

## IN THIS ISSUE...

### HPA HQ 1

HPA Leadership

### Mon Valley 2,3

Employee Spotlight  
Member Spotlight  
Semi-Private Personal Training  
Holiday Extravaganza

### Meridian 3,4

Anderson launches Crossfit Kids  
CDC Diabetes Prevention  
Merry Meridian  
Christmas Parade  
Boxing is coming to AHFC

### Pascagoula 5

Member Appreciation Day  
Therapy Transitions  
Population Health Based Virtual  
Personal Training

### Monterey 6

Halloween Bash  
Holiday Parties  
Strength Training Lectures

### Odessa 7

Specialty Group Exercise  
Offerings for Stress Relief  
Cheers to Seven Years

### Valencia 8

Member Appreciation  
Welcome Catherine Francisco,  
Clinical Integration Coordinator

### Thomaston 9

Christmas Bazaar  
117 in '17  
New Personal Trainer

### HR Corner 10,11

HR Corner

## HPA LEADERSHIP

If you looked at the group of managers that HPA has assembled you might think that it was some hodge-podge of people with no common theme. There's a college quarterback, an accountant, a hotel executive, a stockbroker and all sorts of backgrounds. They come from all over the country, have a variety of college majors and different ideas on how to approach their tasks.

But there's also a common thread in the group; they all have a passion for wellness, and not the kind of approach that merely says "eat right and exercise". They know that to achieve our mission of innovative lifestyle modification they need to look at the world differently to constantly search for new solutions.

Take for example, Bill Holstein, General Manager of Henry Mayo Fitness and Health in Valencia, CA. Like many good leaders what really makes him special in his role for HPA is his mentorship of people, whether it's his staff or the kids of all levels he's worked with, coaching and supporting youth programs in football, baseball, hockey and basketball. Bill's work in creating pathways for physical therapy patients into the wellness center has built a clinical integration program with measurable results. But his commitment to making his community a healthier place to live led him to recognize that his health system needed to address a growing problem with teen suicide. His team responded with an innovative program to address the problem. Wellness is not just about exercise alone!

Another HPA leader is Ryan Barr, General Manager of the Singing River Healthplex and recent award winner of the Beverly Slavic Memorial Award for Innovation and Leadership in Wellness. This "transplanted Yankee" recognized the problem with obesity and lifestyle



HPA Leadership Team

in his adopted Mississippi community and has turned into one of the drivers for Singing River Health System's population health efforts. As an example, the team at the Healthplex recently rolled out an 8 week program to support healthy living and enrolled over 300 people in this small coastal community!

There are a myriad of examples of dedication that run through our team but one that foretells the future of prevention is the CDC endorsed Diabetes Prevention Program (DPP) that all of our centers across the nation are rolling out. Many of the one third of American adults who are diagnosed as "pre-diabetic" now have coverage from their insurance carrier or Medicare for education and support to avoid this debilitating disease, but HPA's team has gone further by incorporating our resources into our clients' wellness centers to add regular physical activity to improve the odds of success. One of our "early adapters" has been Adam Hodges, General Manager of Anderson Health and Fitness in Meridian, MS. In their first group of 20 participants, 19 people were able to reduce their risk of developing Diabetes by a staggering 50%!

HPA's mission is healthcare first; supporting our communities with answers that help every individual to live a full and healthy life. Our leaders who deliver this are truly something special.

# MON VALLEY...

## EMPLOYEE SPOTLIGHT

MEET SEAN BOYLES....



