

HPA: WORKING TO IMPROVE THE HEALTH OF THE NATION

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HPA in the news

Our world today seems to be consumed with three major stories; a unique and unprecedented war, seemingly intractable political divisions and our country torn by facing problems with the civil rights of our citizens. Yes, 1968 seems like the year that our country and democracy will fall apart! But wait, it's actually now 2020.....

Is this déjà vu? For those of us old enough to remember, it seems we've been here before. Since that remarkable year, the world may have been turned upside down and life has changed completely. Could we have anticipated the internet, cell phones, "designer drugs" or major surgery done through a tiny incision? The last few months have even seen us reconsidering how health care is delivered. When this Corona Virus crisis is behind us (and it will be soon enough) the growth in telemedicine and a new appreciation for the interdependence of our individual health status will change how we look at our health care system.

Let's be honest; for the last twenty years we've been talking about population health and our responsibility to the broader community, but the bulk of our efforts and focus has been on inpatient, acute care of the individual in crisis, not what we have to do to treat the root cause(s).

This month, HPA will begin the transitioning to a new team as I redefine my own role as "President Emeritus" (part time advisor and full time golfer) and an experienced, energetic and visionary team of HPA executives who will expand their roles, taking us into a future that we are convinced will see us redefine our understanding of health care. We've also been working on an important refinement of our own "behind the scenes" corporate infrastructure as we have re-examined, updated and improved our clinical playbook to strengthen the ties between lifestyle management and prevention to traditional care.

As we look forward to this next iteration of history, perhaps I'm the eternal optimist but I do know for sure that HPA will play a significant role in this new, old world of improving the health of our nation.



Stephen A. Robbins, Esq

CORPORATE

HPA EDUCATION AND INFRASTRUCTURE COMMITTEES

While all of our facilities were closed for 3 months, our entire HPA senior management team used the time to continue member engagement, make some significant facility improvements and also contribute toward global Healthplex Associates, Inc. needs.

The senior staff was divided into several committees that were tasked with building educational modules for new staff members as well as reviewing and improving operating policies, procedures and clinical protocols.

- One interesting project was led by General Manager Chris Range, and Fitness Director Kellie Morten, who were assigned to the Clinical Protocols committee. Kellie worked closely with other senior fitness leaders from HPA facilities to update and revise our Clinical Handbook, a tool used nationwide by the Clinical Integration Coordinators within the Company to help design and implement programs to assist in the continuation of wellness care for referrals from the medical community. Chris Range, who led the committee, created unique in depth clinical protocols for the staff trainers at each HPA site to assist in appropriate exercise selection for a range of ailments.

- Montage's Assistant General Manager Joanne Rosenberger, and Membership Services Supervisor Shannon Hurlburt were tasked with the development of supportive marketing and sales materials, aided by Membership and Fitness Directors from across the organization. That committee created a Marketing and Strategic Planning Workbook designed to assist any future sites or personnel in the creation and implementation of a strategic marketing plan.
- Bill Holstein of Henry Mayo Fitness and Health led a complete review and updating of our operational policies, developing a model for future new centers.
- Adnan Hyder organized a group to develop several internal training and education programs that should benefit new staff members.

All Managers enjoyed working on these protocols with other sites and used the time to review and improve internal processes. Many thanks to our team for rising to the occasion and showing that they are looking toward the future!

BAY CITY...



The MRMC Wellness Center reopened in June, much to the delight of our members. Unfortunately, however, Corona Virus rates in Matagorda County began to skyrocket and many businesses including the Wellness Center were re-shuttered in July. Our hope is that with an increased focus on safe practices, the curve will flatten in south Texas and we can get back to providing our much-needed service to the community.



Currently Adam Gomez and Ronnie Arnold have been focusing on helping elsewhere in the Hospital. They are helping perform an initial screening of patients entering the facility for physical therapy and the emergency room. They are also helping at the Matagorda Operations Building with cardiac rehab and marketing. They both look forward to ensuring a safe environment when the gym reopens by continuing to clean along with rearranging gym equipment during this time.



BRONX...



HPA'S NEWEST CENTER SET TO OPEN IN OCTOBER



St. Barnabas Hospital in the Bronx, NY is the site of HPA's newest center, now hoping to open in October. SBH, as well as the rest of New York City was hit extremely hard by the Covid-19 situation. Unfortunately, with the restrictions due to the Virus, there have been delays in construction as well as the ability to open a wellness center. This makes our mission to help the Bronx become healthier even more critical. The Healthplex Fitness Center is determined to make that happen! In July, the Center received all its new equipment and finalized the installation for this unique new project. The equipment was laid out to anticipate potential NYC distancing guidelines. It took two long days for an 11-person crew to unload five trucks, install all the equipment and then arrange it with working no air conditioning! It was a day with 90-degree heat and high humidity, which made it more challenging, but our Healthplex employees helped to get the job done!

