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HERE WE GROW AGAIN!

On January 1, 2019 Healthplex Associates officially assumed the management reins of the Indianapolis Healthplex, the newest, and in some ways, oldest member of our family.

The Indianapolis Healthplex was opened 21 years ago and originally owned by Westview Hospital (which was later merged into Community Health Network). At that time, HPA was a consultant on the project, so this is a coming home for us! The Club changed ownership over the years, but was recently purchased by the Saturday Evening Post Society, a charitable foundation with deep roots in the community and a tradition of service.

The Club is now our largest facility with 6 indoor tennis courts (4 outdoor), basketball, racquetball, two large pools, group fitness studios, an indoor track a large child care service and a variety of studios.

Taking on a project of this size is always a challenge, especially when it involves changing the character of the operation to serve the community in both social and health care needs as well as partnering with Indianapolis' rich educational institutions. Fortunately, we were able to find the right person for the task among HPA's talented group of managers as Adnan Hyder opted to move from "sunny" Los Angeles to Indianapolis in the dead of winter! Taking his place in Valencia as the Fitness Director is Cathy Francisco, who was recently named a rising star by the Medical Fitness Association.

We've long strived to create the kind of "bench strength" that allows us to grow our talented staff and offer them the kinds of career growth that they deserve as well as to assure the long-term future of the Company. We know that our greatest asset is our team and we will always be committed to making sure that HPA is referred to as OUR Company by our staff and not some third party entity.



Adnan Hyder, General Manager



Stephen Robbins, HPA President is pictured with Adnan Hyder, Indianapolis General Manager

MON VALLEY...

SENIORS REACH THEIR GOAL



Certified Personal Trainer and Group Exercise Instructor Dana French issued a challenge to her Senior Fitness Class. Understanding that strength and balance are key in slowing the aging process, Dana issued a challenge to her class to hold a wall-sit exercise for 60 seconds. The Center for Fitness and Health preaches to its senior members, and the community in its outreach programming; that old age doesn't have to be an excuse to become sedentary. Dana and her fellow fitness professionals at the Center spend time researching exercises that lead to better mobility, maintenance of independence and better overall quality of life. Dana had her class start these wall-sit exercises for 20 seconds. After six weeks of progression, the entire class was able to achieve the goal of a 60 second wall-sit. The group was proud of the accomplishment and the staff all got to be a part of the celebration. The team of Fitness Professionals at the Center for Fitness and Health are passionate about making a difference.

Putting **your health first.**

Center for Fitness and Health



MEMBER SPOTLIGHT...

EMILY ANDREWS

Emily Andrews joined The Center for Fitness and Health and started working with Sean Boyles back in December of 2017. A couple months prior, her beautiful daughter Austin was born and Emily was looking for something to keep her motivated and help with weight loss and toning. Her favorite style of training is boxing and higher intensity based workouts. She has come a long way in her fitness journey and continues to make great strides! Personal Trainer Sean Boyles feels that to achieve your fitness goals you need to make a commitment and be consistent! Emily appreciates the time Sean spends preparing her training sessions. Sean loves sending motivational messages, pictures, and recipes to his clients to keep them on track.



INTERN SPOTLIGHT – RICHARD CONNOR

Richard is a student at California University of PA (Cal U), studying Sport Management. Richard is a transfer student from Edinboro University, where he earned an associate's degree in Liberal Arts. Richard has also played five seasons on the defensive line for the Erie Express of the PAFL. During his time at Cal U, Richard has gained a better understanding of daily facility operations and management. While at Cal U, the Sport Management program has helped Richard prepare for his internship by working sporting events at Cal U, Duquesne, and other various facilities. Recently, Richard has made an effort to learn how to implement better overall health and wellness habits. Richard is excited to learn all that he can from the experienced personal trainers and staff at the Center for Fitness and Health. Richard looks forward to building relationships with the facilities members and staff. Upon completion of this internship, Richard plans to obtain a position as a football scout.

(More on Mon Valley see page 3)

REBOUND FITNESS HITS MON VALLEY

Mon Valley Center for Fitness and Health is providing a new and exciting Rebound Trampoline Class for their members. Rebound Fitness classes utilize mini trampolines for a 45 minute full body workout and amazing health benefits. Some of those health benefits include weight loss, increased oxygen circulation, lymphatic circulation, and improved balance. Four of our instructors have worked on putting together a routine that provides energy and entertainment. Our staff at the Center for Fitness and Health continues to provide outstanding programming and fun options for our members to enjoy!



