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WELLNESS AND THE OLIVE GARDEN

Mark Twain is famously quoted as having once said "Rumors of my death have been greatly exaggerated". I think the same can be said of the fitness industry today. Many people believe that the Covid 19 pandemic has been the death knell of this once growing industry. It certainly is only fair to say that the industry, like our population is sick today. But like Mark Twain was at the time, it is still alive and, in this case, I am convinced that it will come back to life, slowly perhaps, but when it does, it will be stronger than ever before.

When I was new to the industry and trying to quickly learn as much as I could from the leading experts, I had the opportunity to attend a seminar (back in the days when we did them in person!) led by a man who was considered one of the leading experts on health club management. One of his topics was how successful clubs get through the unavoidable down period of the summer months. His lesson was that it was critical to create attractive programming or even special summer-only memberships; anything just to keep people in the club. For many of us who have experienced those summers when our clubs become ghost towns, we know it's tough to survive.

His point was that a successful club must find a way to generate activity and keep people coming in. He likened it to his theory of the Olive Garden. Think about when you go past a new restaurant at dinner time and find the parking lot empty. Chances are you'll pass it up until you find an Olive Garden where the parking lot is busy and people are waiting in a line that wraps outside, holding beepers to await their turn. Health clubs are similar. While prospective members will always ask "does it get too crowded in here?", an empty club can be an even bigger deterrent to membership than a robust crowd.

People are social beings and those who think that the only product of any of our wellness centers is to provide equipment for workouts are just dead wrong. Many of our members could afford to buy quality exercise equipment for home use (and many, in fact, do). But they choose to work out in our centers because of the socialization, friendships, companionship and interactions that they get when they join us. It may come slowly, but just watch; there will be a resurgence to the fitness/wellness industry and it will be huge.

I'm not sure how each of you who are reading this are putting up with the isolation of the pandemic but I for one miss that interaction of crowds. Lynn's been a great companion through the last year, but frankly, I'm bored.



Stephen A. Robbins, Esq

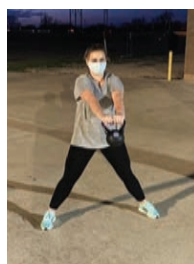
BAY CITY...

MRMC WELLNESS CENTER'S TRANSITION: FOCUS ON HEALTH, WELLNESS, AND SAFETY

2020 made every fitness center re-evaluate their health and alter their regular exercise routines. The MRMC facility was no exception. As the major wellness resource in our small community, we had become a significant part of the community's focus for improving overall wellness, as well as serving as a place to catch up and socialize with friends. The COVID pandemic definitely put a damper on social gatherings and brick and mortar (face to face) group exercise/personal training. Our south Texas county was one of the hardest hit with Covid infections and our Hospital was full for weeks with patients. It left our members and MRMC team missing one another and counting down the days until the facility could reopen. Throughout all the changes and losses, we count our daily blessings as we adjust and begin a new normal and continue to work on our overall health/wellness. Some of the changes implemented at the MRMC Wellness Facility were spacing

our equipment out, limiting total occupancy capacity, wearing masks, taking daily temperature readings, and adding additional cleaning/disinfecting regimens throughout the day. We initially started with small outdoor group exercise and one on one personal training and have been slowly returning to normal.

ONE ON ONE PERSONAL TRAINING



MEMBER SPOTLIGHT.... SUZANNE & DIANNA

We would like personally thank all the members who stuck with the MRMC Wellness Center during all this change, and who are finally making the transition back to working out in public. We honor our first members in 2021 in the MRMC Membership Spotlight.

MEMBER SPOTLIGHT

This month we focus on two unique members, who we call our dynamic duo! Sisters Suzanne Grover and Diana Romine have been training together and have returned to the Wellness Center with a true focus on health. Here's their story as told to us:

Q1. Why did you decide to join the MRMC Wellness Center?

Suzanne: I decided to join because of overall word of mouth and also the people I know that also come workout here! **Diana:** I wanted to come to a gym that had more people my age. I also love working out!

Q3. What was one of your initial goals, and have you made progress on that goal?

Suzanne: One of my initial goals was to become stronger and to learn how to do exercises correctly. Since being here, yes I have made progress on it!

Diana: I initially had some back issues and I was looking for exercises to build strength to help with them.

Q4. How do you feel about what you have achieved by coming to the Wellness Center?