Th SBH Healthplex was made possible in part by a grant from the Cabrini Foundation. That funding will allow needy patients and area residents to demonstrate how support for a healthy lifestyle can make a difference in people's lives. Physicians and care givers in several ambulatory outreach areas of the SBH system have already started to refer patients to the program and our Clinical Integration Director, Daniel Bonilla has begun to work virtually with those individuals via web cam.



INDIANAPOLIS...

EMPLOYEE SPOTLIGHT... JEFF FOSTER

Jeff Foster joined The Indianapolis Healthplex in January 2020 as the Assistant General Manager. Born in St. Louis, Missouri, he lived in 5 different states while growing up before moving back to St. Louis in 8th grade. Jeff graduated in 1983 from the University of Missouri with a Bachelor of Arts in Communications & enjoyed a 6-year career in Radio and Television.

Jeff joins the team bringing 30 years of experience with Arby's as the General Manager of 11 stores, opening 2 stores.

Jeff enjoys most sports, both professional and collegiate and tries to stay active. As lifelong St. Louis Cardinals fans, it was difficult for the family to leave in 1989 when Jeff and his wife, Julie moved to Indianapolis. Upon arrival to Indianapolis Jeff became instant Colts and Pacers fans, had 4 kids and after 3 decades in Indiana, proudly call themselves Hoosiers.

Jeff enjoys meeting new people and looks forward to meeting members at the Indianapolis Healthplex. He is happy to join the Indianapolis Healthplex family and looks forward to helping our members obtain their goals while making friends along the way.



INDIANAPOLIS HEALTHPLEX PROVIDES TRAINING FOR INDY DRIVERS

During the month of June, The Indianapolis Healthplex had the opportunity to work with two incredibly talented professional IndyCar drivers; Oliver Askew and Patricio Ward of ArrowMcLaren SP. Adnan Hyder, General Manager of the Indianapolis Healthplex, provided fitness training for both of these drivers remotely through Instagram LIVE. By linking the professional accounts of the Indianapolis



Healthplex and the IndyCar Drivers, the Healthplex was able to reach beyond the boundaries of the United States and gain international recognition. The live workouts helped educate IndyCar race fans across the world. The training sessions focused on the importance of functional movement and how it can give an advantage to anyone competing in Professional Motorsports.

THE INDIANAPOLIS HEALTHPLEX IS EXCITED TO BECOME AN AFFILIATE OF ROCK STEADY BOXING!

Rock Steady Boxing is a program that gives people with Parkinson's disease hope by improving their quality of life through a non-contact, boxing based, fitness curriculum. The Parkinson's Disease Foundation estimates there are more than 1 million people in the United States diagnosed with Parkinson's disease, and more than 60,000 additional people are diagnosed each year. Rock Steady Boxing, the first boxing program of its kind in the country, was founded in 2006 by former Marion County (Indiana) Prosecutor, Scott C. Newman, who is living with Parkinson's. Various studies in the 1980s and 1990s supported the notion that rigorous exercise, emphasizing gross motor movement, balance, core strength, and rhythm, could favorably impact range of motion, flexibility, posture, gait, and activities of daily living. More

recent studies, most notably at the Cleveland Clinic, focus on the concept of intense "forced" exercise, and have begun to suggest that certain kinds of exercise may be neuro-protective, i.e., actually slowing disease progression. Chris Lanning, Clinical Integration Coordinator at the Indianapolis Healthplex, is leading this effort and hopes to have the program up and running by the end of this year. Chris has a strong passion and knowledge of this program, as he assisted in a longitudinal study of Parkinson's during his undergraduate studies at the University of Indianapolis. He is excited to help those with Parkinson's Disease improve gait speed, stride length, and overall activities of daily living.

ANDERSON HEALTH AND FITNESS CENTER'S REOPENING SETS THE BAR HIGH

There is no doubt that COVID-19 has been and will continue to be a challenge for all in the fitness industry. Even with the lifting of restrictions and the opportunity to slowly reopen our communities, the fitness industry finds itself in a position where our members continue to question whether their desire to restart their fitness routines might put their very health and safety at risk. It was imperative to us to execute and communicate our new plans and procedures to help mitigate these concerns with our members, our employees and the community at large.