Sean Boyles has been with the Center for Fitness and Health for a little over two years. In his tenure with the Center, he has grown from a front desk associate to a personal trainer. Sean earned his undergraduate degree from the University of Pittsburgh in Criminal Justice with dual minors in Psychology and Sociology. Sean

started working at the fitness front desk upon graduating from college. After discussing possible career paths with CFH Management, Sean decided to pursue his Master's in Exercise Science with a concentration in Health and Wellness from California University of Pennsylvania. Recently, Sean received his NETA group exercise certification and a certification for SAQ (speed, agility, and quickness). Sean specializes in general fitness, weight loss, athletic training and general strength training. Ultimately, Sean is enjoying his new career path. Above all else, he loves helping members. Sean brings a level of energy and excitement to the fitness center, and he always brings positivity with his upbeat personality. In addition to his duties at the Center for Fitness and Health, Sean is one of the strength and conditioning coaches for the Elizabeth Forward High School Swimming and Diving Team. He spends 5-6 days a week working with the high school swim team preparing them for their upcoming season. Sean has become an asset to the fitness team at CFH, and management is looking forward to seeing him expand his duties. Sean had this to say about training his clients, "Hard work equals success, but this success is not given. You must always put your goals first and above all. You must stay positive through your journey whether it is a half of a pound or that extra repetition. That is what keeps you going."

## MEMBER SPOTLIGHT

MEET JOLENE PETRICK....



Center for Fitness and Health member Joelene Petrick has been a client of personal trainer Sean Boyles Since this past April. As a Type II Diabetic and heavy smoker, Joelene's health and wellness was a big concern. She decided to make a change in her life and join the Center for Fitness and Health. She loves every moment of her training at CFH. She started with a goal to lose 50 lbs. to be ready for a family wedding this past December. Joelene not only met her goal (she lost 52 lbs.), but she has continued to make strides to improving her overall health. Through the 8 months of training with Sean, her A1C levels are now registering within normal levels, and she stopped smoking 6 months ago. Sean said, "Joelene is a hard worker. She puts all of her effort into something she sets her mind to, and she NEVER gives up." Now with a healthier lifestyle and overall better diet, her next goal is to complete a 5K run. Joelene is grateful to Sean for helping her change her life and is looking forward to continuing her path to wellness.

Putting **your health first.**

Center for Fitness and Health  
**MVH** HEALTH CARE

(More on Mon Valley see page 3)

## SEMI-PRIVATE PERSONAL TRAINING CONTINUES TO GROW

Recently, the American College of Sports Medicine (ACSM) has released their top 10 Fitness Trends for 2018. One of the top trends this year is group or semi-



private personal training. At the Center for Fitness and Health, the personal trainers are taking full advantage of this trend. Fitness Director Chad Vorderbrueggen has challenged his team to come up with new and exciting group training programs for the members. The fitness team responded by providing multiple high energy programs. Programming now includes Barre Connect, Soccer Conditioning, Weight Loss Groups, and a Ballistic Boot Camp. These group training programs are anywhere from 4 to 8 weeks in length and can take up to 10 participants. Members enjoy the luxuries of working in a group setting without the one on one price of personal training. Ultimately, this cost effective form of training is drawing more interest from the members, and the staff continues to meet the goal of providing first class programming to the members.

## HOLIDAY EXTRAVAGANZA

The Center for Fitness and Health hosted its 8TH Annual Holiday Extravaganza/ Member Appreciation Event on Saturday December 9, 2017. The event featured over 30 local vendors (many of them members) selling unique gifts. Members came out in force to support do their holiday shopping at the event. The vendor fair coupled snacks, refreshments and a special Group Exercise sample class that attracted over 300 participants! The feedback from members was great.

Debbie Sable, a member who sponsored a vendor booth had this to say: "It is fun to see the club lobby transform into a shopping area for one day. The members really supported the vendors. The events and programs they have here really make this different than the other gyms in the area. I brought a few of my friends to help me and they were so impressed."



## ANDERSON TO LAUNCH CROSSFIT FOR KIDS PROGRAM



AHFC plans to launch a Crossfit for Kids Program on Monday, January 29, 2018. This program is meant to be BIG fun for all ages. CrossFit for Kids is a method for teaching Greg Glassman's CrossFit to children ages 3-18. Based on the principle of Mechanics, Consistency and then Intensity. The program emphasizes proper movement throughout childhood and adolescence. Anderson plans to

offer classes after school and on Saturdays. CrossFit coaches Adam Hodges, Casey Mancini and Reva Coate will be attending a 2 day workshop in New Orleans on January 20th and 21st in order to obtain the proper credentialing.