Suzanne: I want to keep coming! It has made me more motivated to do this for myself! It works the mind and the body. **Diana:** I love the people here, the facility, and the training is wonderful! Everything has helped me so much.

Q5. What is your favorite part about the MRMC Wellness Center?

Suzanne: My favorite part is the wonderful people that work here and the people I have met along the way. It is also very clean here. **Diana:** My favorite part is the friendly staff, clean facility, and Adam's training!

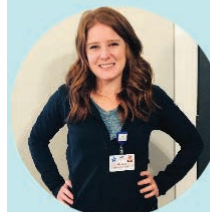
CONGRATULATIONS!!

MEMBERS OF
THE MONTH
THE DYNAMIC DUO
SUZANNE
&
DIANA



Get to Know

Our Newest Personal Trainer



**HANNAH
HALFMANN**

The Wellness Center is proud to announce that Hannah Halfmann has just joined our staff. Hannah grew up in the small town of Seguin, Texas, outside of San Antonio. Her husband's career led them to Bay City in June of 2019. Hannah graduated from Texas A&M University in Corpus Christi with a bachelor's degree of Science in Kinesiology. She also obtained certification as a personal trainer through the American College of Sports Medicine and had the privilege of serving an internship offered by CHRISTUS Spohn Hospital where she assisted patients in rehabilitation to meet their strength goals. Members will find her passionate about helping others maintain an active lifestyle and meet their physical and mental wellness goals!

On a personal level, she and her husband have always loved being near the coast and they enjoy fishing and lounging on the beach in their free time. We look forward to the opportunity for everyone to meet and work with her in the future! Please give her a warm welcome to the team!

Now accepting new personal training clients. Give us a call or stop by for a FREE discussion on your health and fitness goals and how we can reach those!



MRMC WELLNESS CENTER
979-241-5700

MATAGORDA REGIONAL
MEDICAL CENTER
1000 E. 10TH STREET, SUITE 1000
BAY CITY, TEXAS 77815

TAKING CARE OF THE CAREGIVERS

Healthplex Fitness Center at St Barnabas Hospital is starting a new program to teach 30-minute exercise clinics for the SBH Staff. The Center will provide a series of brief seminars covering the basics of fitness training while also expanding the staff's knowledge of how to train safely and efficiently. The program is aimed at staff members of the Hospital who are not confident or comfortable working out in a gym. This clinic is designed to motivate those who are looking to gain the knowledge as well as the confidence to start an exercise routine.

Each clinic will be broken into four different sessions targeting a different aspect of training. Mobility/Flexibility, Strength Building, Fat Burning, and Free Weight Training. The Mobility/Flexibility unit will teach how to prepare the body for the workout, proper lifting mechanics, and posture to help not only for gym workouts, but to improve everyday physical activities. The Strength Building class will focus on teaching how to safely use the strength training machines in the gym. The Fat Burning session will cover how to efficiently use the cardio machines to increase cardio capacity. Finally, Free Weight training will provide advice on proper technique, information on repetition counts, and movement pattern mechanics while using the weights in the gym or at home.

This introductory program is designed not only to get the word out about the Center and the training staff, but also to help the Hospital staff realize that they can work out without having any doubt about whether they are working out efficiently. We are looking forward to providing some knowledge, good service, and of course, a whole lot of fun!

CABRINI GRANT – HEALTHPLEX FITNESS CENTER BRONX, NEW YORK

The Healthplex team at St. Barnabas Hospital in the Bronx has opened its doors to participants of an innovative wellness program, made possible by a grant from the Mother Cabrini Foundation. What started as a virtual wellness offering, has turned into in-person training.

With the re-opening of the Center after a fire in the neighboring apartment complex, the Healthplex team has been able to meet with roughly 60 participants on a weekly basis. The average age of participants in the program is 40 years old, with the youngest participant being 13 and the oldest being 67. The participants have been referred from multiple medical providers, with each having one, or multiple chronic conditions.

Lexis Beato, Fitness Professional at HFC, has been meeting with the majority of participants, and has been educating them in how to develop consistent, safe, and effective fitness routines. Patients who have never exercised in their lives, have been able to come into the Center on their off days and perform complex movements such as squats, deadlifts, and even kettlebell swings, thanks to the guidance and cues Lexis has provided.

