

IN THIS ISSUE...

HPA HQ 1

ELEVATE: Self-Esteem Program

Mon Valley 2,3

Sunrise Spin
Cyclists visit CFH
CHF Safety Award
Summer Kids Camp

Meridian 3,4

Anderson Cup Road Race
Healthy Hometown Challenge
National Hospital Week

Bay City 5

Mrs. Gallego's Love of Yoga
Welcom Kim
Summer Sports Performance

Pascagoula 6

HealthPlex opens its New Spa
HealthPlex Meal Prep

Monterey 7

Casino Royale Member Event
June Challenge
New Toys Coming to Marina

Odessa 8

Community Outreach
Hard to Say Goodbye

Valencia 9

Meet the Staff

Thomaston 10

Employee Spotlight
Senior Health and Fitness Day

Indianapolis 11,12

Pke Township Fire Department
Lunch and Learn
Member Testimonial
BOGA fit
Children's Program

HR Corner 13

In the News

ELEVATE: A SUMMER SELF-ESTEEM PROGRAM FOR TEENS

The role of hospitals and health systems in our communities has been changing over the last several decades. U.S. health system leaders have realized that merely responding to disease and injury after they occur is treating the symptoms without dealing with the cause. Wellness centers are part of this evolution, with their role of promoting healthy lifestyles and supporting recovery through extending rehabilitation.

But wellness centers too are experiencing an expansion in their role as part of the continuum of care by looking beyond simple fitness and broadening the limits of lifestyle modification. That's what led to one of HPA's most innovative new programs at our Valencia, California site.

While the teen suicide rate has declined by over 25 percent since the early 1990s, suicide is the third leading cause of death among young people ages 15 to 24, according to data from the Los Angeles

County Department of Public Health.

Suicide is a growing concern for parents

across the nation, which is why Henry Mayo Fitness and Health, along with schools and other organizations in the Santa Clarita Valley, developed a new program to support and assist the community's youth.

ELEVATE is a summer self-esteem program designed for at-risk teens with the goal to elevate self-confidence, promote healthy eating, and encourage a physically active lifestyle. The

program combines group fitness sessions led by the Center's team of degreed and certified trainers, nutrition education workshops with the Hospital's registered dietitians, and counseling through licensed clinical social workers trainers. This year's program will have a record high of 15 teens enrolled. Empowering and leading the community's youth to a positive lifestyle is just one more way that wellness centers can bring innovative care to our communities.



MON VALLEY...

SUNRISE SPIN CLASS

Taking advantage of the beautiful spring weather in the Northeast, the Center for Fitness and Health held a 5:45am Sunrise Spin Class. The attendance and enthusiasm from the members was great. One member had this to say "Being outside on such a beautiful morning and watching the sunrise added to my workout. I felt extra motivation from the atmosphere."



Putting **your health first.**

Center for Fitness and Health



TEAM OF CYCLISTS VISITS CFH



A group of college students, raising money for cancer research, recently biked across the country. The 70 day trek started in Baltimore and finished in San Francisco.

One of their scheduled stops and stay overs was a church in our community. The pastor of the church, a member, made arrangements for them to come to the Center for Fitness and Health for use of the hot tub and a shower. The Center provided refreshments, nutritional bars and chair massages. The visit came right after a hilly 60 mile ride, so the bikers were excited to have access to the hot tub and massage.

CFH AWARDED MON VALLEY HOSPITAL SAFETY AWARD

The Center for Fitness and Health was awarded the Quarterly Safety Award from the Health System. Implementation of the New Member Safety Orientation and development of the Phone APP to increase member communication efforts were the reasons cited for the distinction.



CFH HOST SUMMER KIDS CAMP

Summer Kids Camp is in full swing at the Center for Fitness and Health. Every Tuesday and Thursday youth between the ages of 5 and 11 converge on the fitness center to participate in swimming, fitness activities and arts and crafts.

This summer has seen participation levels at an all-time high. Averaging twenty campers each day, program director Danielle Dimitroff has developed a tremendous program for the youngsters. Utilizing the Center's indoor lap pool, participants are able to play games like basketball or use the blow up slide. After swimming, the kids spend a full hour doing obstacle course races, playing whiffle ball or soccer, and using the colorful parachute. Each day of camp, Danielle has a creative arts and craft for the kids to do while a snack is provided.