## MERIDIAN...

### ANDERSON HOSTS CDC DIABETES PREVENTION PROGRAM OPEN HOUSE



Pictured: Adam Hodges, GM, speaking to participants along with Brooke Dew, ACSM CPT, Diabetes Educator



Pictured: Two of our current CDC DPP members speaking about benefits of the program

On Tuesday, January 9th Anderson Health & Fitness held its second Diabetes Prevention Program Open House in the past 4 months. The first event, held in October, 2017 was very well attended and resulted in 20 participants qualifying for the 1 year program. This latest event looks to be just as successful! Qualifying participants will be chosen over the next 2 weeks and will begin this excellent CDC program aimed at preventing the onset of Type 2 Diabetes.

(More on Anderson see page 4)





## MERRY MERIDIAN CHRISTMAS PARADE

*Anderson Health & Fitness Center participated in the Merry Meridian Christmas Parade. Our own front desk coach Payton Ingram stated "It was very fun to pass out candy to the kids in the City of Meridian and get in the Christmas spirit!"*



Center staff at  
Meridian Christmas parade

Left to right: Payton Ingram  
and Mallory Hardy



## BOXING IS COMING TO AHFC

Richard Farr and Ahmad Alaajiy flew in from Texas to "train the trainers" on boxing and kickboxing. Some benefits of boxing include: increased core strength, stronger muscles, more calories



AHFC's Brandon Dew, Rob Walsh and Adam Hodges get instruction from professional trainer Ahmad Alaajiy



burned, tougher biceps, increase in confidence, boost in happiness, and more energy. Rich and Ahmad taught the trainers how to wrap hands and how to instruct members in a boxing or kickboxing class.

## ANDERSON ASSISTS HOPE VILLAGE WITH ANNUAL RUN

Anderson Health & Fitness Center was happy to assist Hope Village for Children once again this year with their annual run. Race organizer Rhonda Poole took time to email Anderson CEO John Anderson to praise the fitness center staff for always being willing to help out. Poole writes "we are all so thankful for all of them and most grateful to Fitness Director Kristen Tibbetts who has gone beyond her volunteer duties to help me".



Pictured: Run For Hope Volunteer Guild

# PASCAGOULA...

## MEMBER APPRECIATION DAY AT SINGING RIVER HEALTHPLEX!

December 18th was member appreciation day at Singing River Healthplex. Members were given coffee or hot chocolate and a healthy breakfast to get their day started off right. Door prizes were awarded to every 25th member that arrived for their workout. Prizes included a 30 minute massage, Healthplex T-shirt, free personal training session and even a free month of membership.



# Healthplex

 SINGING RIVER HEALTH SYSTEM  
*Fitness & Wellness Center*

## THERAPY TRANSITIONS AT SINGING RIVER HEALTHPLEX

MEMBER: JOANN MYERS

TRAINER: AARON WILLIAMS

"I joined Healthplex with the hopes of improving my body and diet. Through the Supervised Transition Program with Aaron as my trainer as well as God helping me, I was able to improve my left shoulder. I had a shoulder replacement a few years back and was never able to lift my arm above my head.

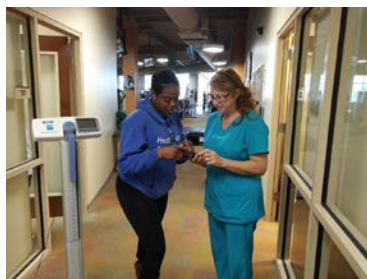
Through the workouts and following the plan that Aaron gave us, the most amazing thing happened - I was able to lift my arm above my head AND was able to move my arm further out to the side! Along with more movement in my arms, I developed more strength throughout my entire body, particularly my legs. As an added bonus - I lost 10 lbs!

If I had to sum up Healthplex - great programs, great trainers, and great support from my team members!"