Many of the participants have formed new friendships and have reported a dramatic increase in their self-esteem, energy levels, and motivation. Participants report that the changes in their mindset has also affected their home lives, motivating them to seek out healthier alternatives to eat and drink. Many have even been encouraging their family members to make changes to their habits as well. The changes in the participants' mental states have been so great that even our trainers have begun making notes of the changes and tracking their moods during each visit. Healthplex is proud to be a part of this community effort.



MEMBERSHIP DIRECTOR SPOTLIGHT....

TYLER LOWTHER



Tyler Lowther is the newest addition to the Healthplex Fitness Center team at St. Barnabas. His role in the Bronx Community and the Healthplex will be a dual one;

as the HFC's Membership Service Director Tyler will help the hospital's staff begin their journey in wellness; and as a personal trainer working with the Center's Cabrini patients, a grant funded wellness program aimed at combating chronic illnesses through exercise and nutrition. Tyler is personally committed to "give back" to members of the Bronx Community by giving them access to life changing programs they are often left out of.

A native New Yorker, Tyler grew up in Brooklyn and was a competitive archer for over ten years. He was first introduced to archery while attending a youth summer camp in upstate New York. He fell in love with the sport at the age of 13 after participating in a weekend program for inner city kids taught by the Head Coach (also a Brooklynite) of Columbia University's Varsity Archery Team. Tyler went on to win the first state national archery competition he entered in 2007, held in Nantasket Massachusetts. His stellar performances at the state level earned him a scholarship to Emmanuel College in Georgia,

where he captained the varsity archery team for three years, leading them to a national silver medal in 2017 while earning his Bachelor's of Science in Organizational Communication. Additionally, Tyler earned his personal training certification with the National Academy of Sports Science in 2019.

The sport of archery was Tyler's introduction to the world of sports performance training; it taught him how to develop his mental and physical strength through dedicated training but also instilled in him a passion and desire to give back which he is excited to put to practice at the Healthplex Fitness Center at St. Barnabas.



CORPORATE



Congratulations to Renee' Clark- McDonald HPA's 2020 recipient of the Beverly J. Slavic Memorial Award. Each year, we at HPA select an individual who best represents the Company's values through innovation, customer service, teamwork, and dedication. 2020 was a year that caused us to face unprecedented challenges and Renee' Clark- McDonald played a pivotal role in helping HPA continue our mission in this brave new world. Renee' is an award winner that we would all agree is the "people's favorite". #medicalfitness #medicalwellness #healthcare #populationhealth

INDIANAPOLIS...

INDIANAPOLIS HEALTHPLEX GIVES BACK

Members and Staff at the Indianapolis Healthplex spent the latter part of 2020 giving back to our community in several ways.

We have an ongoing donation box for Changing Footprints which collects shoes for all ages and distributes them via shelters and community organizations. These containers fill up several times per year and this year we had multiple pick-ups of our collection bins.



IHP participated in the Great Pasta Push food collection drive benefiting Second Helpings of Indiana. The Club collected pasta and other dry goods for use over the holidays, highlighting the ever-present need for that type of donation needed year-round.

IHP's Kid Zone and E-Learning programs, hosted several students via Christel House which provides a supervised and focused E-learning opportunity for economically disadvantaged families.



Several of the staff members joined a team for the 2020 Jingle Bell Run 5K hosted by the Arthritis Foundation. Walks were held virtually, and our team was one of the top fundraising teams in Indianapolis.

IHP also has an Annual Giving Tree that was featured at the end of 2020 partnering with the Unto Him Ministry of Indianapolis.

This annual fundraiser invites members and staff to pick an ornament with a family's name and then provide gifts for the family via Amazon Smile. As we have in years past, we cleared the tree for all the families and each family had gifts under their trees for Christmas.



The Healthplex continues to look for opportunities to be a good neighbor to those around us and partnering with organizations on the front lines of helping people of Indianapolis.



INDIANAPOLIS HEALTHPLEX TO PARTNER WITH ROCK STEADY BOXING FOR PARKINSON'S DISEASE PATIENTS



Indianapolis Healthplex is excited to announce its partnership with Rock Steady Boxing, a non-profit organization and program designed to help those fighting Parkinson's Disease to maintain or improve their life. Parkinson's disease is a degenerative movement disorder which can cause deterioration of motor skills, balance, speech, and sensory function.

According to the RSB website, 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 mobility, stability, flexibility, posture, gait, and activities of daily living.

"Our clients attest, and academic institutions, such as University of Indianapolis and Butler University, are reporting and documenting the improved quality of life among our boxers. Discovery of a cure may be many years away but in the last seven years, there is evidence that progress is made in all stages of the disease by those participating in the RSB program," (2020, Rock Steady Boxing, via website).