During the Kid's Camp, the Center for Fitness and Health is abuzz with laughter and excitement. Parents are thrilled to bring their children to the Center while they workout. Fitness Director Chad Vorderbrueggen said "Having a full group this year is a true testament to the program that Danielle has been developing over the last few summers. She is extremely creative and motivating for the kids participating!"



AARON HORRELL JOINS STAFF AT CFH



Aaron Horrell completed his Bachelor's Degree in Athletic Training from California University of Pennsylvania in 2016 and his Master's in Exercise Science and Health Promotion in the summer of 2017. During his Master's program he served as a Graduate Assistant with the athletic program's strength and conditioning team. Aaron has a strong passion for health and fitness and helping others lead and live healthier lives.

Aaron is a dedicated athlete participating in multiple endurance sports. He has run numerous races ranging from 1 mile races to 100 mile races. He competed in his first 100 mile race in October of 2018 and finished 3rd overall with a time of 22 hours and 42 minutes. Some of his favorite experiences in running have been pacing runners in the Pittsburgh, Cleveland, and Toronto marathons. This falls in line with his love of helping others achieve their health and fitness goals.



MERIDIAN...

ANDERSON CUP ROAD RACE

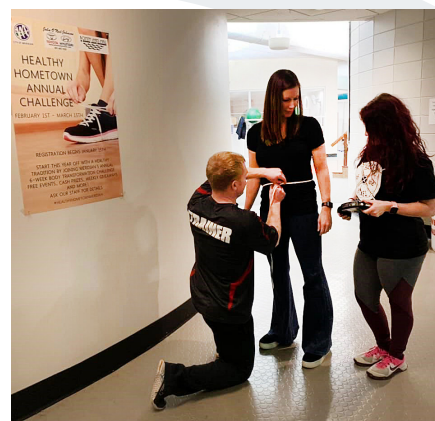
The Anderson Cup Road Race 5K run and 2 mile Walk is one of Meridian's mainstays in the running community. From the early days at Highland Park, to more recent years starting and finishing at Anderson Hospital, this has been the race folks do not want to miss. Anderson Health and Fitness Center held its 36th annual Anderson Cup Road Race. The race was a huge success with 258 walkers and runners of all ages! Congratulations go out to the nursing staff for winning the Departmental Challenge. The race raised \$2,000 to benefit the Meridian Freedom Project. A representative from Total Pain Care, the title sponsor, said, "This event is near and dear to our physicians', (Dr. Eric Pearson and Dr. Ken Staggs), hearts because it promotes physical activity and healthy lifestyle. Exercise is very beneficial in preventing and managing pain." Anderson Health & Fitness Center expresses our deepest thanks for the support of the Meridian community year in and year out.



HEALTHY HOMETOWN CHALLENGE



The City of Meridian conducts 'The Healthy Hometown Challenge' an annual event in Meridian. This year the event teamed up with Anderson Health & Fitness Center. The six week challenge included weekly giveaways, free events, daily tips, and prizes. Participants were required to get a pre and post fitness assessment through the team at Anderson Health & Fitness Center.



Participants were encouraged to get active, drop pounds, lose inches, improve their BMI, try new activities, encourage others, and complete the challenges. The team at Anderson Health & Fitness Center opened the event up to the local school district as well as the hospital employees from Anderson Regional Health System. As a team, Anderson Health & Fitness Center had 256 participants in the Healthy Hometown Challenge. Overall, the participants lost 758 pounds and 279 inches. Anderson Health & Fitness Center members and Anderson Regional Health System employees were the top ten winners! **#BeAndersonFit**



NATIONAL HOSPITAL WEEK

One week each year, AHF celebrates National Hospital week (May 12-18), and all those who make the concerted effort each and every day to further the health and well-being of the ill, injured, and infirmed. We celebrate those who minister and support the needs of others across each and every vocation. Each and every employee is vital to the mission, vision, and values of what we do as a health system. The team removes barriers and acts as advocates. Their actions reverberate throughout and affect others in ways that are often unknown. The team members recognize an obligation to others

that those who do not work and live in this environment do not comprehend. Their desire to serve and commitment to the workforce does not go unnoticed.

This year, Anderson Health & Fitness Center employees provided the Health System employees with relaxing hand massages as a thank you for their service.



