes that drew a small, but typically dedicated and regular group of people who would attend the sessions. It never grew to the kind of outreach that I thought would make an impact. The program was more of a public relations "necessity". That's not to say that we didn't see the importance of education; to the contrary, it was that we did not see the public interest in it.

Maybe it's the venue of the Healthplex/wellness center, or maybe simply a change in the public's awareness and interests, but today, the educational outreach of our centers has become a major part of our mission. In Monterey County, for example, the Montage Wellness Centers have set up a curriculum of wellness

and fitness educational sessions that is our own "wellness university" called "Healthy U". The classes have turned out to be so popular with members and the public that our staff have to take reservations for the sold-out sessions. The topics are also quite different from those in the past; instead of focusing on explaining basic disease issues (which most people can now find for themselves on the internet), the classes are interactive, focusing on how participants can be more active, exercise safely, get the most out of their workouts, cope with and overcome health limitations.

Another example is the Healthplex in Mississippi, where community education is a high priority. The State of Mississippi has long struggled with high rates of obesity and low rates of fitness. In response, the SRHS Healthplex has developed regular education seminars for both members and the public that focus on topics like 'Nutrition on a Budget', and 'Getting and Staying Motivated'. Here too, the response has been surprisingly strong as the lectures and demonstrations play to packed conference rooms.

Our role in the healthcare continuum is much more than simply providing an exercise venue. We are the system's change agents. Health care now means life care, partnering with those we serve to support them in all that they do, that they hope to become and achieve.



Stephen A. Robbins, Esq

*Lifestyle Safety*  
*Health Nutrition*  
*Community*

# MON VALLEY...

## DISCO SPIN CONTRIBUTES TO HOSPITAL CHARITY



It's been no secret that Disco Spin has been a huge success at the Center for Fitness and Health. Led by instructor Casey McHolme, participants dedicate an hour to sweat and spin to disco music. Not only



do the participants love the class, they appreciate that the proceeds raised are donated to Mon Valley Hospital's newly developed Community Care Network (CCN).

Mon Valley Hospital's CCN was developed to help transition patients from a hospital stay back into their homes. Ultimately, the CCN focuses on providing support to those dealing with chronic diseases so that they can engage in a healthy lifestyle. A team of pharmacists, registered nurse practitioners, dietitians, counselors, and social workers develop a plan at no cost to the patient, to help them access the tools they need to be successful in managing their chronic disease.

The Center for Fitness and Health's Disco Spin Class raised funds to help purchase healthy food, medicine dose organizers, and other items needed by the patients. Casey is extremely proud of the contribution that her class was able to provide to the CCN. Staff and members look forward to continuing to gather funds to donate to charities at Mon Valley Hospital.

## THE CENTER PARTNERS TO OFFER CPR TRAINING TO THE COMMUNITY



In an effort to serve the true mission of community wellness, the Center for Fitness and Health partners with the local Emergency Services Department to offer monthly CPR training and certification classes. The Center has been offering monthly courses for the past three years.

General Manager Don Doyle

sees the classes as a way to reach out and promote lifesaving skills to the community.

## MEMBER /TRAINER SPOTLIGHT GEORGE ZOBER FALLON MARTIN



Fallon Martin pictured with client George Zober.

Fallon has worked with member George Zober for about a year and a half, primarily working on flexibility, endurance and balance. When George first came to the Center he was having difficulty keeping his balance and was very concerned with falling. His physical problems caused him to limit his activity and compromised his lifestyle due to the concerns. George's physician recommended that he start an exercise program to lose weight, improve strength and increase balance. He and Fallon began with warm water pool exercises. In addition to their pool routine, they also work on cardiovascular and strength equipment. Fallon could see improvement immediately. George has not only increased his flexibility and improved balance; he was able to lower his medication dosages for related issues.

George credits his trust in Fallon with giving him a new approach to life. His smile and energy are contagious. He is very proud of his accomplishments, and shares them with members and staff. Fallon credits George's success on his commitment and focus. Fallon states that George Zober has "added life to his years!"