At Anderson Health and Fitness Center, in accordance with state guidelines and the consultation of medical professionals associated with our facility, we implemented reopening procedures that would ensure our members and our employees could continue to utilize the gym in a safe manner. We proudly reopened the facility on May 22.



In early June, we launched our "Be Safe" campaign to communicate the steps we were taking to provide a safe and clean fitness experience. This campaign ran across both traditional and digital mediums with a clear and concise message: We're Open – Be Safe. Be Happy. Be Healthy. Be Anderson Fit. Take a look at our Be Safe commercial here: <https://www.facebook.com/watch/?v=926913381081890>

The response to our reopening and our "Be Safe" campaign has been overwhelmingly positive. It is evident that our community wants to get back to our daily routines. In addition, facing a pandemic has brought to light the importance of our health and well-being. This inevitably will bolster people's desire to make changes in their lives that include implementation of a fitness regimen. And although membership retention and growth may be challenged in the months to come, especially as we see a resurgence, there is no doubt in our mind that this could lead to an eventual shift and a focus on health and well-being that has been a long time coming in our community.

ANDERSON HEALTH AND FITNESS CENTER'S ROCK STEADY BOXING TAKES ON CINDY!



On June 16th, CrossFit Torment, located within Anderson Health and Fitness Center, hosted the Rock Steady Boxing AHFC members who took on the workout of the day, "CINDY". Although there are many iterations, CINDY is typically comprised of a 20-minute AMRAP: 5 Pull-Ups, 10 Push-Ups and 15 Air Squats. The amazing part about CrossFit, and training in general, is the ability to modify movements to meet the needs and skill level of the individual performing them. Our coaches ensure that each participant has a modification they are comfortable with and able to perform safely. With a positive attitude and a willingness to learn, anything is possible. We are incredibly proud of our Rock Steady Boxing members for continuing to find the strength to face their daily challenges with Parkinson's Disease and continuing to improve their quality of life through

exercise. Check out our video here: <https://www.facebook.com/watch/?v=2824907357751593>

(Meridian continued on page 6)

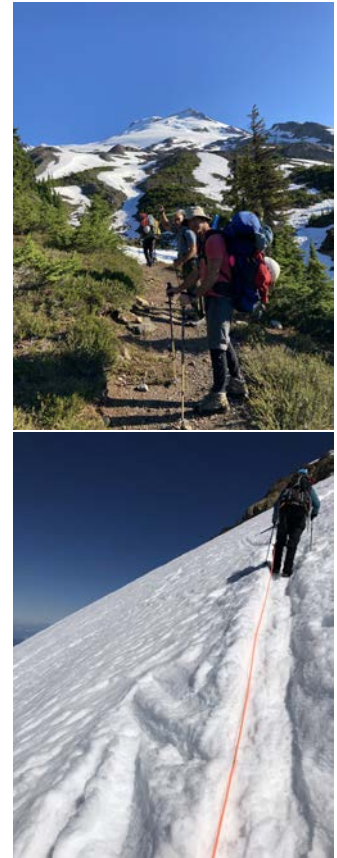
FIRST STEPS: ANDERSON HEALTH AND FITNESS CENTER'S ADAM HODGES TO CLIMB MT. BAKER AND MT. SHUKSAN FOR ASCENT FOR A CURE

Adam Hodges, General Manager of Anderson Health and Fitness Center, shares a recent blog post from his Foundation, Ascent For A Cure. For more information on their efforts to reach new heights for Parkinson's Disease, please visit <https://www.ascentforacure.com/>

In recent months, the world has been navigating its way through COVID-19; a journey that no one anticipated. Our lives have been greatly impacted by this change. Many have experienced the unimaginable, while others have faced illness, job loss, cancellation of plans and disruption of daily routine. In addition, we have had to adopt a new way of life through social distancing and the strict adherence to safety precautions. Our hearts have been with our community at large and with our Parkinson's family. As you know, we found a way to remain connected, offer support and continue our mission to raise awareness and provide for the local Parkinson's community with our meal delivery service from local restaurants.

As the community slowly begins to reopen safely, we are all taking small steps to return to daily life. Our Parkinson's family has returned on Tuesdays and Thursdays to their weekly Rock Steady Boxing classes at Anderson Health and Fitness Center. We applaud their dedication and their courage.