MERIDIAN...

WAY TO GO AHFC TEAM!!

Congratulations to Anderson Health and Fitness Center! The staff has earned Preliminary Recognition from the CDC (Centers for Disease Control) for their Diabetes Prevention Program that helps significantly reduce the risk of diabetes through proper diet, exercise and education.

In a letter addressed to Adam Hodges, AHFC General Manager, Ann Albright, PhD, RDN, Director of the Division of Diabetes Translation at the CDC, said, "It is immensely gratifying to see the science of diabetes prevention being implemented to improve the public's health. You and your colleagues should be extremely proud of this accomplishment. It is programs like yours that are turning the tide in the fight against the epidemic of type 2 diabetes. Thank you for all that you are doing and for your commitment to reducing the preventable burden of diabetes in the U.S."





POUND CLASS

POUND is the world's first cardio jam session inspired by the energizing and sweat dripping fun of playing the drums. AHFC is thrilled to announce that we are offering this exciting new class. Instead of listening to music, participants become the music. Using Ripstix, lightly weighted drum sticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. For those interested in getting a good SWEAT, SCULPTING their bodies, and wanting to ROCK, then POUND is the class! POUND will also help release tension in a fun way while working out! This is an awesome jam session that ANYONE can do.

CONGRATS TO ANDERSON HEALTH AND FITNESS

Congrats to Anderson Health and Fitness' Christmas Parade Committee for a third-place win in this local holiday event. The theme was "Don't be a Grinch... Donate Life!" The float committee was in charge of both the design and construction. Anderson Health & Fitness Center participated in the design, construction, candy donation, and parade.



RUN FOR HOPE

Anderson Health & Fitness Center is responsible for race registration and packet pickup each year for local Run for Hope 2018 benefitting Hope Village for Children. This year the event was held on November 10, 2018 at Bonita Lakes. Brittany Nicole (Fitness Attendant) and Porshia Mitchell (Massage Therapist) won 1st place in the 5K in their respective age groups.

We are proud of our staff. Thanks to them for supporting our community. Be Happy. Be Healthy. #beandersonfit



AndersonCares

Supply Drive for Hurricane Michael

Anderson Regional Medical Center and Anderson Health and Fitness Center hosted a supply drive for Hurricane Michael relief efforts. The donations yielded a truck full of items including bottled water, paper products, gloves, rakes, shovels, diapers, baby items, and more. These items were delivered to The Red Cross for distribution to affected areas.



PASCAGOULA...

30 DAY CHALLENGE



In October of 2018, the certified & degreed trainers of Singing River Healthplex hosted a 30 Day Challenge. The challenge was for new members to lose $\geq 2.5\%$ of their original bodyweight. If they achieved this goal, the participants would win 2 free months of membership and get their enrollment fees waived. The participants received 8, half-hour sessions along with a sample meal plan. Out of the 24 participants, over half hit the target!



Singing River Healthplex participated in the Singing River Health Systems Holiday Extravaganza service-line promotional event in December. The Healthplex management team shared all of the wonderful programs and services available to the Health System employees. Service lines were asked to put together a holiday-themed informational booth, and the Healthplex chose to recreate Who-ville from the movie How the Grinch Stole Christmas. Starring Membership Services Director Jhakia McDonald, as The Grinch!

Healthplex

 SINGING RIVER HEALTH SYSTEM
Fitness & Wellness Center

SINGING RIVER ROCK STAR

Singing River Healthplex is proud to share that Emily Torres-Caliz received a 'Singing River Rock Star' Award from Singing River Health System CEO Lee Bond(right), for her day-to-day dedication and passion for her job. Emily truly is one of our Rock Stars! Emily is an ACSM certified trainer as well as a group exercise instructor for Spinning, Group Power, Aqua Fitness, and High Intensity Interval Training. We are all very proud and excited for Emily to receive this well-deserved recognition.



MEMBER APPRECIATION

Singing River Healthplex celebrated the holiday season with a members appreciation event in December. It's a popular event with the members, as it includes fun for both adults and kids with crafts, healthy snacks and homemade waffles by our Membership Services Director, Jhakia McDonald. It has proven to be an enjoyable way to show our members we appreciate them and look forward to a healthy and successful New Year.