Putting your health first.

Center for Fitness and Health



## ALLIE CAT RUN

Anderson Health & Fitness Center was proud to volunteer for the Allie Cat Run & Festival. The event was a beautiful reminder that life is a gift. Anderson Health & Fitness Center had many employees register to become organ donors because of this memorable event.



## ANDERSON CUP BENEFITS BOYS & GIRLS CLUB

Runners, walkers and well-wishers turned out on April 21, 2018 to take part in the 35th annual Anderson Cup Road Race. Sponsored by Anderson Health & Fitness Center and Total Pain Care, the event featured 150 participants. Proceeds went to the Boys and Girls Club, which actively seeks to enrich the lives of boys and girls whom other agencies have difficulty reaching. The Boys & Girls Club is dedicated to ensuring that our community's disadvantaged children have greater access to quality programs and services to enhance lives and shape futures. It was a fun day for the City of Meridian. Following the race, there was an awards ceremony and 12 door prizes were given away.

## WEDDING DRESS STORY

This testimonial is impressive and inspiring! 4 years ago, Anderson Health and Fitness member Lauren lost 40 pounds for her wedding! She had to get her wedding dress re-done (essentially cut in half!) Lauren followed the 80/20 rule for eating. She lost 30lbs running and doing spin class. She incorporated CrossFit into her routine and lost 10 more pounds and toned up. Lauren has become great friends with some of the trainers and staff members at Anderson Health and Fitness Center. Since then, Lauren has had a baby boy! She continues to make wellness a priority and has lost 41lbs!





## MEMBER SPOTLIGHT: AMY WAY

We are proud to tell the story of Amy Way and what she has accomplished since joining Anderson Health & Fitness Center! She is an inspiration to others who may be struggling to reach their goals.

Amy's journey was even featured in the Morning Chalk Up! Her story, as told in her own words follows:

JUNE 21, 2018 BY AMY WAY

"I actually cried once or twice during those first few workouts"

JUNE 21, 2018 BY AMY WAY



MORNING CHALK UP



"Okay, here we go. The dreaded before/after photos. Flashback to 2-3 years ago, when I was back up to my heaviest after baby no. 3, still breastfeeding, probably with some degree of postpartum depression, failing my Air Force PT test, and feeling like I was just all around sucking at life. I was not making my health and happiness a priority (as probably most mamas of little ones fail to do) and I needed to make some drastic changes.

Let's be honest, I knew exactly what I NEEDED to do because I've done it before, but sometimes change is hard and when you're sitting there thinking, "I need to lose 40-50 pounds" — well that's more than a little daunting.

I actually cried once or twice during those first few workouts because I felt so defeated and weak, but I didn't give up.

So what did I do? I finally got back into the gym mainly spin class at first and I LOVED it. Dark room, loud music, man, those 45 mins would FLY by. This was in January 2017, when I was around 192 pounds. Then I started doing some HIIT circuits to help out with that PT test (which I failed again, but by far less this time.) I would usually go back to the CrossFit room when no one was back there so I didn't feel like everyone was watching or judging me. (News flash, no one cares).

Then one day while I was back there working out, someone mentioned that I should try out one of the classes and that I'd probably be good at it. They were offering a free month and I figured, "what the heck...I'll give it a shot."

Intimidated was an understatement. I actually cried once or twice during those first few workouts because I felt so defeated and weak, but I didn't give up and I finished them, even if I was always the last one. Everyone cheered me on and was so encouraging and supportive. I loved the camaraderie.

It wasn't long and I started seeing some major changes in the way my body looked and felt. I felt strong again, and I was noticing substantial progress and gains in certain areas. I made an 89.3 on my next PT test, which I was ecstatic about. I slacked off a little last summer, but hit it hard once the kids were back in school in August. I was down to 160 pounds at this point (30 pounds lost) but I was still a slave to the scales and obsessed with seeing those numbers drop."