MRS. GALLEGO'S LOVE OF YOGA!!



The following member story comes from Terry Gallego, a 73 year old member of the Wellness Center since January 2018.

"The MRMC Wellness Center has made me feel confident and proud of myself more and more everyday. Before joining, I could barely walk or do housework because I didn't have much strength or balance. My favorite part of the Center is the yoga classes. Attending the yoga

classes multiple times a week has made me more limber and less in pain. I appreciate the staff and the yoga instructor for helping me to reach my goals. Now I have met my goals of gaining overall strength and bettering my balance, because of this I am able to participate in more activities."

WELCOME KIM



The MRMC Wellness Center recently welcomed a new staff member to the team, Mrs. Kim Garcia. She will be teaching an additional 5 group classes including boot camps, cycling, and boxing. The MRMC Wellness team is excited to have her energy and the passion she brings to our members.



MRMC WELLNESS SUMMER SPORTS PERFORMANCE



The MRMC Wellness Team recently started a summer sports performance program with a regular attendance composed of local athletes on both the high school and college level. Each participant undergoes a Functional Movement Screen, which helps the performance trainers focus on correcting muscle imbalances that will create injuries. The performance coaches then design a specific sports based program to make each athlete more "functionally explosive" for their sport. The program has been highly successful, even drawing praise from both the team coaches as well as the Hospital's Rehabilitation program.



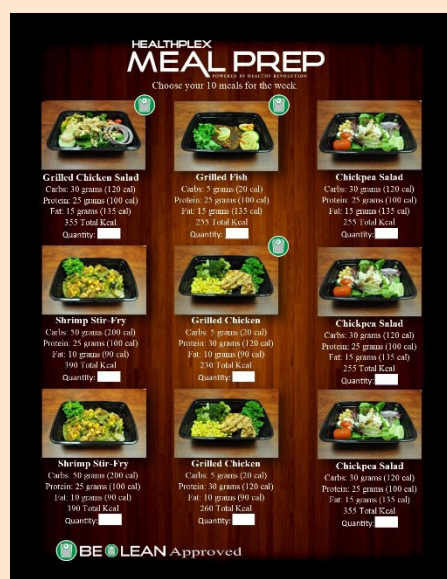
SRHS HEALTHPLEX OPENS ITS NEW SPA

The team at Singing River Healthplex recently welcomed the local Chamber of Commerce for their Wellness Spa grand opening and ribbon cutting. The new Healthplex Wellness Spa includes over 30 new services, including skin care and facials, warm stone massage, and full body exfoliation. Members and non-members will now have professional, caring treatment when they book a spa treatment with the new Healthplex licensed esthetician.



HEALTHPLEX
Wellness Spa

HEALTHPLEX
MEAL PREP
POWERED BY HEALTHY REVOLUTION



HEALTHY EATING AT THE HEALTHPLEX

Wellness, exercise, and now meal prep services are available at Singing River Healthplex. Too many people sabotage their exercise program with poor decision making at the dinner table or don't have the time to treat themselves to a healthy meal. Members can now order fresh and healthy meal options from the Singing River Healthplex meal prep menu and website, then pick up their food right at the Club's front desk.



May marked the 8th year of the Montage Wellness Center in the Monterey Peninsula. This year the Center focused on a special member event to give back to our fantastic long-term members. "Casino Royale" took place after hours on Saturday May 4th and the sold out, black tie affair was a huge hit for all involved. Members received special red carpet treatment before entering the gym floor which was converted into a mini casino for the evening. With prizes awarded for the highest chip stack, everyone gambled the evening away, snacked on hors d'oeuvres and enjoyed some wonderful company. All the staff at Montage Wellness Center are grateful for the opportunity to work with an amazing community of members!



MONTAGE

Wellness Center



May was a record-breaking membership month for Montage Wellness Center, in both Marina and Salinas. With our 8 year Anniversary public promotions, both

Marina and Salinas surpassed all time membership highs. Our combined membership is now over 4400 members for the first time. Chris Range, General Manager of the Montage Wellness Center commented "We're really happy to see our membership levels at both facilities reach these new highs. The community understands the value of the Wellness Centers and the special environment that we are able to create for our members."