## SINGING RIVER HEALTHPLEX IS LEADING THE WAY WITH POPULATION - HEALTH BASED VIRTUAL-PERSONAL TRAINING!

The degreed and certified trainers of Singing River Healthplex are offering their expertise online to the Pascagoula community through the unique Healthy Heroes Program. The employees of Singing River Health System are busy people, but now that the Healthy Heroes Program is available to all of them, the new online-training has given them flexibility so that they can now workout anywhere and anytime. Healthy Heroes is also offering a team-based online wellness challenge for the 300+ Singing River Health System employees who signed up. The online video- based workouts are customized and very easy to learn. Participants can "chat" with our trainers to ask questions and seek out motivation to hit their fitness and wellness goals on their own terms and schedule.







# MONTAGE

Wellness Center

# MONTEREY...

## HALLOWEEN BASH

Think exercise is boring? Think again! To celebrate Halloween, we turned up our ZUMBA classes a notch and transformed your 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 and ZUMBA Night at our facilities. Costumes were highly encouraged. Halloween décor around the facility, staff costumes, and spooky music set the mood for the evening. Members' family and friends were also invited to the event as a token of appreciation.



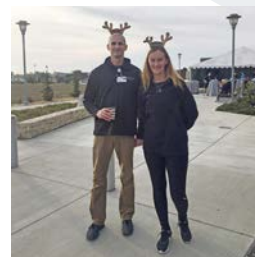
In Terrifying Treadmill Trivia, each participant was asked to answer 25 Halloween themed trivia questions. At the end of the night, the top 3 members who answered the most questions correctly went home with prizes – 1st place received a personal training package, 2nd place won \$65 in club bucks, and 3rd place got a free t-shirt.

That night's ZUMBA class was filled with Zombies! The class came dressed to impress and danced to their favorite Halloween jams.

## HOLIDAY PARTIES

What gets people to the gym during the busy holiday season? A party, of course! This year's holiday event was filled with fitness, food, and a whole lot of fun. Members and their guests were invited to come for a Holiday Scavenger Hunt, Reindeer Fun Run, vendor fair, food, party favors, and hot cocoa and apple cider.

The day kicked off with an informational workshop about how to create successful New Year Resolutions. Certified personal trainers helped members make their very own SMART goals and come up with a plan-of-action. Following the lectures in Marina, over 30 antler adorned members chose between a 5k run or mile-long walk. In Salinas, over 20 members participated in a fitness-centric Holiday Scavenger Hunt. The grand prize? A free month of membership and an iPad! After the fitness festivities, they were invited to dance to a live DJ, shop from local vendors, enjoy healthy snacks, holiday cookies, hot cocoa, coffee, and apple cider.



## STRENGTH TRAINING LECTURE

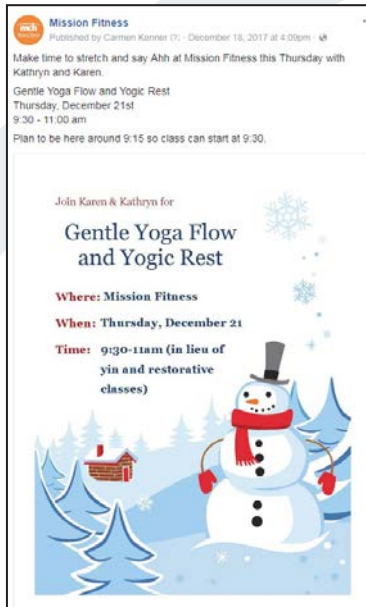
To kick off the New Year, the Montage Wellness Center hosted an educational evening for members and their guests to learn about the basics of strength training. The lecture was part of our new "Healthy U" curriculum of education for our members. Chris Range, General Manager, spoke to over 50 attendees to debunk weight lifting myths, teach them proper programming, and give them the tools to begin their own strength training routines. All participants left with the opportunity to purchase a Personal Training 5-pack for 20% off as a token of our appreciation!