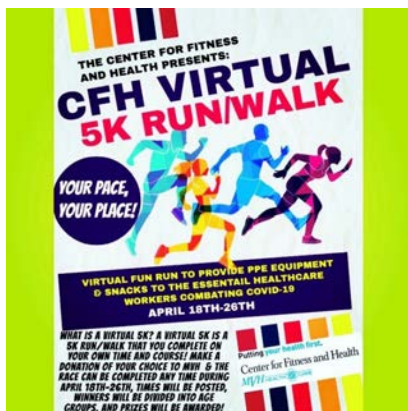
Ascent For A Cure is also looking to the future. We are excited to be taking the first steps to return to our goal of reaching new heights for Parkinson's Disease. With the help of our sponsors, we will fulfill our commitment to complete our first 'ascent' of the year, A GoTrek® Guided Climb with Adam Hodges on Mt. Baker in Washington with travel provided by Meridian Regional Airport. Congratulations to Davin Mancini for the winning bid and thank you for supporting Ascent For A Cure. What's more? These climbers will also be taking on Mt. Shuksan while in Washington. We hope you'll join us for this adventure and follow along on social media. Tell us what your first steps will be as we all restart our lives! Wherever these first steps may lead you, just know that we are rooting for you!



CrossFit Memorial Day Murph Workout



MON VALLEY...



Mon Valley Center for Fitness and Health held its first ever Virtual 5k Race to raise money for essential employees at Mon Valley Hospital.

Participants could choose how they wanted to complete their 3.1 miles, either indoor on a treadmill, or outside on track/trail. Personal trainer Casey McHolme designed and promoted the race to inspire members to work out while quarantined at home. CFH Staff was blown away by the participation and support of our membership and the surrounding community. Close to \$1,000 dollars was raised to provide assistance to essential employees working at Mon Valley Hospital.

This was Casey's first attempt putting together a 5K race. Casey said, "Putting together this virtual event was so much fun, and it really showed us what a great CFH member and nonmember community we have in the Mon-Valley, I couldn't be happier with the turnout, and everyone who finished!" Ultimately, the event was so popular with members that even nonmembers joined in raising money for MVH while staying healthy! Healthplex Associates senior management team showed up in force with participation from Steve Robbins, Mark Nadel, and Mon Valley's own, Don Doyle!



Our own Steve Robbins posed for a picture right after finishing his 5K. He claimed this is proof that he really did it!!

During this quarantine, it was hard for the average gym goer to stay motivated and keep working on their goals. Our 5K was one of the ways CFH staff continued to engage our members during the three month closure. Casey and the CFH staff want to thank all of our participants, and their donations towards the MVH Covid-19 Essential Healthcare Fund!



Personal Trainer Casey McHolme presents the donation from the Virtual 5K to Melissa Marion, Director of the MVH Foundation

Putting **your** health first.

Center for Fitness and Health



PWR! MOVES FOR PEOPLE WITH PARKINSON'S

In November of 2019, Mon Valley Hospital's Center for Fitness and Health introduced Westmoreland County to its newest group fitness class, PWR! Moves. CFH's new class is specific for people with Parkinson's Disease. Each class focuses on Basic 4 positions: PWR! Up for posture, PWR! Rock for balance, PWR! Twist for rotation and spinal mobility, and PWR! Step, for transitional movement and locomotion. The moves can be performed sitting, standing, on hands and knees, prone or lying on your stomach, and supine or lying on your back.

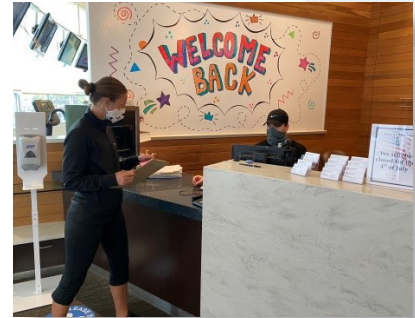
Our Parkinson's classes were originally on Monday and Friday from noon to 1pm, but the initial response created a demand for an additional class on Tuesday's and Thursdays. Each class is designed to be limited to 10 members for the safety of participants. After re-opening from the shutdown caused by the pandemic, our Parkinson's classes have continued to maintain a high participant turn out. Participants reported that they missed the class during the facility closure and tried to do some of the learned activities on their own.

PWR! Moves is much more than specific training for Parkinson's Disease. Participants work on hand movements, core strengthening, and voice projection. Instructors Aaron Horrell (Monday/Friday), and Fallon Martin (Tuesday/Thursday) work to create a welcoming and light-hearted environment to help reduce the stresses associated with Parkinson's. Aaron, who has worked with a variety of members ranging from competitive student athletes to clinical rehabilitation patients, finds this group to be the most rewarding. Aaron states; "the progress with this population is almost immediate and very progressive, I see a change in their confidence with day to day activities." The class is free for Center for Fitness and Health members, and \$10 per class for non-members. We are extremely excited to offer this class, and continue to improve the health and wellness of all members of the Mon Valley Community.