JUNE CHALLENGE

Strength was the focus for the month of June and we put our members to the test. Strength test appointments filled up at both facilities and our "Better U" lecture series had great attendance and feedback. Members were tested on four simple strength exercises (squat, grip strength, wall sit and plank) and given scores based on their reps, strength or duration. Each member received a certificate (see above) with their score and some recommendations on how to improve their overall strength, correct postural deviations, and increase their fitness level.



NEW "TOYS" COMING TO MARINA

Watch this space next quarter as Montage Wellness Center Marina looks to bring in new cardio equipment. Chris Range at Montage Wellness Center is excited about the new equipment purchase: "While our equipment has been kept in good working order and our members take care of it, we know it is time to start bringing in some new, top of the line, equipment. We're looking into a \$250,000 improvement to the facility which will help continue to create a great place for the residents of Monterey County to exercise and focus on their health."

COMMUNITY OUTREACH



The fitness staff of Mission Fitness have used the hospital's community outreach Farmer's Market to share the importance of self care.

"Taking care of yourself is not just about eating right, you must find time to exercise, sleep the appropriate amount and also relax. Little improvements in these areas can make a tremendous improvement in a person's overall health," said fitness director, Zach Holley.



There comes a time when we have to say goodbye...and this time it is so hard to do!

Renee Francis, a Mission Fitness member for past five years has been transferred out of the area. Of course, we couldn't let her go without a party.

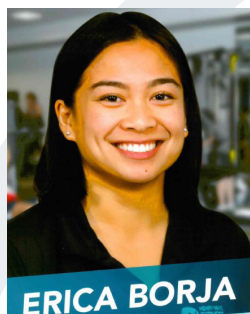
During the luncheon, Renee gifted the aquatics group with packs of lifesavers in thanks for the support they gave her during multiple life-changing incidents that occurred during her time in West Texas. She also gave the group a large beach ball that will have to replace her smile in our classes!



At the party, Renee put in a request for HPA to build a similar center in Belton because she is going to miss the water classes so much and she cannot find anything like Mission Fitness there!

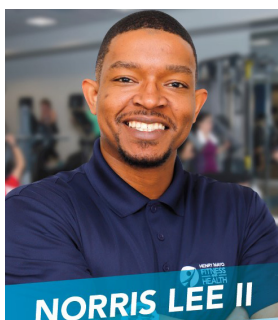


HENRY MAYO FITNESS AND HEALTH ANNOUNCES THREE NEW TEAM MEMBERS!



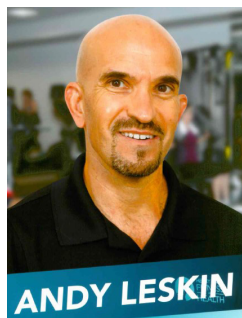
ERICA BORJA

Erica Borja has experience in both fitness and clinical settings. As a physical therapy aide and former caregiver, Erica has experience caring for adults with disabilities. While at Cal State University Northridge (CSUN), where she received a B.S. Degree in Kinesiology, she was also an instructor with the nationally recognized 3 WINS Fitness program providing free exercise for communities across Los Angeles County. It was here that she further developed her passion for bringing people together through exercise and decided to expand her work in the fitness field by working overseas. Erica is furthering her professional education by taking additional studies in Physical Therapy.



NORRIS LEE II

Norris Lee II is a Certified Personal Trainer and Corrective Exercise Specialist through the National Academy of Sports Medicine. He graduated from Fresno Pacific University with a master's degree in Kinesiology. Simultaneously, he competed as a short sprinter on the Men's Track & Field team as a scholarship-athlete. He was a competitive athlete for 15 years, participating in High school football, basketball, and track and field. Norris believes in bringing the fun back to exercise and physical activity. Recently, Norris received a practitioner-based certification in rehabilitation, stretch specialist [National Certification Board of Therapeutic Massage and Bodywork].



ANDY LESKIN

Andy Leskin graduated from CSUN in 1994 with a B.A. in Exercise Physiology followed by an M.A. in Exercise Biomechanics 3 years later. He holds several industry certifications from ACE, AFAA, NFPT, and ACSM. He is also a Precision Nutrition certified nutrition coach. Throughout his career, he has worked with a wide range of clients from high school athletes to nonagenarians. He specializes in working with busy individuals who have limited time to exercise and want to optimize each minute.

EMPLOYEE SPOTLIGHT...