By November, I was only down to 154 pounds and starting to get a little discouraged due to everything slowing down. I decided to make

an appointment with DexaFit in Madison, MS to find out my Resting Metabolic Rate so that I could fine tune my nutrition and get some baseline measurements with a DXA scan. I'm a numbers and science geek, so the whole process was fascinating and I learned so much. I realized I wasn't eating NEARLY enough to support fat loss with my metabolic needs. I ramped up my daily calories to 1,800 per day, focusing on clean eating and using macros as a guide.

I honestly don't care about those numbers anymore...CrossFit is grueling, but it's the one thing I've done that's caused the biggest change in my body composition. I love feeling strong.

Two months later, I went back for a follow up before my deployment to the Middle East to see if what I'd been doing was making a difference. I was still a little discouraged because the number on the scales had not moved one bit. I was still around 154 pounds. But what I found out blew me away, I'd lost 6.8 pounds of fat and gained 6.2 pounds of muscle.

I deployed, kept doing my CrossFit WOD's and strength training (the more muscle you have, the higher your metabolism is and the more efficiently your body burns fat), and scheduled another DXA as soon as I got home. Again, not much weight loss (4 pounds over 4 months), but my lean tissue had increased and my body fat percentage continued to drop from 28.8% in November down to 21.4% now.

I'm currently around 146 pounds and no longer a slave to the scales. I honestly don't care about those numbers anymore. I care more about the gains and PRs in the gym. CrossFit is grueling, but it's the one thing I've done that's caused the biggest change in my body composition. I love feeling strong. The community is like one big family. I've made some of the most incredible friendships. It's challenging, supportive, and always something new.

The last person to finish a workout has the most people cheering them on. You don't have to be "fit" to get started, because there are multiple ways to scale every movement so that it can be tailored to your current fitness level, and you progress from there. I honestly can't say enough good stuff about it, and anyone that knows me, knows I'm completely obsessed.

If you're still reading, thank you. I've been feeling like I needed to put this out there for a while now, and even if it only helps to motivate or empower one person, then it's worth it.

# PASCAGOULA...

## MEMBER SPOTLIGHT...

### GREGORY MEANS



Singing River Healthplex member Gregory Means recently participated in the Special Olympics in Seattle Washington. Means won two gold medals; one in the backstroke, one in the freestyle, and a silver medal for the participation relay. Means began training with Healthplex swim instructor Jim Bourque two months prior to participating in the Olympic games. They focused on improving his swim stroke as well as his kick to help assist in his overall speed. His work ethic and drive to be and do better definitely paid off. We are proud of him and all that he has accomplished.



## HEALTHY PARTNERS BONE DENSITY

Singing River Healthplex hosted a 'Healthy Partners' bone density lecture with Singing River Health System's Director of Radiology. Healthplex members and members of the community learned about why it is important to schedule a Bone Density screening, and how the procedure works.



# Healthplex

SINGING RIVER HEALTH SYSTEM  
*Fitness & Wellness Center*

## ATHLETIC DEVELOPMENT CAMP

Singing River Healthplex launched the ATHLETIC DEVELOPMENT CAMP for youth on June 6th. The program had 25 participants averaging 12 years old. One of Singing River's Lifestyle Specialists, Taylor Stokes, designed the progressive program to be complementary to the area schools' strength program. The main focal points were speed and power. The budding athletes shaved an average of 1.3 seconds off their 40-yard dash.







**MONTAGE**  
Wellness Center

**MONTEREY...**

## ANNIVERSARY WEEK

May marked our seventh year of keeping Monterey County residents healthy and active at the Montage Wellness Centers. As a token of appreciation, we hosted a week-long series of events for members and their guests including daily breakfast, evening appetizers, two nights of Gold Star Motors sponsored BBQ, health lectures, and exercise workshops. The week began with "Fitter U" Kick-Off lectures with Chris Range, General Manager



announcing our latest fitness offering. "Fitter U" is a scientifically-proven 6-week strength training workout plan to help members track metrics, stay accountable, exercise safely and effectively, and achieve their maximum fitness level for a reduced cost from personal training.

