

## IN THIS ISSUE...

### HPA HQ 1

Welcome Douglas McKeag,  
Medical Director

### Meridian 2

Active in the Community  
Success with Fitness Club  
Hosts Crossfit Event

### Thomaston 3

The New Look at URMIC

### Pascagoula 4

Be Empowered Club  
Partnership with Go! Gulf Coast

### Mon Valley 5

Holiday Extravaganza  
Titleist Performance Institute  
New Fitness Director

### Monterey 6

Halloween Treadmill Trivia  
Facebook Challenge  
Holiday Bazaar

### Bay City 7

MRMC Wellness  
& Rehabilitation

### Valencia 7

Welcome New  
Clinical Coordinator

### Odessa 8, 9

All Decked Out  
Aquatics Christmas Party  
12 Days of Fit-Mas

### HR Corner 10

HR Corner

## HEALTHPLEX ASSOCIATES WELCOMES ITS NEW MEDICAL DIRECTOR

We are excited to announce that Douglas B. McKeag MD, MS, has joined HPA as our Medical Director. A physician, scholar, researcher and teacher, Dr. McKeag brings a resource to us and our clients that is truly unique in the medical wellness industry. His resume of positions and accomplishments is literally dozens of pages but here is a brief summary.



Douglas B. McKeag MD, MS  
Medical Director

Dr. McKeag holds a B.S. degree in Zoology from Iowa State University, and an M.S. in Cardiovascular Physiology from Michigan State University, along with an M.D. in Medicine, Fellowship in Adolescent Medicine and a Fellowship in Family Practice, also from Michigan State University. He is currently Adjunct Professor, Family and Sports Medicine at Oregon Health Sciences University. Other key positions he has held include Director, Indiana University Center for Sports Medicine; One America, Professor of Preventive Health Medicine; Chairman, Indiana University School of Medicine Department of Family Practice; Director of Sports Medicine, National Institute of Fitness and Sport; Vice Chairman, Departments of Family Medicine, Medicine and Orthopedic Surgery at the University of Pittsburgh and Adjunct Professor of Health Education, Counseling, Psychology and Human Performance at Michigan State University.

On a different level, Doug has consulted with Princeton University, Bradley University, Kuwait University, Walt Disney Educational Services, Puerto Rico Olympic Committee, Clemson University, New York Giants, Indianapolis Colts and more. He is a highly sought after speaker on sports medicine and wellness topics both in the US and around the world. Honors include "Man of the Year in Medicine and Healthcare" by American Biographical Institute, and Citation Award from the American College of Sports Medicine.

At HPA, Doug will be assisting in the following areas:

- Updating and expanding the Athlete and Clinical Exercise Playbooks.
- Consulting in Sports Medicine, Wellness and related areas.
- Serving as a corporate resource to our clients in the development and ongoing operation of medical wellness centers.
- Serving as a featured speaker in our Webinar series.
- Lecturing and publishing on topics related to medical wellness.

You may be wondering why someone with such a distinguished and extensive medical and educational background would choose to join a company like HPA at this point in his career. The answer goes back to a friendship with Steve Robbins that began in the late 1980's. Doug has always been interested in how HPA is seeking to be an agent of change in the effort to refocus healthcare on "health" rather than "sickness" and how the Healthplex concept plays an integral role in that process. Now that he has accomplished so much in so many areas, Doug has decided that he would like to contribute his talents to helping us achieve our goal of dramatic change in healthcare delivery, in order to improve health, lower costs and produce better patient outcomes.

*Please join us in welcoming Dr. McKeag to the HPA team.*



Sarah Dudley at Southern Pipe Company Health Fair



left to right Sarah Dudley, Brooke Dew and Kristen Tibbetts at Southern Pipe Company

left to right Sarah Dudley and Brooke Dew at Anderson Regional Health Systems employee health fair

## ANDERSON IS ACTIVE IN COMMUNITY

Anderson Health & Fitness has had a very active presence recently in the local Meridian community. Anderson staff members participated in health fairs at Southern Pipe and Supply Company, CertainTeed Corporation, and the Kemper Power Plant, as well as Anderson Regional Health System's own employee health fair.



## ANDERSON PROMOTES HEALTHY EATING

Anderson's Brooke Dew recently conducted a nutrition workshop at Southern Pipe and Supply Company's Lunch & Learn. In her discussion titled "What's In That?" Brooke discussed nutrients that are often over consumed and she warned of the many negative health consequences that could stem from a pattern of unhealthy eating.