## Mission Fitness

A Member of Medical Center Health System



### SPECIALTY GROUP EXERCISE OFFERINGS TAILORED FOR STRESS RELIEF

Mission Fitness yoga teachers brainstormed and came up with a yogic answer for the stress of the holidays. On Thursday, December 21st, a combination yoga/meditation class was held in place of regularly scheduled classes for the express purpose of stress relief.

"This class offered the participants the opportunity to slow down and reenergize during a crazy holiday season," said Karen Campbell, a Mission Fitness instructor. "It also sparked an idea for us to host monthly workshops so that members can try the different disciplines of yoga in a sampler format."

### CHEERS TO SEVEN YEARS!

In October, Mission Fitness celebrated its 7th Anniversary by providing screenings, cooking classes, contests and more for the membership to enjoy. The annual aqua luau was a huge success with delicious goodies being served at the end of each class throughout the day.

"It is such a wonderful opportunity for all of us to sit a while with one another and enjoy snacks and fellowship," said Connie Cherrybone, who has been an instructor for the Mission Fitness aquatics program since 2010. "Aqua exercise offers the 'club-within-a-club' experience for the members to plug into," said Cherrybone. "These people regularly share recipes and support one another, not only in class, but through email and phone calls. It is a special group to be a part of."







On December 15th, Henry Mayo Fitness And Health hosted a wonderful evening to show appreciation to members during the holiday season. Over seventy people attended the holiday "Jingle and Mingle Ugly Sweater Party." Members enjoyed specialty desserts accompanied by wine pairing and local vendors selling goods for last minute holiday gifts. Many attendees came up throughout the evening to express appreciation for providing such a magnificent event. Sharlene Duzick, Membership Services Director noted: "We want our members to know that we appreciate their relationship with Henry Mayo Fitness And Health."



## WELCOME CATHERINE FRANCISCO, M.S.

HM&FH is pleased to welcome Catherine Francisco to our team as the new Clinical Integration Coordinator. Catherine graduated with her Master's degree in Kinesiology from California State University Northridge (CSUN). Her graduate work focused on increasing community wellness by expanding and implementing 3 WINS Fitness, a kinesiology-led exercise program that provided opportunities for community members, regardless of their fitness level, to make healthier changes in their lifestyle. Her passion for community wellness stemmed from realizing in her undergraduate career that an individual's health must start at prevention. In addition to becoming



the new Clinical Integration Coordinator at Henry Mayo Fitness & Health (HMF&H), Catherine teaches exercise physiology part-time at CSUN where she has developed an additional passion for personal and professional development. Catherine's experience also includes rehabilitation, community outreach, project management, and sales. Her background will further support the growth and mission of HMF&H of helping the greater community achieve their goals of living a healthier lifestyle. In her free time, Catherine enjoys camping and fishing along the Eastern Sierra Nevadas.



## CHRISTMAS BAZAAR & OPEN HOUSE

The Wellness Center's December Christmas Bazaar and Open House was a huge success with charter member Ben Watson playing Santa. Pictured here, we're just not sure who had more fun, Santa, or the children who came and sat on his lap. Local vendors offered one-of-a-kind gifts for sale, and while Christmas music played, members had their choice of coffee or Russian tea to keep them toasty, and Christmas cookies to snack on. It was a wonderful day full of the Christmas Spirit.



Santa – Member, Ben Watson  
Baby- son of Dr. Patricia Hall

*Congratulations to Chad Watson, winner of the Wellness Center's 117 in '17 contest. Chad came in and worked out 169 times between January 17th, 2017 and December 17th, 2017. That's what we call dedication! As the grand prize winner, Chad took home a 32" Vizio, flat screen television.*



## URMC WELCOMES A NEW PERSONAL TRAINER

A big "high 5" goes out to Jessica Smith for completing her Personal Training Certification in December. She already has two repeat personal training clients onboard. Way to go Jessica, we are proud of you!



healthplex associates, inc.