MONTEREY...



Montage Wellness Center reopened its doors to the public on June 18th after a three day staff training program on new protocols and procedures. Equipment was thoroughly cleaned and reorganized to create physical barriers and appropriate distancing. Social distancing markers and signs have been placed throughout the facility to assist members in maintaining a healthy and safe environment. Members are adjusting well to the new procedures including temperature checks and equipment usage rules and they have been very appreciative of the steps taken by Montage Wellness Center staff.



MWCs Marina front desk welcoming new members. Cody mcGunagle is behind the desk.



Scott Lundy

Scott and Leslie Lundy, frequent users of the Wellness Center prior to closing, told us how grateful they are that the facility has reopened: "We love coming to Montage and missed coming regularly. The new procedures help us feel safe to come in, even though we're over 65. The staff are cleaning all the time and there are no issues with access."



Sarah Cieri, Beverly Gamez and Olivia Rivas preparing the facility for the reopen.

Note: Due to a resurgence of Covid 19, all California facilities were re-closed after this article was written.



Raegan Carter cleaning equipment ready for members to return.

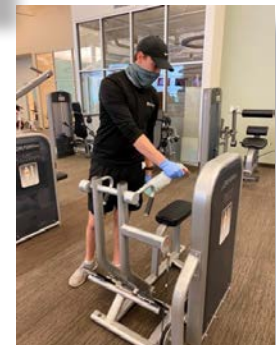


Core balance class with Trainer Chris Pareja.



Member Butch Johnson getting his temperature scanned prior to entering the facility.

Cody McGunagle cleaning equipment throughout the facility.



(Monterey continued on page 9)

MEMBER NEWSLETTER STARTED TO IMPROVE COMMUNICATIONS

Prior to the "Shelter-in-place" orders issued throughout the country, Montage Wellness Center produced its first member newsletter highlighting all the opportunities available during March. The four page newsletter was available in both print and email versions and gave members information about screenings and lectures available throughout the month. Montage Wellness Center values the importance of educating members, and we will now be looking at ways to continue our lectures and screenings through an online method to alleviate social distancing concerns over the coming months.



MONTAGE
Wellness Center

Live Online Classes

The Montage Wellness Centers in Marina and Salinas were placed under a Monterey County Shelter-in-place Order on March 18th. The health of our members has always been our top priority and during the closure we offered live online classes to keep our members moving. Kellie Morten (Fitness Director) and Shannon Hurlburt (Certified Personal Training/Membership Supervisor) conducted 5 classes per week for our members so that they could continue to exercise in their homes. Using Facebook Live as the delivery platform, the classes focused on basic movements, strength, cardio and relaxation in order to provide a Mind/Body connection. Our members were thrilled with the class format and cited the positive impact it had regarding dealing with the daily stress and anxiety related to the uncertain nature of the COVID 19 virus. The response was an overwhelming success with an average of 300 weekly viewers. Many members voiced their appreciation for this service and have since returned to the facility for in-person classes. We are excited to have our members back with us and will continue to look at virtual options for those not ready to reenter the building.



PASCAGOULA...

RE-OPENING PROCESS WITH NEW CLEANING AND SOCIAL-DISTANCING ADAPTATIONS AND PROTOCOLS: OPEN FOR BUSINESS!



After being shut down for almost 9 weeks due to the Covid-19 pandemic, Singing River Healthplex welcomed back their members on May 13 th! The decision was made after careful consideration and weeks of preparation and collaboration with the

State of Mississippi officials, the CDC, the MFA (Medical Fitness Association), and Singing River Health System experts. Our top priority is to make sure our members are well informed and are coming back to a safe and comfortable environment. Our Covid-19-based modifications include:

1. A health-safety screening station has been set up at the front desk that includes an infrared temperature check to make sure all members that enter the facility are without fever and have not been in contact with anybody infected with Covid-19.
2. All of our equipment has been rearranged to establish compliant physical distancing protocols mandated by the state of Mississippi.
3. Our group exercise classes have been modified to allow for proper physical distancing and cleaning protocols between classes.
4. We have also added dedicated cleaning staff to assure constant disinfecting of all Healthplex equipment and common touch points throughout the facility.