The IHP Fitness Director, Michael Clemens, is completing his training and certification as an instructor for Indianapolis Healthplex. Michael reports that, "the Rock Steady Boxing Training was intense, fun, and incredibly informative. We went into a lot of detail about Parkinson's disease, research studies on exercise and its effect on Parkinson, training techniques, class design, and much more. We got the opportunity to speak with specialists from neuro doctors to physical therapists." He continues, "I am incredibly excited to start this wonderful program. It will impact our community in such a positive way. We will be fighting back against Parkinson's Disease."



MERIDIAN...

ANDERSON HEALTH AND FITNESS CENTER EARNS FULL CDC RECOGNITION FOR THEIR IN-HOUSE DIABETES PREVENTION PROGRAM

In early January, Anderson Health & Fitness Center received full recognition for its in-house Diabetes Prevention Program from the Centers for Disease Control and Prevention (CDC) under the Department of Health and Human Services. This certification states that AHFC meets all the criteria established by the CDC. "This designation is reserved for programs that have effectively delivered a quality, evidence-based program that meets all of the standards for CDC recognition," states Miriam Bell, Team Lead for the National Diabetes Prevention Program. She continues, "As the Team Lead, it is immensely gratifying to see the science of diabetes prevention being implemented to improve the public's health. It is programs like yours that are turning the tide in the fight against the epidemic of type 2 diabetes."

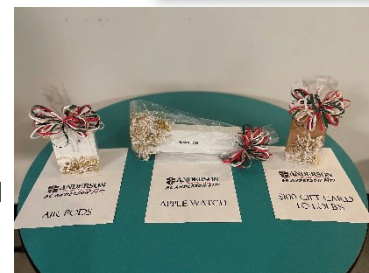
Anderson Health & Fitness Center is planning to kick off this year's Diabetes Prevention Program in March. Community members that are at risk for prediabetes are encouraged to participate. According to the CDC, 1 in 3 adults have prediabetes. Without taking any action to change lifestyle, these high-risk individuals could develop type 2 diabetes within 5 years. "This is a really big deal for us," says Adam Hodges, General Manager of Anderson Health & Fitness Center. "We are leading the way in the fight to prevent type 2 diabetes. I am incredibly proud of my team and know that the ultimate reward is the positive impact this will have on our community."

For more information on AHFC's Diabetes Prevention Program, please call the fitness center at (601) 553-6622 to setup a time to discuss eligibility. Anderson also plans to host an open house soon for anyone in the community interested in the program.



MERIDIAN COMMUNITY SHOWS UP TO GET HEALTHY AND WIN!

On January 29th, Anderson Health & Fitness Center hosted the January Membership Drive with an added incentive: join or refer on the 29th and be entered to win one of three awesome prizes: An Apple Watch SE, Apple AirPods, or a \$100 Gift Card to Loeb's of Meridian. This flash sale was in addition to the regularly scheduled January promotion where the joining fee was just \$20.21. The campaign was advertised on TV, Radio, Social Media, and Email Blast. 97 OKK, Meridian's top Country music station, was broadcasting live from 11-1 so that prospective and existing members and staff could interact with local talent. The message was received loud and clear with Anderson Health & Fitness Center processing nearly 100 memberships in one day. "It is evident that our community is ready to come back together, get healthy, and have a little fun," explains Adam Hodges, General Manager of Anderson Health & Fitness Center. The prize winners were announced on Facebook with a video drawing. 2021 is off to a great start!



ANDERSON HEALTH & FITNESS CENTER LAUNCHES SHOE DRIVE FUNDRAISER IN THE NAME OF ASCENT FOR A CURE



Anderson Health & Fitness Center is conducting a shoe drive fundraiser to raise funds in the name of Ascent For A Cure. Anderson Health & Fitness Center will earn funds for Ascent For A Cure based on the total weight of the pairs of gently worn, used and new shoes collected, and Funds2Orgs will issue a check for the collected shoes. Those dollars

will benefit Ascent For A Cure's efforts to support our local Parkinson's community. Anyone can help by donating gently worn, used and new shoes at Anderson Health & Fitness Center's front desk.