## HR CORNER

### *Congratulations*

Congratulations to **Ryan Barr**, HPA's General Manager at Singing River Healthplex, on receiving the Healthplex Associates 2018 Bev Slavic Award for Excellence and Innovation.

Ryan's work in Population Health Initiatives has been changing the direction of his entire health system. Ryan, along with other leaders at Singing River Health System, has developed new wellness services initially designed to maintain and improve the health and wellness of this Pascagoula, Mississippi's employees. In the past year Ryan and his team have rolled out a new system of providing lifestyle advice and guidance to improve the health of the employees and will be expanding it for the entire community. At the recent HPA annual meeting, the executive staff was so impressed that HPA will be implementing this initiative in all of our sites.

Ryan Barr truly understands the mission driven impact a medically-based wellness center can have on the community it serves and has demonstrated the kind of passion that can make a difference in his community.



#### MILESTONES:

**Rita Moore**, HPA's "go to" person for more than 20 years, recently shut off her computer and announced her retirement. Rita started with the Company while HPA was still a subsidiary of Crozer-Keystone and was instrumental in our growth. As the Company grew from two dozen employees to several hundred, Rita was the "mom" and taskmaster who made sure that all the "I's" were dotted and "t's" crossed. She will be missed by all of us, but we wish her the best in her well-deserved move to sunny Florida!



#### **Martha Broadhead**, Childcare Coach

Martha Broadhead recently retired after working at Anderson over 20 years. AHFC had a special party for her, and many of her grateful fans, parents, children, and Anderson employees were in attendance.

According to John G. Anderson, FACHE, President/Chief Executive Officer, "Martha is a special lady and has taken care of a lot of little ones at the Fitness Center. Martha has been a part of the family for quite a while and watched many little ones grow up in her time at the Fitness Center. We wish her well."



MCH Mission Fitness Clinical Integration Coordinator, **Zach Cavazos** has done an excellent job in the media breaking down over-eating during the holidays. To view: [http://www.yourbasin.com/news/local/staying-healthy-on-turkey-day\\_20171121145237/861498576](http://www.yourbasin.com/news/local/staying-healthy-on-turkey-day_20171121145237/861498576)



#### Staying Healthy on Turkey Day

Zach Cavazos with MCH's Mission Fitness joins AM Live to let you know about some easy ways to stay healthy while enjoying your Thanksgiving feasting.

#### **MonValley Holiday Lunch Staff Appreciation**

The Center for Fitness and Health staff celebrated the Holidays with a staff appreciation lunch at the Center. The Management Team recognized the 11 employees who have been with the Club over 10 years with a gift card. CFH also celebrated with an "Ugly Christmas Sweater Contest" which was won by Sean Boyles (sitting in front).





## ANNUAL EDUCATION AND LEADERSHIP CONFERENCE: HPA TAKES OVER PITTSBURGH!

For the 11th year in a row, Healthplex Associates, Inc. held its 2017 Annual Education and Leadership Conference. This year's meeting was held in Pittsburgh, PA. Don Doyle, VP assembled an innovative fitness program, including legal issues and state of the art marketing techniques using social media. The senior leadership team was treated to a unique tour of the UPMC Sports Performance Complex where they were able to meet with the training and physical rehab staff to observe new approaches to diagnosing and treating musculoskeletal problems. The UPMC facility is the only facility in the country that houses a practice and training for both a collegiate NCAA football team (Pitt) and a professional NFL team (Pittsburgh Steelers).

*Renee McDonald, Director of Human Resources led the group through team building exercises as well as a program on improving communication skills.*

Emily Freeman puzzles  
over her creation



Jason Maturino  
and Adam  
Hodges  
collaborating



Tommy Glisson  
adding the final  
touch



Kelly Schaeffer  
and Sharlene  
Duzick reaching  
for new heights



Sharlene Duzick,  
Emily Freeman  
and Teresa Hobbs  
translate marketing  
expertise to  
engineering



Logan Stogner, Chris  
Range, Ryan Barr and Bill  
Holstein show that former  
"jocks" still have the touch