Fitness Club participants complete cardio workout in the CrossFit box at Anderson Health & Fitness

## ANDERSON SEES SUCCESS WITH FITNESS CLUB

AHFC is currently running a 12 week Fitness Club program in which participants work together in a small group of 8 individuals to accomplish their goals. For a one-time program fee, group participants are able to work with a trainer 5 times per week for strength and/

or cardio sessions and they are also able to work closely with a nutritionist on diet and nutrition. This program has seen great results for the participants and many of them are looking forward to taking the next step and joining our CrossFit program upon completion.



pictured center: Anderson CrossFit Level 1 instructor Sonji Rose



## ANDERSON HOSTS CROSSFIT EVENT

Anderson's CrossFit Torment recently hosted its inaugural TagTeam 2016 CrossFit event in which teams comprised of 2 male and 1 female competitors competed in the morning at CrossFit Torment doing a traditional CrossFit "wod" (workout of the day) and in the afternoon at the local community college doing a swim/row/run triathlon event. It was a fantastic and grueling day!





## IT'S OUT WITH THE OLD AND IN WITH A NEW LOOK AT URM.

The Wellness Center of URM has recently made some changes inside our facility by adding an indoor walking track and expanding the free weight area. In addition to the physical changes, the Wellness Center is hosting Weight Watchers to help our members (and potential members) meet their weight loss goal.

### NEW WALKING TRACK

Our new indoor walking track was installed around our cardio equipment with our members who have special needs in mind, but it has also been used by members who walk to cool down after an intense workout or for including walking lunges around the track as part of their workout.



### EXPANDED FREE WEIGHT FLOOR.

The Cardiac Rehab Department has always been located inside the Wellness Center, but their recent move to the opposite end of our Center allowed us to expand our free weight area by 1,100 sf.

### WEIGHT WATCHERS IS HERE!

The Wellness Center will be hosting Weight Watchers this month in our group exercise room. There are currently 127 members and non-members enrolled in the weekly meetings. Hosting the meetings gives us an opportunity to showcase our facility to non-members and keep our members engaged while working toward their weight loss goal.





# PASCAGOULA...

## SINGING RIVER HEALTHPLEX INTRODUCES THE "BE EMPOWERED CLUB"!

The Healthplex is proud to announce a new venture in satellite 1,800 sq. ft. functional training space specially equipped for small group training. Our purpose is to empower people to



break records and stereotypes via the 4 programs of BE EMPOWERED – Be Lean, Be Brave, Be Strong and Be Fast. Be Lean is the re-composition program, Be Brave – the heart

and lung program, Be Strong - the strength program, and Be Fast - the speed and agility program. This studio-style workout facility will be run by top trainers at Singing River Healthplex, who are skilled in drawing the best out of their clients, by empowering them to rise above stereotypes and ultimately discover their full potential.

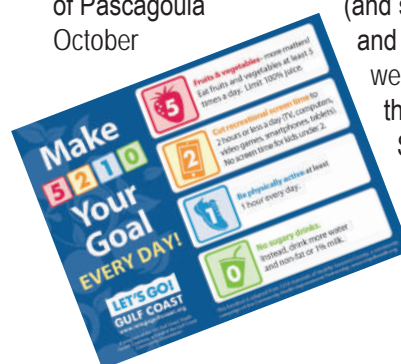


## SINGING RIVER HEALTHPLEX PARTNERS WITH LET'S GO! GULF COAST

to launch a free 2 month weight loss challenge for a healthier Pascagoula! This program was free to all residents of Pascagoula (and surrounding areas) during October



**LET'S GO!**  
**GULF COAST**  
[www.letsogogulfcoast.org](http://www.letsogogulfcoast.org)



(and surrounding areas) during and November 2016. Individual weight loss goals were set with the assistance of qualified SRHS Healthplex trainers. The program saw 600 individuals weigh-in to strive for a healthier lifestyle.

## Healthplex

 SINGING RIVER HEALTH SYSTEM  
*Fitness & Wellness Center*

## SINGING RIVER HEALTHPLEX HAS PARTNERED WITH THE AMERICAN CANCER SOCIETY AND SINGING RIVER HEALTH SYSTEM

for the Active for Life 10 week, team-based wellness program designed to support hospital employees in achieving their fitness goals, and to encourage them to be more physically active by engaging in at least 30 minutes of moderate to vigorous physical activity, above usual activities, on 5 or more days of the week; 45 to 60 minutes of intentional physical activity are preferable.