BOXING FOR BALANCE



Boxing for Balance is a class offered for individuals with neurological based health conditions such as Parkinson's, Multiple Sclerosis, and stroke. During this 10-week class, participants work on cognitive function, balance, strength, endurance, reaction time, and execute dual-task activities. Research has shown that incorporating boxing exercises into a daily routine has demonstrated positive impacts in overall balance and is ideal for those who deal with these types of neurological based health conditions.

This class originally started in the basement of a post office run by a few of our local hospital physical therapists. Word spread quickly, and soon they were unable to accommodate all the people who wanted to participate. The class moved to Montage Wellness Center which has ample space in our group fitness studios. The therapists donated all of their boxing equipment and the class still runs under the same clinical structure originally designed by the physical therapists.

Kellie Schoepp, Montage's Clinical Integration Coordinator, and a group of Montage Wellness' fitness staff engage the participants in an upbeat and enthusiastic manner while also challenging their abilities. Kellie stated, "Being part of this experience has been both humbling and rewarding. Due to the fact that many of the participants require special attention and modifications, this class could not be run efficiently without the help of our highly educated staff." It is important to note that the class has also developed a strong social connection between the participants and staff. Here at Montage Wellness Center we are encouraged and constantly reminded that offering a helping hand (or fist) can be the best self – reward.

TURKEY TROT



Thanksgiving saw a reintroduction of our annual 5k Turkey Trot. Over 50 people joined Wellness Center staff the morning of Thanksgiving to participate in a fun 5k in beautiful weather. Food and beverages were provided for participants and everyone enjoyed the out-and-back trail from the Montage Wellness Center, Marina. Our friendly Dinosaur joined us to keep all the participants moving in the right direction!



MONTAGE
Wellness Center

ODESSA...

8TH ANNIVERSARY SHENANIGANS

Mission Fitness celebrated its 8th Anniversary with daily themes and parties. Longtime aquatics instructor Connie Cherrybone was gifted with a quilted pillow from her class.

Five Mission Fitness employees were honored for eight years of service.



8th Annual Aqua Luau



Tie Dye Tuesday



Mission Fitness

A Member of Medical Center Health System

2018 BUDDY WALK



The 2018 Buddy Walk benefiting the Down Syndrome community in West Texas was held on the grounds of MCH Mission Fitness in October.

Approximately 400 participants enjoyed a festive atmosphere which included Teenage Mutant Ninja Turtle characters.



Mary Jane Wright and Katelyn Bates get in the Christmas spirit modelling their ugly Christmas Sweaters.



In November, Mission Fitness trainer Katelyn Bates began a nutrition series for the Mission Fitness membership.

The first in the series featured healthy but delicious Thanksgiving recipes. She broke down the holiday habits that affect our health along with some easy ways to make our recipes healthier.

The second in the series was a fun game testing everyone's knowledge of Nutrition with a rousing game of Nutrition Jeopardy.



Annual Aqua Christmas Party



On December 21st, Henry Mayo Fitness and Health hosted a wonderful evening to show appreciation to members during the holiday season. Over one hundred people attended the holiday “Jingle and Mingle Ugly Sweater Party.” Members

enjoyed specialty desserts accompanied by a wine pairing event. The evening also recognized 55 of our members who participated in our “December Fitness Challenge”. Many attendees came up throughout the evening to express appreciation for providing the event. Sharlene Duzick, Membership Services Director noted: “It is events like this that allow us to show our appreciation for our members and create a sense of community within the club”.



FRANCISCO NAMED FITNESS DIRECTOR

Catherine Francisco has been appointed as the new Fitness Director at Henry Mayo Fitness and Health, replacing Adnan Hyder who was promoted to HPA's Indianapolis site. Francisco previously served as Henry Mayo Fitness and Health's clinical integration coordinator.



In November, Francisco received a Rising Star Award from the Medical Fitness Association for her work in clinical integration. Her expertise in exercise science, compassion for patients and dedication have made her a unique leader in medical fitness. The award recognizes outstanding individual achievement and significant leadership within the medical fitness community.

Francisco graduated from California State University, Northridge (CSUN) where she obtained her master's degree in Kinesiology. She then went on to serve as an adjunct professor at CSUN before embarking on her career in the fitness industry.