Over 50 excited members signed up for the Early Bird list which will give them a special discount when the program launches.

The week continued with other educational opportunities like Intro to Yoga workshops, medical fitness lectures with our Clinical Integration Coordinator, Intro to Strength Training workshops with our Fitness Director, and an Intro to Core Strength workshop with Hillary Drinovsky, Group Fitness Lead. Health-focused vendors like Fleet Feet, Vitamin Shoppe, BioLight, and Doterra lined

the gym walls daily to give out free advice, samples, and promotions. The week wrapped with a big ZUMBA party on Friday night.



For non-members, we offered a two-day Anniversary Flash Sale which resulted in over 120 new members between the two Montage Wellness Centers!

## NEXTDOOR AWARD

The Montage Wellness Center Salinas was voted "Neighborhood Favorite Gym" by Nextdoor.com. MWC's premium medical fitness facility and outstanding member experience is why we won alongside a number of highly-reputable competitors.



## JUNE BETTER U

As part of our mission to educate Monterey County in healthy living, the Montage Wellness Centers offer free exercise and wellness lectures each month.

In June, we offered two lectures in our Marina and Salinas facilities – Exercise for Strong Bones and Flexibility 101. We saw record

high attendance with over 50 members and non-members attending our most popular lectures. Between the four lectures, we sold over 50 personal training sessions and acquired 6 new members.



## MEMBER SPOTLIGHT...

CHRISTY THOMPSON

In her own words...

I just wanted to share what water aerobics and clean eating has done for me. I started this lifestyle change by myself on October 1, 2017 and I joined Mission Fitness on December 1.

I began monitoring intake and eating whole foods - just healthy balanced eating. I soon found that I was down 36 pounds !!!

I'd always been very active, but after a hysterectomy, combating major stresses at work and home, and then an auto-immune disorder, I found that I had gained 50 pounds in six years.

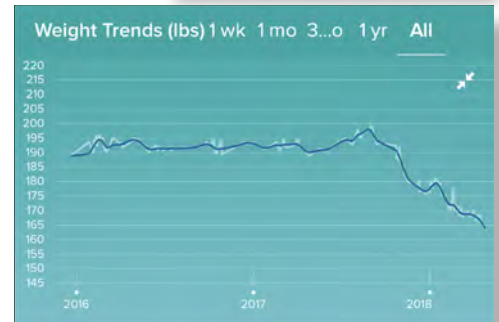
It feels so good to finally be back on track. I only have 30 pounds more to hit my goal weight which should be about Oct 1, 2018.

So, this is definitely a marathon ... not a sprint. And, it is a complete lifestyle overhaul. I know that I could not have made such great progress without Mission Fitness. I absolutely LOVE this gym !

Thank you to the fabulous teachers. At the moment, I really only do water aerobics and yoga. I wanna do more, but I love these so much and only have so much time available. If time were unlimited I'd probably be there all day.

Water aerobics, yoga and eating healthy is re-shaping my body in incredible ways. I'm 55 and kind of had just accepted being "old and fat". This has helped me so much to get a new attitude and appreciation for life.

Thank you to all. I will send an update when I hit my goal weight. I recently met with Zach to set my 90 day goal. Thank you for that challenge. It will help to keep me focused.



## MEDICAL CENTER TRAUMA SERVICES AND MISSION FITNESS TEAM UP TO TAKE ON FALL PREVENTION

Emergency personnel must learn to do many things well! Rapid treatment of catastrophic illness or injury is their specialty.

When it comes to falls what is readily apparent is "an ounce of prevention is worth a pound of cure."

Recently, MCHS Trauma Services approached Mission Fitness with the task of helping our community get their feet under them. Clinical Integration Coordinator, Zach Cavazos designed a workout using props that are available at home. This workout plan was then converted to a handout that will be distributed community wide with the goal of gaining leg strength and better balance.