JADEN SPEAKS

We'd like to welcome Jaden Speaks, our new front desk associate, to The Wellness Center of URM. Jaden is not only going to be an asset at the front desk with her wonderful, outgoing personality, but is also going to be an inspiration to the members when they see her in the Center working on her own health and wellness journey. Jaden has lost over 80 lbs. in the last year through healthy eating and consistent exercise. She said things really changed for her when she added weight training in with her cardio routine. Jaden truly has a passion for helping other people live their best life. Welcome Jaden!



BEFORE

AFTER



TOMMY GLISSON RETIRES AS GM AT THE WELLNESS CENTER AT URM

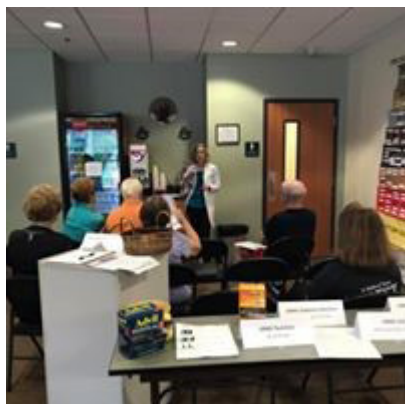
The HPA family wants to offer our best wishes to Tommy Glisson as he retires to the mountains of Georgia.

Under Tommy's leadership the Center realized significant growth. Tommy developed many initiatives that support employee and member retention. We wish Tommy a happy and healthy retirement!



SENIOR HEALTH AND FITNESS DAY AT THE WELLNESS CENTER

May 29th was Senior Health and Fitness Day here at The Wellness Center of URM. We celebrated our seniors with an informative day of educational guest speakers, demo exercises by our trainers, and light refreshments. Some of the exciting topics relating to senior health and fitness included a presentation from our Diabetes specialist, our Pharmacy Department, Physical Therapy, Nutrition Department, Cardiac Rehab, and a "meet and greet" with our Hospital CEO. Our trainers were on hand to give live demonstrations on Mobility and Fall Prevention, as well as a Boxing Demo, and Bands Demo. It was an educational, fun filled day.



INDIANAPOLIS...



PIKE TOWNSHIP FIRE DEPARTMENT TRAINS AT INDIANAPOLIS HEALTHPLEX



Recently, the Indianapolis Healthplex hosted 16 new recruits for the Pike Township Fire Department's physical training program. Fire fighters are often called into critical situations that require them to be in top physical shape.

The training includes firefighter basic tools, search and rescue techniques, ladder operations, hazardous materials operations, water supply and advancement, bailouts, and wall breaches. This year the recruits were put through a rigorous program by the PTFD's Peer Fitness Trainers who worked closely with the Healthplex's professional staff. The Indianapolis Healthplex is proud to be the official training facility for the Pike Township Fire Department.

LUNCH AND LEARN AT INDIANAPOLIS HEALTHPLEX



The Indianapolis Healthplex is excited to begin a new series of wellness workshops, starting with Dr. Chad Nowlin, owner of NRG Physiotherapy. NRG Physiotherapy is a performance physiotherapy service

designed to decrease pain quickly, meet your health and fitness goals, and provide lasting relief through improved mobility and movement mechanics in functional movement and sport. Dr. Chad makes it his goal for individuals to continue working out pain free. Members of the Indianapolis Healthplex attending the workshop learned an interesting technique, using a lacrosse ball to improve their individual shoulder problems and improve overall mobility!

MEMBER TESTIMONIAL....DEAN FARMER

Dean Farmer, a member of the Indianapolis Healthplex since February 2014 has seen significant improvement in his health since joining the Center. He was kind enough to share his inspirational story with us this. Here are his thoughts in his own words:

"Being overweight slowed me down quite a bit. I had so much trouble moving around, that normal everyday movements were a major struggle for me. I had trouble moving about, a terrible time getting off of the floor, and I felt sluggish all of the time. It felt like I was fighting for my life to go up and down the stairs, to use a ladder, and forget about getting up and down from a seat. I had extremely low energy and was just downright exhausted 24/7. That was until I met Shane Moat with the Indianapolis Healthplex.