“We are fortunate to have someone with Cathy's commitment, passion and drive,” said William Holstein, general manager of Henry Mayo Fitness and Health. “Our members will be well-served by Cathy in this new role.”



MRMC Wellness Center was recently recognized in the January issue of Bay City Magazine for our accomplishments in bringing medical wellness to the community. Due to the new growth of 133% from 2018 to 2019 the facility has drawn a lot of attention and has become the area's leading place for people who are focused on medical fitness. In the magazine the Wellness Center was able to highlight several different health areas that the Wellness Center has found success in helping members with. The article received a great deal of positive feedback from the Hospital as well as the local community and current gym members.



The Wellness Center and its members are also super excited about our new piece of equipment the SYNRGY360, which provides functional training and group exercise. The SYNRGY360 was created to help with both dynamic group training and 1 on 1 training. Each unit of the SYNRGY360 has nearly limitless options of how to build the optimal solution for its exercisers.



The Wellness Center has a new staff member, Adam Gomez who joined us in the role of Assistant Wellness Coordinator. Adam is joining the Wellness Center from UTMB; where he worked as an Exercise Physiologist. He has both his Bachelor's and Master's degrees in exercise science. In addition he has extensive experience in ergonomics, biomechanics & corrective exercise programming, nutritional planning, pre & post rehabilitation progression, and exercise physiology. The Wellness Center truly appreciates him.

MAKING EVERY VISIT COUNT

Congratulations to Corey Bennett and Sherry Hough, winners in our 118 in '18 contest! Corey won the grand prize, a 32" Vizio television, while Sherry won the Ironman drawing, a FREE month's dues, as well as an entire year's worth of 1 hour massages! Both Corey and Sherry, participants in the 118 in '18 program, came to The Wellness Center at least 118 times in 2018 (200 visits to qualify for the Ironman drawing). With a cumulative total of 17,462 visits of everyone who participated in the program, members averaged 2.7 visits per week during contest. Great job everyone and congratulations Corey and Sherry!



ANNUAL CHRISTMAS BAZAAR

On December 10th, The Wellness Center hosted our annual Christmas Bazaar, where we served refreshments including Russian tea and Christmas cookies. Christmas music played while members purchased one-of-a-kind Christmas gifts from local artists and the Lions Club took up donations of used eye glasses. The Christmas Bazaar is always a big hit, not only among The Wellness Center members, but in the community as well.



THE WELLNESS CENTER SUPPORTS OUR COMMUNITY

Members of The Wellness Center had a chance to win a free month's dues simply by bringing in a food item or canned good to give to the local food bank. Their response was overwhelming and over 1,700 items were donated! Christy Crawford was our lucky winner of the free month's dues.



MILESTONES

On January 11th we said a sad goodbye to William "Billy" Harris, who is moving to Macon, GA to live closer to his son. A long-time member of The Wellness Center of URM for almost 10 years, Mr. Billy averaged an impressive 2.7 visits a week since becoming a member in 2009. Life has been full of adventures for Mr. Billy. A WWII vet, Mr. Billy was a tail gunner on the B24 and flew 11 missions over Italy. He also served as a state representative for the state of Georgia. At 93 years old, Mr. Billy was our oldest member. Though we are going to miss Mr. Billy, we know that he will enjoy living closer to his son and is just moving on to his next great adventure. Good luck Mr. Billy!



INDIANAPOLIS...



INDIANAPOLIS MEMBERS AND STAFF ARE BREAKING RECORDS!!!

Team MOATivation turned in some national record breaking performances in the USPA powerlifting drug tested division held in a Plainfield Indiana Saturday February 9. Robert Colleser, 85 years of age and member of the Indianapolis Healthplex, broke 2 national records in the masters 4 division with a 270 pound deadlift and a 140 pound bench press. Dean Farmer, 70 and member of the Indianapolis Healthplex, set the national deadlift record in the masters 3 category with a 341 pound pull. Coach Shane Moat, Indianapolis Healthplex Personal Trainer, broke 2 national records in the open division with a 480 pound bench press and a 700 pound deadlift. Moat also won best lifter for the meet. The team plans to compete next in June to prepare for this Years upcoming National Championships.



HPA CORPORATE...



Recently our HR Director embarked on her own athletic journey. During a team building exercise she not only climbed to the top of a 30' wooden pole, she also took a "Leap of Faith." Outside of HPA, **Renee** is an ambassador for #Mission22.





healthplex associates, inc.