Healthplex

 SINGING RIVER HEALTH SYSTEM
Fitness & Wellness Center

MEMBER TESTIMONIALS

Singing River Healthplex members are happy to be back working out! Here is what a few of our members have to say about the Covid-19 modifications:

Dr. Randy Roth, Singing River Health System Chief Medical Officer, offered one to-the-point comment, but it was a good one!



Dr. Steven Demetropoulos (Pascagoula Mayor) is very pleased with what he has seen. " This is the place you need to come! It's spaced out, and they wipe things down, not on a daily basis, but almost on a minute-by-minute basis. It's time to get back into our routines! You can do it safely, and you can do it here at Singing River Healthplex.



A member that has benefitted greatly from her consistent exercise program at Singing River Healthplex up until March, called and was very anxious about going ANYWHERE. After we went through all of the new safety measures the Healthplex has taken to keep our members safe, we educated her on how COVID-19 is transferred and what to be cautious about and what precautions to employ. Our Membership Services Director, Jennifer Burgess, suggested she come by the facility between the hours of 10 AM and 3:00 PM as this is our slowest time. Finally, we cautioned her that exercise is a vital defense against this virus and that fitness activity would not only help strengthen her immune system, but it would help with her anxiety. She agreed to come visit and is very happy to be back doing her fitness routine again.



On March 17th, Mission Fitness was closed by Medical Center Health System until further notice due to the COVID-19 pandemic. The management and staff went to work immediately cleaning, disinfecting and reorganizing.

Every room of the gym was cleaned and assessed for safety. "We took a look at places where workouts had previously bottlenecked and worked to incorporate more space to accommodate social distancing rules," said John Douthitt, Mission Fitness General Manager (GM). "We also generated signage to help members see at first glance which equipment was available."

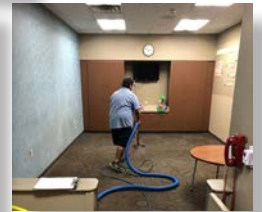
Childcare was a service line that caused considerable angst. When to reopen? How many kids at a time? "Texas A&M Agrilife offered a free online class for childcare centers called **Special Considerations for Infection Control During COVID-19**. The childcare staff was encouraged to take this class to help safeguard their health and the health of the children they babysit," said Carmen Kenner, Membership Services Director (MSD).

What we thought would be a two-week shut down stretched into eight-weeks. The Governor of Texas opened gyms at 25% capacity in Phase 2 on May 18th. "We were able to use our member management software to track capacity. It also allows us to pull up rosters of who is in the center at all times," said Carmen Kenner, MSD.

"It is fair to say that nothing has been predictable. Every day has brought a new set of rules, mandates and challenges to address and rise above. I have been pleasantly surprised by the resiliency of our members," said John Douthitt, GM.



...reorganized weight room to add space



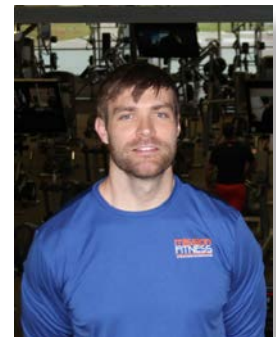
...thoroughly cleaned all areas from the ground up!

TRAINING POST SHUT-DOWN

Our staff have been grateful for the opportunity to get back in "our house." It has been more of a challenge to acquire new clients in these odd times, but our regulars have been a blessing. Our "usuals" were basically waiting for the doors to unlock and get back to work.

The focus hasn't been on weight/inches, but mental health and keeping our immune systems operating as they were designed. The last few months have been stressful and have obviously shaken us on a local and national level, and no one knows where things will end up as things fall back into place.

For myself, and my team, we are taking things week by week and one workout at a time. We are focusing on the positive and making sure we feel better when we leave than we did when we showed up!



Zach Holley, BS, NASM-CPT, PES
Fitness Director

THOMASTON...

UNLEASH YOUR INNER WARRIOR

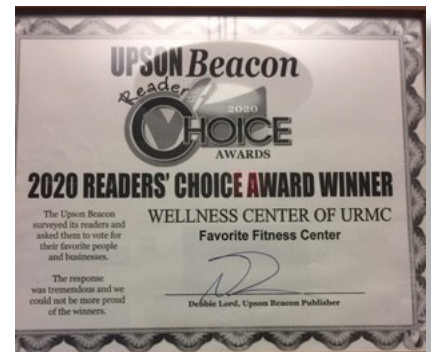
On February 29th, The Wellness Center held a self-defense class with Tim Wilmoth as the instructor. Tim has a Black belt in Shotokan Karate, Tang Soo do, 3rd degree Black belt in Shito-ryu Karate, 2nd degree Black belt in American Karate, and Green Belt in Mixed Martial Arts. Both men and women participated in the class with everyone saying they had a great time and learned a great deal about self defense. The class will now become a regular feature for us.