"It is so hard for a senior to recover from a fall that results in a broken bone. Loss of mobility from pain creates a serious downward spiral that is so difficult to overcome," said Trauma Outreach Coordinator, Sirena Perkins.



## HENRY MAYO FITNESS AND HEALTH LUAU



Henry Mayo Fitness and Health hosted its second annual Luau to celebrate and show appreciation to our members on Saturday, July 28th. Staff members, Diana Vera and Debbie Chediak, welcomed guests as they entered the Hawaiian themed Club for the day. Upon entering, members were greeted with Hawaiian music, colorful leis and tickets to a raffle. "We want them to have a good time but also get to know each other," said Sue Chambers, Henry Mayo Health & Fitness staff member.

Those who wished to take advantage of the evening were invited to showcase their dance skills during a few Hawaiian songs with entertainers from Liz Watts Company. The entertainers displayed an array of traditional Hawaiian dances such

as "The Hula" and "The Fire Dance." Raffle prizes were given out to attendees throughout the night while delicious appetizers were served by Cravin Catering, a local company. "This year's event had a larger turnout than the previous year, with more than 150 members participating," said Sharlene Duzick, Henry Mayo Health & Fitness Membership Services Director.

The annual Luau is not the only activity Henry Mayo Fitness and Health does throughout the year for members. In the spring, the Club hosted class attendance challenges such as, March Madness Brackets, Mother's and Father's Day gift bags, HMF&H's 100 Mile Club Challenge and more. "We are always trying to come up with new ways to get members excited about being involved here," said Windy Solorio, staff member and lead organizer of the annual Luau.







## MEMBER SPOTLIGHT...

KELLY SIMS

Kudos from Ms. Kelly Sims, Health 360 Member



Being a former athlete and wanting to be able to work out and start focusing on my health again this gym has been amazing. They have helped my recovery so much.

I was a former athlete who had to deal with 2 major foot surgeries and was in

a lot of chronic pain before joining the Wellness Center. Since joining, I have now been doing personal training with Ronnie (Arnold). Not only does he push me to achieve my results, but he knows what exercises to focus on; what to put in my workout and how to modify and alternate them to avoid a vulnerable position. Being a coach and valuing the effort my students and athletes put in the classroom and the playing field, I truly value the effort a trainer like Ronnie puts in and shows to me, a client. It is awesome. I am forever thankful to Ronnie for the personal training he has done with me to not only help me lose weight, but to help with my pain.

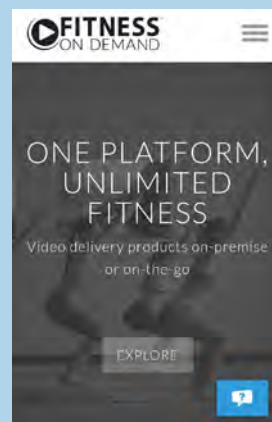
I would highly recommend the Wellness Center to anyone looking to get in shape in a clean, passionate and encouraging environment."

## WELCOME CHELSEA



Health 360 is excited to announce our newest team member, Chelsea Beltran. She will be our second group exercise instructor. She plans to teach a wide array of classes including, Zumba, boot camp, Pilates and more. We are excited to see the growth that will come with Chelsea's addition of classes to our center!

## FITNESS ON DEMAND



We are showcasing our new Fitness-On-Demand system for our program spotlight, giving members the ability to access a huge variety of group fitness classes at their own convenience.

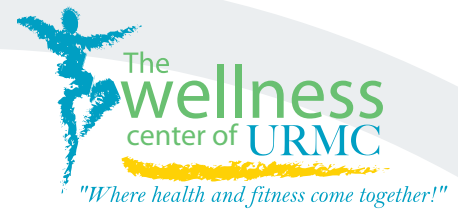
## MEMBER SPOTLIGHT...