IN THE NEWS

Congratulations



The Wellness Center sends a big 'congratulations' out to our group exercise instructor and front desk staffer **Chelsea Beltran**, who is expecting a baby in September of this year.



Congratulations to **Nicholas Wittkopp**, Mission Fitness, on his certification as a Certified Personal Trainer



Mission Fitness would like to welcome **Emersyn Rose Valles** to the team. She and her mommy, **Amber Valles**, taught core class just 40 hours before her birth. Emersyn was born March 2nd at 10:48 am. Proud parents are Amber & Steven Valles.

HPA BIRTHDAYS

PWM- Montage

Kulkin, Jessica T.	10/2
Gonzales, Allisyn	10/13
Bonilla, Cristian L.	10/20
Espinosa, David	11/5
Lem, Tiffany	11/7
Dawson, Mary E.	11/9
Mireles, Priscilla A.	11/14
Cargo, Lynelle	11/14
Neer, Karlee R.	11/16
Olosan Gutierrez, Christina	11/18
Schoepp, Kellie L.	12/2
MacCarter, Leah M.	12/8
Horca, Connie	12/16

Henry Mayo

Chediak, Deborah L.	10/10
Holstein, William P.	10/15
White, Darian R.	10/15
Watson, Ericka E.	10/19
Gonzalez, Ricardo	10/27
Post, Mary A.	10/27
Francisco, Catherine	10/30
Hawn, Jamie	11/7
Guzman, Rosie	11/23
Borja, Erica N.	12/8
Farr, Megan E.	12/14
Larco, Jacqueline A.	12/29

Thomaston

Dudley, Stephanie S.	10/9
Hicks, Jenny L.	10/25
Siscel, Laura L.	11/24
Hobbs, Teresa G.	12/13
Hendricks, Briana B.	12/17

Corporate

Rogers, Kim	12/20
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Indianapolis

Busby, Michael A.	10/4
Beeler, Deanna D.	10/4
Dorsel, Paige E.	10/7
Powell, Ryan J.	10/7
Reagan, Robin	10/8
Stockdale, Melinda	10/11
Purichia, Jenna G.	10/21
Freitag, Natalie	10/24
Freeman, Pearl D.	10/24
Burks, Lee E.	11/4
Southerland, Paige E.	11/8
Amos, Tyler	11/10
Jackman, Vonda K.	11/17
Copeland, Laurie K.	11/18
Powell, Chris	11/21
Aikens, Alteichea A.	11/24
Andrews, Vera J.	11/25
Rubey, Catherine E.	12/2
Head, Jeffery B.	12/5
Panozzo, Reilly E.	12/5
Cook, Melissa	12/6
Alvarez, Alma A.	12/6
Brindle, Sally L.	12/24
Hyder, Adnan	12/25

Mission Fitness

Rey, Carmen	10/30
Edge, Nancy	11/2
Enriquez, Andrew	11/8
Moore, Rita F.	11/11
Douthitt, John E.	11/13
Bruington, Sierra a.	11/13
Folk, Yvette M.	11/14
Carrigan, Heather D.	11/16
Wyse, Olivia	11/28

Galvan, Abby H.	12/21
Bates, Katelyn M.	12/26
Kenner, Carmen C.	12/30
Townsend, Yvette T.	12/31

Singing River

White, Alisha N.	11/2
Mulero De Jesus, Mileyka	11/3
White, Hannah M.	11/11
Mosely, Cornel D.	11/16
Torres Caliz, Emily S.	11/19
Rakestraw, Sarah B.	12/3
Sinclair, Carrie	12/3
Barlow, Shannon B.	12/8
Buehl, Amber D.	12/13
McDonald, Jhakia C.	12/18
St. Clair, Kathy J.	12/27

Meridian

McClelland, Cynita D.	10/19
Acosta, Mary	10/23
Houston, Betty D.	10/26
Mabry, Anna E.	10/27
Coate, Reva S.	11/13
Robinson, Kimberly R.	11/15
Way, Amanda K.	11/15
Graeter, Tiffany L.	11/25
Branning, Bryce A.	12/5
Green, Chelsea R.	12/17
Weddington, Bailey L.	12/17
Espey, George M.	12/20

Matagorda

Gomez, Adam W.	12/2
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Mon Valley

Doyle, Donald F.	10/10
Schaeffer, Kelly L.	11/11