# MON VALLEY...

## HOLIDAY EXTRAVAGANZA

The Center for Fitness and Health held its Annual Holiday Extravaganza on December 3rd. This event has become one of the most anticipated member events of the year. This year the event hosted 25 vendors featuring many national brands such as LuLa Roe, Mary Kay, and Tastefully Simple.



The event attracted over 400 members and guests. All of the vendors felt the show was beneficial. Don Doyle, General Manager of The Center for Fitness and Health, had this to say; "From a member retention and participation perspective, this has become our most well attended program of the year."

The members love supporting their fellow members who participate on that day. This year we combined the holiday extravaganza with some demonstration classes. It gave us a chance to promote some of the new classes we will be adding in 2017."



The Holiday Extravaganza continues to grow each year. This year the Center had a record number of guests attend and many of them took advantage of the one-day special to join. One of the guests, Barb said, "I have belonged to fitness centers all my life, but have never seen a center host an event like this. It was an easy decision for me to join."

## TITLEIST PERFORMANCE INSTITUTE

Chad Vorderbrueggen, Mon Valley Center for Fitness and Health's new Fitness Director is bringing an exciting new twist to sports performance. Chad holds a Titleist Performance Institute Level III Golf Fitness Instructor certification and will be working with both serious and casual golfers to improve their games.

This new approach to golf conditioning is making the rounds within the Wellness Center as the training provides members with an opportunity to be evaluated in the same manner as a professional golfer. After the evaluation is complete, participants will receive a strength and conditioning program based on their own unique body movements. Ultimately, every level of golf participant can benefit by increasing quality of play, distance, and ailments that limit their play. Chad tells every member that he is not a golf pro, but he is simply a mechanic there to fix their movement dysfunctions!



Putting **your health first.**

Center for Fitness and Health



## MON VALLEY HOSPITAL'S CENTER FOR FITNESS AND HEALTH WELCOMES NEW FITNESS DIRECTOR



Chad Vorderbrueggen is a native to Western Pennsylvania, and currently resides in Belle Vernon with his wife, Melissa, and son, Maximus. He graduated from California University of Pennsylvania with a Bachelor's in Sport Management. As an undergraduate, Chad did an internship at the Center for Fitness and Health. After graduation, he left Mon Valley for a Wellness Coordinator position at a local hospital, and decided to pursue a Master's in Exercise Science. For the past 5 years, Chad has been the Fitness Director for a private country club in Western Pennsylvania, where he successfully led his team to revitalize the fitness program and grew personal training by 45%. In addition, he pursued the Titleist Performance Institute Level I, II, and III Fitness certifications. Welcome back to the team, Chad! We are looking forward to your furthering the success of the Club.





**MONTAGE**  
Wellness Center

## HALLOWEEN TERRIFYING TREADMILL TRIVIA NIGHT

Think the treadmill is boring? Think again! To celebrate Halloween, we turned the average 30-minute cardio routine into a "Spooktacular" event filled with costumes, trivia, guests, and prizes!



Members and their guests were invited to a Halloween Trivia Night at our Salinas facility with a twist. Costumes were highly encouraged and participants had to be moving on their choice of cardio equipment the whole time! Halloween décor around the facility, staff costumes, and spooky Halloween music set the mood for the evening. Members' family and friends' were also invited to the event as a token of appreciation. Each participant was asked to answer 25 Halloween themed trivia questions. At the end of the night, the top 3 members who answered the most questions correctly went home with prizes – 1st place received a personal training package, 2nd place won \$65 in club bucks, and 3rd place got a free t-shirt. The winning guest won a \$0 initiation fee with sign up and a free t-shirt!

## NOVEMBER FACEBOOK CHALLENGE



The holiday season is notorious for less exercise and more food. In order to keep Montage Wellness Center members motivated and exercising, we launched a Facebook Check-In Challenge. Any member who checked in to the facility and on our Facebook wall at least 10 times throughout the month of November was entered into a drawing to win a free personal training 4-pack. Engagement on our

Facebook page greatly increased, our members rooted each other on, we received outstanding feedback on the challenge, and our winner was ecstatic to start working with one of our personal trainers (which she had never done before).