CONGRATULATIONS TO THE WELLNESS CENTER OF URM

Every year, the local Thomaston newspaper, The Upson Beacon, holds a contest for the community to vote on their favorite business in several different categories. One of those categories was "Favorite Fitness Center", and The Wellness Center was

chosen by the people as their favorite! What an honor and what a responsibility to our members to live up to such high standards. We look forward to the opportunity to do exactly that and to take home this prestigious award again next year!



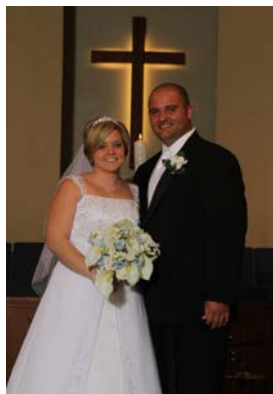
VALENTINE'S DAY LOVE

A week before Valentine's Day, The Wellness Center ran a contest on Facebook asking members and non-members alike to post a wedding picture of themselves and their spouse, tell us how long they had been married, like and share our FaceBook page, and tag two friends. The winner would receive a free ½ hour massage. There was a lot of participation and it was a loads of fun for us as well as the contestants to see all the wedding pictures, some from 40 years ago, some from 1 year ago. Based on how much fun everyone had, we'll be doing more fun themed contests like this in the future.

Winner – Chasity (7 years)



Monica (10 years)



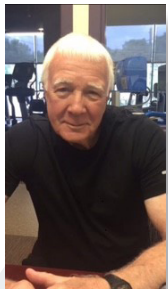
Susan (46 years)



(Thomaston continued on page 13)

MEMBER TESTIMONY....

JOHNNY YOST



Long-time member Johnny Yost spoke about what it meant to be back with his "family" at The Wellness Center after being under state mandated quarantine for 2 months due to Covid 19. In his opinion, this virus affects more people than those that get the infection, it also affects the inactive. Because of that, he is very thankful that he has a place to come to, and when he was out, it was the people here that he missed most of all. We here at The Wellness Center have always felt that our members are more than just numbers, they are our friends. Welcome back Johnny, we missed you too!

SWIM LESSONS AT THE WELLNESS CENTER



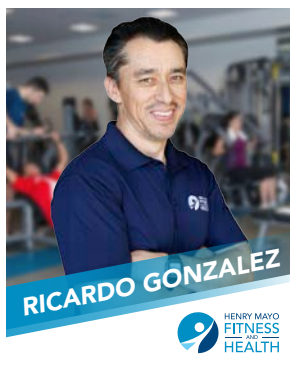
Summer is in full swing at The Wellness Center with swim lessons for all ages! We offer Mommy & Me classes starting at age 1 and group lessons for children up to age 12. We also offer semi-private and private lessons for adults as well children.

Studies show that the earlier a child starts swim lessons, the more self-confident they become. Swim lessons help children learn how to take turns and communicate with each other and adults. This socialization is also useful for children to learn how to get along with their peers in school.

VALENCIA...

EMPLOYEE OF THE MONTH...

RICARDO GONZALES



Ricardo Gonzalez is the Henry Mayo Fitness and Health Employee of the Month for July, 2020. He was recognized for his commitment to maintaining our facility and addressing member's needs. During these challenging times the cleanliness of a facility is an extremely important part in ensuring the safety of our members and staff. Ricardo's constant attention to detail in maintaining our facility and his high personal standards clearly establish the level of cleanliness in our facility above all others. Even more, his high level of maintenance encourages our members and staff to do their part in maintaining our facility.

HEALTHIER U

For our February Healthier U our Sports Performance Director Russell Gage presented on "What is Functional Training?" This presentation centered around defining this commonly misused fitness term and explaining it to our member base. "Functional Training really comes down to the application of functional anatomy to training. It is taking what we know and using that information to select exercises to reduce the incidence of injury and improve performance."



RE-OPENING STRATEGY



The HMFH management team was busy during the recent facility closure, creating a re-opening plan to help make the return of members and staff safe, enjoyable and adhering to all COVID-19 requirements and guidelines. The plan included complying with new, enhanced cleaning and sanitation protocols, maintaining a cleaning and sanitizing schedule/checklist and staff training. Prior to re-opening the entire HMFH team was brought back into the facility to review the new state and county requirements and resulting new HMFH policies and procedures. Team members were given a copy of the new policies and required to sign off on the protocols. Each department then conducted department-specific training. Team building exercises were held, all in an effort to bring our team back together after the three month lay-off.