JEFF & SHARI LEWIS



Jeff and Shari joined in April, 2018. Jeff was taking 35 units of insulin when he joined and Shari had heartburn every day, took Advil every day, and had a bulging disc in her back and had been told by her Doctor, "You're either going to have to lose weight, or you're going to have to have surgery."

Since joining The Wellness Center, Jeff has lost 21 pounds and has completely come off of his insulin (Doctor ordered). Shari has lost a total of 51 pounds (40 since coming to The Wellness Center), no longer has any back pain, takes no Advil, and has no heartburn. They both attribute their weight loss to adding a HIIT program to their workout and can't say enough good things about how the staff at The Wellness Center has been a great encouragement to them in their wellness journey.



## CONGRATULATIONS FRANK KING



Charter member Frank King, took 1st place in the 25 mile ride in the Tour de Tifton, finishing the race in One hour, 31 min. The Tour de Tifton is an annual bike ride, open to all ages, that benefits the local YMCA programs and scholarships for underprivileged youth.

## HPA CORNER

Business relationships are built with trust and mutual respect. We are privileged to work with some visionaries who are willing to step out and make things happen. One of our earliest clients, Tom Cullen, VP at Mon Valley recently retired. The following is correspondence that we wanted to share.

Tom

Rumor has it that the final episode of "The Tom Cullen Show" at Mon Valley is coming soon and I didn't want the final curtain to fall without sending my best wishes for happiness in your retirement. I also want to thank you for your vision and tenacity in working with us to make the Healthplex dream, a reality. It seems such a short time ago that you and I were scouting the possible sites for the project and presenting the feasibility study to senior management and the board. I know that you are proud of the many people that have been helped by the Healthplex since its opening and we share that pride with you. So thank you for your many contributions to the health and well being of the people in the MVH service area and please have fun as you move into the next phase of your life.

Mark A. Nadel, FACHE  
Managing Director and Partner  
Healthplex Associates

Mark,

Thank you so much for your kind words as I move on. Most recently, I reminisced as you were my very first contact with HPA. We broke ground for the HealthPlex Building on April 2, 2003 so you and I started to work together close to 17 years ago. It has been a pleasure and an absolute honor to join forces with you to create a concept and a facility which will continue well into the future. With Don at the helm and Chad working in concert the Center for Fitness and Health has a sterling future ahead.

Thanks again for your guidance over the years.

Tom





healthplex associates, inc.

## IN THE NEWS

### *Congratulations*



Congrats to **Bryce Branning & Brooke Dew.**

We are happy to announce the engagement, and a little jealous of that beautiful fountain in Chicago! Bryce and Brooke are both personal trainers at Anderson Health & Fitness Center.

Congratulations to Alisha and **LaDarius Slider** (Mission Fitness) on the birth of beautiful Nyla Simone Slider.



Congratulations to **Yaurely Arroyo** (Mission Fitness) and Jesus Padilla on their recent engagement.

Please join us in congratulating our Wellness Coordinator, **Ronnie Arnold Jr.** (Matagorda) in his marriage to his wife, Ramone Arnold on May 31, 2018.

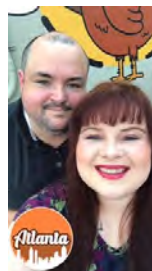


**Carmen Kenner**, MSD at Mission Fitness is sworn in as President of Odessa East Rotary Club.



### *Travel*

**Don Doyle** (MonValley / HPA Corporate) and his family made their yearly trip to Hilton Head Island the first week of July. This trip was special as it was the first family trip with a daughter-in-law. Don's oldest son was married in September 2017.



**Mallory Hardy**, MSD at Anderson Health & Fitness Center, pictured with her husband during one of their road trip adventures. Mallory and her husband went to Atlanta, Savannah, and Hilton Head Island for vacation.

**Zach Cavazos**, Clinical Integration Coordinator (Mission Fitness) ditched the desert for a Cancun vacation.



**John Douthitt** (Mission Fitness GM) and family recently vacationed at Broken Bow Lake in Oklahoma.