## HOLIDAY BAZAAR

What gets members into the gym during a busy holiday season? Shopping, of course! December marks the return of the Montage Wellness Center annual Holiday Bazaar where members are invited to a day-long unique shopping experience. Over 30 local vendor tables lined the walls of the Marina Wellness Center on a chilly Saturday morning. From jewelry, homemade candles, essential oils, cupcakes, to authentic hummus, there were gifting options for everyone on our members' Christmas lists (including their own!). For their taste buds, complimentary coffee was on tap and Kuki's International Flavors in a Bowl Gourmet Food Truck offered lunch outside of the facility.



# BAY CITY...

## MRMC WELLNESS & REHABILITATION

In the small city of Bay City, Texas, Wellness Coordinator Devin Mongrain and his team are preparing for their Jan 16th launch! Working as part of the Matagorda Regional Medical Center, this has been a long awaited journey that has seen its fair share of speed bumps. The previous week was spent testing flow by taking selected employees through the entire process, for feedback and recommendations. Anything from signing up to HRA assessment protocol was included in this process. It was a huge success and surfaced some kinks that wouldn't have been found without their help.



The team is looking forward to unveiling and implementing the new Health 360® spectrum, which encompasses many facets of health and wellness including an extensive assessment process.

Fitness Attendant, Brianna Payne (pictured here in her college softball days) has been training and preparing to begin this process with members and employees after our doors are open. She is a great coach and huge asset to the MRMC Wellness & Rehabilitation team!

*Opening Soon!*



*We didn't think the day would ever come, but we made it and are excited to make an impact in Matagorda County, one person at a time.*



# VALENCIA...

## WELCOME CLINICAL INTEGRATION COORDINATOR SVEN MANSEAU

Henry Mayo Fitness & Health added a pivotal member to the team with the inclusion of Sven Manseau as Clinical Integration Coordinator. Sven moved to California at the age of 12 and has been active in athletics and academics from an early age. He continues to compete in martial arts and pursues knowledge whenever it is available. Soon after graduating high school, Sven joined the military where he was able to combine his love for physical fitness with his inherent sense of duty for his country. With his innate leadership skills, Sven soon earned the title of Staff Sergeant. After completing multiple deployments overseas, Sven was accepted to Cal State Northridge where he earned a B.S. in Kinesiology. With a strong background in the sciences, Sven educates his clients on proper movement mechanics and neuromuscular function. His experience in both commercial facilities and rehabilitative clinics has made him a reputable name in the local community. Sven believes that strength and mobility are the vehicles for physical human freedom, effortful intent, and connecting people to their physical being.





# ODESSA...

On December 1st, MCH Mission Fitness and Medical Center Health System Spirit of Women hosted **All Decked Out** at the MCH Center for Health & Wellness. This community event encouraged healthier lifestyles during the holidays.

Five concurrent seminars were held allowing the crowd to migrate from one session to another. Sessions included: **Get the Holiday Glow** skin care instruction led by MCH Laser and Aesthetics, **Ignite Mind, Body & Spirit** yoga sessions led by Mission Fitness yoga instructors, **Deck the Halls** decorating ideas led by BreVis Flowers & Decor, **All the Jolly without the Jiggle** led by MCH dietitians, and **Dessert with a Doc** which was an informal session where new physicians with the Medical Center Health System were able to interact with the attendees.

Odessa College Massage Therapy School provided free chair massages.

This was an excellent opportunity to showcase our Health System's many service lines that are available to enhance a healthy lifestyle.







## WE'RE WALKING...

During the month of October Mission Fitness hosted the fund raising walks for The Diabetes Association and 21 Dreams - Downs Syndrome Association.



These walks offer Mission Fitness the opportunity to display our beautiful facility and to share our mission and vision for the health of our community.



Through community outreach such as these, we meet people who are passionate about learning more and fighting back against diseases that have affected them and their families.



Mission Fitness raised funds through t-shirt sales for Pink the Basin. This non-profit organization funds mammograms for the under-insured members of our community.

Yvette Folk, Mission Fitness Front Desk Lead, designed a t-shirt featuring the slogan "We don't know how strong we are until being strong is the only choice we have." 103 bright pink shirts were sold raising enough funds to pay for twelve mammograms.