Working out at the Indianapolis Healthplex saved my life. Shane had a program called "Younger Next Year". This program became life changing for me. It wasn't easy and I had to work for it. I ended up spending 5 days a week for 5 years at the Indianapolis Healthplex. Staying consistent is what improved

my life. I shed over 70 pounds and my strength greatly improved. Years have been added to my life and my doctor is extremely happy with me. Shane has brought me back to life! My life is much better now. Not only did working out become natural, but I also had a diet change. I haven't had fast food in years and even though I didn't smoke and drink a lot to begin with, I completely cut that out too! I now compete at Powerlifting competitions and hold a national record in the United States Powerlifting Association. I hold the record for lifting over 330 pounds for ages 70-74 at a 220 pound weight. None of this would have happened without the Indianapolis Healthplex and Shane Moat, CPT."

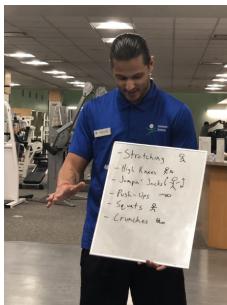
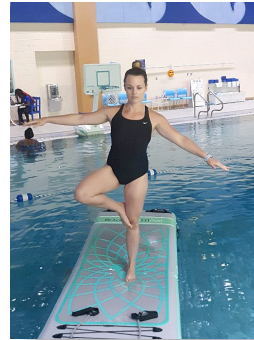
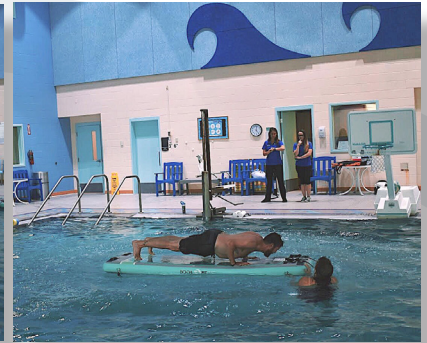


BOGAFIT COMES TO INDIANAPOLIS HEALTHPLEX!

The members of the Indianapolis Healthplex are in for a real treat as the Club adds BOGAFIT to its group exercise options.

BOGAFIT is a pool-based exercise program that was developed to include strength, balance, flexibility, and coordination into one fitness program. The creators of BOGAFIT developed the program in conjunction with several professional athletes and Olympic athletes but have also created a program that a wide range of people can find to be fun, motivating and great exercise. Part of the BOGA programming is the "Blue Mind Theory" which has proved that being around water lowers blood pressure, helps depression and even increases dopamine. It shows that being near, in, on, or around water makes you happier, healthier, more connected, and better at what you do.

IHP is starting with three new classes: BOGAYoga, BOGAFit, and BOGABalance. BOGA Yoga will be just what the name implies: Yoga on the BOGAFIT Mats. BOGAFit will be more isotonic and strengthening exercises and BOGABalance will be concentrating on balancing exercises.



CHILDREN'S PROGRAM



Children's Programming at Indianapolis Healthplex has started our Fit Kids Program! This program will introduce kids to a variety of activities including (but not limited to) sports, cardio, training and core strength training. This program also includes our Mileage club where children will work on the fundamentals of running along with working toward different milestones in running.

HEALTHPLEX ASSOCIATES 2ND QUARTER NEW HIRES

MS Anderson Health and Fitness Center

Elmore, Alanna Z. 5/28/2019
Hart, Alexis 4/17/2019
Lykins, Sarah 4/8/2019
Stephenson, Thomas G. 6/3/2019

MS Singing River Healthplex

McEwen, Shirley M. 6/3/2019
Riggelman, Karly S. 4/24/2019
Rigsby, Erica S. 6/3/2019

CA Henry Mayo Fitness and Health

Childs, Debbie 4/12/2019
Hollick, Brian 4/15/2019
Leskin, Andy 5/1/2019
Nold, Sydney R. 4/8/2019
Shirakata, Leslie A. 4/24/2019
Tripp, Geneva 5/20/2019

CA Montage Wellness Center

Carter, Raegan M. 5/8/2019
Chopra, Uma 6/18/2019
Fernandez, Alexis E. 5/2/2019
Guzman, Stephen A. 6/21/2019
Martinez, Shantal M. 4/5/2019
Pareja, Christopher 4/16/2019
Rodrigues, Joshua M. 5/9/2019