In reviewing the requirements from the California Department of Public Health, the management team decided to implement a PHASED re-opening strategy.

PHASE 1 included the opening of:

- Cardiovascular exercise machine area
- Free weight and weight machine areas
- Locker rooms and rest room facilities
- Cycling Studio
- Group Exercise Classes
- Performance Institute
- Pilates Reformers
- Personal Training

The following services were added in PHASE 2:

- Shower Facilities
- Pool Area
- Massage Services

PHASE 3 will add the following services (depending on revised guidelines from state and county officials):

- Steam Rooms
- Saunas
- Childcare
- Towel Service
- Basketball & Pickle Ball

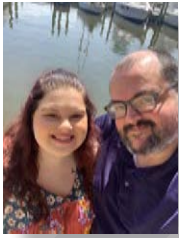
Henry Mayo Fitness and Health is committed to improving the health of their members and community through compassion and excellence in healthcare and fitness services.



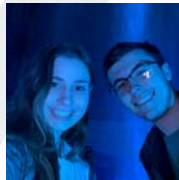


healthplex associates, inc.

Vacations



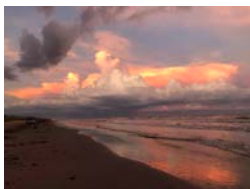
Pictured is Mallory Hardy (Meridian's MSD) with spouse Ken Hardy vacationing in Ocean Springs, Mississippi during Spring Break.



Pictured Alexis Hart, Meridian Front Desk Coach, with her boyfriend at Ruby Falls in Chattanooga, Tennessee during Spring Break vacation.



Social distancing, done right for Zach Holley. (Mission Fitness FD) For my birthday, we traveled to the O.H. Ivie Reservoir in Central Texas to spend some time with the kids. We were lucky enough to get out on the water with my Grandfather for a much needed recharge.



John Douthitt (Mission Fitness GM) and his family vacationed at Crystal Beach on the Boliver Peninsula of Texas.



Meridian's Front Desk Coach, Hannah Farr, went on a mission trip to Guatemala City and Santa Maria de Jesus during Spring Break. The mission team built two houses, painted three houses, helped with vacation bible school for 150 children, visited two orphanages, and distributed 4,000 meals through door-to-door ministry. Hannah was able to go with her church family and her father, Denton Farr, VP of Operations at Anderson Regional Health System, her step mom, and her siblings.

IN THE NEWS

Welcome

WELCOME TO THE HENRY MAYO TEAM!

Bryan Morales

Bryan graduated with his Bachelor's degree in Kinesiology from California State University Northridge and is currently working on completing his Master's degree in Kinesiology. He is a Certified Strength and Conditioning Specialist (CSCS) with training experience in a variety of settings. He has worked with high school, collegiate, and professional athletics, and has worked private with clients looking to live a healthier lifestyle.

Kyle Jensen

Kyle obtained his B.S. degree in the field of Kinesiology: Applied Fitness and Active Lifestyle Development. Kyle as well as a certified Emergency Medical Technician. While working in the EMS field, Kyle gained experience working one on one with individuals who had mental and/or physical disabilities. Kyle strives to help others reach their health and fitness goals.

Rebecca Williams

Rebecca Williams has been a California State Certified Massage Practitioner for the last 15 plus years. Some of her education includes Swedish Massage, Deep Tissue, Lomi Lomi, Prenatal, Reflexology, Sports Massage and Burn Scar Massage.

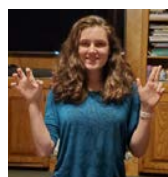
Damian Marta

Damian Marta has been a California Certified Massage Therapist for the last 10 plus years. Some of his education includes Swedish massage, Deep tissue, Sports massage, Chair massage, Special populations and clinical massage therapy.

Congratulations



Picture of Doyle Family. Don Doyle (HPA Senior VP) and his wife Josie are proud Grandparents of Oliva Elizabeth Doyle who was Baptized on June 13th. Their son Casey and his wife Shannon were blessed to share this day with family.



Congratulations to Camille Kenner on her graduation from Texas State University with a degree in Communications Studies. She will begin post-graduate work at Texas State in the fall. Camille is the daughter of Carmen (Mission Fitness MSD) and Jack Kenner.