## Mission Fitness

A Member of Medical Center Health System



As we all know, the holidays can oftentimes be very detrimental to our health

goals. Too often, people see the

number on the scale increase from Turkey Day to New Year's Day. This year the fitness staff at Mission Fitness wanted to see what we could do to combat that norm. In response, the Club hosted a "Biggest Loser: Healthy Holidays Edition" campaign. Everyone involved agree that it was a rousing success. The program had three teams of four people, each with their own dedicated coach. After 7 weeks of weekly team workouts, changing eating habits and implementing working outs on their own, 62 pounds were lost among the 12 people. The "Green Team" won the overall contest having lost 3.98%. Great job to all who took part!

## 12 DAYS OF FIT-MAS TWELVE DAYS OF CHRISTMAS FITNESS CHALLENGE

Mission Fitness' staff put together a "12 Days of Fit-mas Challenge" offering daily challenges leading up to Christmas Day. There was no cost to participate in the challenges. A member simply had to find a Fitness Staff member and test in front of them. At the end of the program, both a men's and women's winner were posted on the leader board for the entire Club.

December 8th- December 23rd

1. Push up contest
2. Sit up contest
3. Longest plank contest (forearm only)
4. Highest Alternating Lunges
5. Fastest to 30 Burpees (no push up at bottom)
6. Longest Row distance
7. Most Bodyweight Squats
8. Longest Distance run (10 minutes)
9. Jumping Jacks (5 minutes)
10. Longest Wall Sit
11. Fastest Mile
12. Most Double "Unders" in 1 minute



healthplex associates, inc.

## HR CORNER

### Welcome



#### **Tammi Hatfield, (HPA Corporate)**

As the newest member of the corporate team I wanted to let everyone know how proud I am to join the crew! I joined Healthplex Associates back on October 3, 2016, and 2 days later had to

evacuate due to Hurricane Matthew; what a way to start a new position!

I live in St. Augustine, FL (the oldest city in America). I have one son, two stepsons and 6 grandchildren. I have been in HR, Payroll & Benefits for over 20+ years. Before coming to HPA I was the Director of Payroll & Benefits for 10 ½ years for a collection agency and its subsidiaries. In my role, I firmly believe in the importance of all of our employees being fairly compensated, treated with respect and offered opportunities for advancement. I am always available to discuss any issues and/or concerns. Remember, I am your advocate and want to make sure that your experience as a member of this team is rewarding. I look forward to working with everyone at HPA and am excited to be a part of this amazing team.

### Travel



Mark Nadel (**HPA Corporate**) and his wife Kim are pictured in front of the Leaning Tower of Pisa while on a Mediterranean Cruise.

Adam Hodges (**Anderson**) and his wife Laura took advantage of being in Colorado for the annual Healthplex conference by staying over and spending a few days in the Colorado Rocky Mountains. Pictured are Adam and Laura on top of Quandary Mountain just outside of Breckenridge.



### Congratulations



Healthplex Associates is proud to announce that **Christopher Range, MSS, CSCS, ACSM**, formerly the Fitness Director of our **Montage Wellness** Centers in Salinas and Marina California has been promoted to the position of General Manager for both facilities. In announcing this move Steve Robbins, President of HPA stated that "Chris has been a valuable member of our senior staff for several years and has brought special expertise to the Company in Sports Performance Training as well as his innovative development of the Playbook, our cloud based training and exercise system for both athletes and patients. We know that these premier centers will be in great hands with his leadership".



The Mission Fitness training department is excited to announce that **Zachary Cavazos, (Mission Fitness)**, a former Exercise Specialist, passed his ACSM- Certified Personal Trainer test this month. Zach loves resistance training, interval training, TRX, high intensity training, and especially functional and mobility training. Zach graduated from the University of Texas- Permian Basin, where he received his Bachelor's Degree with honors in Exercise Science. He is currently working towards admission into Physical Therapy School and is already filling up with clients eager to work with him.



Congratulations to Caleb Kenner, son of Carmen (**Mission Fitness**) & Jack Kenner on his graduation from Odessa College - Fire Academy. Caleb begins EMT training this Spring.



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#### **TAX TIPS:**

You can also locate your W2 as of January 21, 2017 in Paylocity with the following instructions:

1. Enter Paylocity portal with your sign on name and password.
2. On the left hand side select HR.
3. Blue tabs – select Pay History.
4. Below Pay History there is an option for Current check, Check History and W2.
5. Select W2.