GA The Wellness Center of URM

Carlyle, Karen S. 5/13/2019
Speaks, Jaden 6/10/2019

FL Corporate

Fearon, Seana 5/20/2019
Martin, Sherrie A. 4/22/2019

IN Indianapolis Healthplex

Bailey, Linda L. 5/20/2019
Baskin, Kaleb 6/12/2019
Bradley, Candice 6/5/2019
Brockman, Reyna 5/20/2019
Bybee, Kathleen 4/29/2019
Corbin, Sarah J. 6/3/2019
Cupryk, Mark L. 6/15/2019
Downard, Abigail 6/12/2019
Harris, Meliyah 5/9/2019
Herbert, Sunil 4/12/2019
Hill, Erick D. 4/3/2019
Johnson, LaDarrius 4/4/2019
Kinnebrew, Kameron 6/10/2019
Lively, Macie 6/12/2019
Mayo, Chyna A. 6/10/2019
McShea, Kaitlynn A. 5/1/2019
Pitcock, Abbey N. 6/3/2019
Pollard, Vince A. 6/13/2019

Ricks, Jessica C. 4/22/2019
Saltsman, Kathleen 6/19/2019
Schmitt, Miranda 5/23/2019
Shirley, Christian 4/5/2019
Simmons, Carolyn D. 6/19/2019
Stapleton, JoAnn 4/1/2019
Sullen, Kaleb 5/6/2019
Taylor, Amber 6/18/2019
Trigg, Starla 5/11/2019
Warner, Patricia A. 4/24/2019
Webster, William A. 5/2/2019
Wells, Patricia c. 5/13/2019
Willoughby, Macy L. 6/12/2019
Worman, Taylor 4/8/2019

TX Mission Fitness

Balderrama, Elizabeth L. 6/25/2019
Becerra, Alice 4/16/2019
Bird, Tracy L. 4/1/2019
Brock, Cynthia 4/1/2019
Chavarria, Alex A. 4/12/2019
Foyt, Anna B. 5/20/2019
Galvan, Andrea 6/27/2019
Holley, Zachery B. 4/22/2019
Smith, Della L. 4/1/2019
West, Kourtney 6/19/2019



healthplex associates, inc.

IN THE NEWS

Congratulations



First time parent! Congratulations to Jordan and **Norris Lee** (Trainer - Henry Mayo) on the birth of Shiloh Rei. Norris has been a part of our training staff since February 2019.



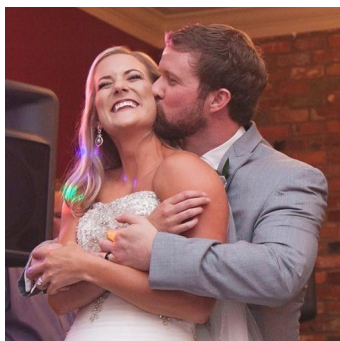
The MPMC Wellness Team recently had a big announcement from our group exercise instructor and Front desk coach, **Chelsea Beltran**. She is expecting her first child with her husband Edgar; they are welcoming a little girl to their family.



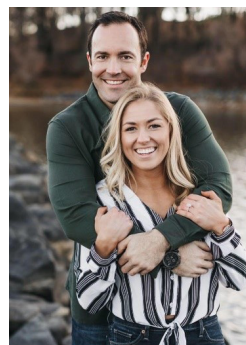
Laporsha Ruffin (AHFC) at her wedding to Ed Ruffin



Eliza Grace Worman (daughter of **Taylor Worman**, AGM at Indianapolis Healthplex) wished everyone a Happy Independence Day! Eliza was welcomed to Taylor and his wife, Paige, on June 5th, 2019, weighing 7 lbs. 12 oz. and 20 inches long! Per her dad, she enjoys eating, sleeping, crying, and hugs from her big brother, Dawson.



Mr and Mrs. **Brooke and Bryce Branning**. They are both personal trainers at AHFC.



Congratulations to our very own **Kellie Schoepp** (CIC-Montage Wellness Center) as she tied the knot this July with long-term partner-in-crime, Seth Morten (Seth is in law enforcement). The couple held a beautiful celebration near Kellie's hometown in Southern California. Many current and former MWC staff made the trip to join her on her special day; a testament to the impact Kellie has on all those around her! We wish Kellie and Seth continued happiness and officially welcome Seth to the Montage Wellness Center family!



AHFC Staff & members at the Branning Wedding