All donated shoes will then be redistributed throughout the

Funds2Orgs network of micro-enterprise (small business) partners. Funds2Orgs works with micro-entrepreneurs in helping them create, maintain, and grow small businesses in developing countries where economic opportunity and jobs are limited. Proceeds from the sales of the shoes collected in shoe drive fundraisers are used to feed, clothe, and house their families. One budding entrepreneur in Haiti even earned enough to send to her son to law school.

"It has been two weeks since we launched our campaign and the response has been overwhelming," said Laura Hodges. "To date, we have received 42 pairs of shoes which is amazing! By donating, we raise money for our local Parkinson's community through Ascent For A Cure, and we have the chance to help families in developing nations who need economic opportunities. We are able to help globally and help locally." These shoes will be given a second chance and make a difference in people's lives around the world.

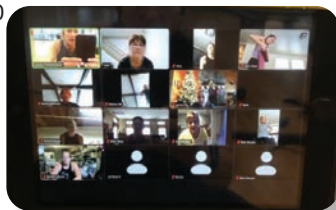
MON VALLEY...

CFH OFFERS IN-CLUB AND VIRTUAL EXERCISE OPTION



In an effort to satisfy the mandates for social distancing, and to accommodate members who do not yet feel comfortable at the center due to COVID-19, The Center for Fitness and Health began offering a virtual option. These well attended classes that average 20 or more

participants are offered in-person as well as virtual. The Club has a sign-up for the class, so that once the maximum number of in-person registrations is reached, members in good standing can request a password protected code to attend via Zoom. The members appreciate the choice and the Center's willingness to "think outside the box" during this challenging time. Feedback from the class instructors has also been positive. They appreciate the ability to invite members who may not have previously taken group classes but can now participate in the comfort of their home. A new member had this to say; "I am not sure I would have felt comfortable going into a studio with 25 plus members, but now, after taking a few of the classes at home, I can't wait to feel the excitement of a crowded studio."



CFH PARTNERS WITH FABLETICS CLOTHING

Always searching for creative ways to create value for membership, The Center for Fitness and Health partnered with the popular fitness apparel line Fabletics. The team from Fabletics revealed their latest line of functional exercise clothing at an event in December. The event was well attended and members received discounts on orders.



Putting **your health first.**

Center for Fitness and Health
MVH HEALTH CARE

EMPLOYEE SPOTLIGHT... SEAN BOYLES MS, CPT, NASE



Sean has been employed at the Center for Fitness and Health for slightly over 5 years. He started as a front desk employee, and was promoted to personal trainer upon the completion of his Masters in Exercise Science from California University of Pennsylvania. Sean is a Certified Personal Trainer with the National Academy of Sports Medicine and is a Certified Speed Specialist with the

National Academy of Speed and Explosion.

Sean has continued to improve and grow as a trainer. He also serves as the strength and conditioning coach for the Belle Vernon High School girls' soccer team and the University of Pittsburgh- Greensburg women's soccer team. In addition, he assists the Belle Vernon High School swim teams with their strength and conditioning. While Sean excels in working with athletes, he continues to work with members of all ages and physical capabilities.

Sean has become an amazing asset to the training team at the Center for Fitness and Health. He leads by example and helps educate other trainers on new research coming out. Sean's favorite fitness quote comes from Tom Ziglar, "Goals are the links in the chain that connect activity to accomplishment."





CONTINUING TO SERVE THE HEALTH AND WELLNESS NEEDS OF THE MONTEREY PENINSULA....

The Montage Wellness Centers in Marina and Salinas, CA have remained closed since the middle of July 2020. The closure has been mandated by the State and County Health Departments as an infection control measure for COVID19. Keeping with our mission, "to serve the population health and wellness needs of the Monterey Peninsula", Montage Wellness Center has opened a large vaccination clinic for eligible members of the public. The vaccination clinic launched on February 10, 2021 in our Marina facility, with over 500 vaccinations distributed. We plan to build our vaccination doses to 1,000 each day as long as the vaccination supply continues to be provided by State and County sources. Our Hospital also launched a vaccination clinic in December 2020. Combined, we have inoculated over 10,000 members of the public over age 75 and qualified health care workers.

The Marina facility was transformed into a large vaccination clinic by removing all the cardio equipment from the fitness floor and using the fitness studios as vaccination rooms and administrative support areas. Individuals that qualify for the vaccination follow a five step process after they register online for their designated appointment time. First, all individuals provide proper identification for age or health care worker qualification status. Second, they receive their vaccination cards, with the type of vaccine and lot number. Next, they are entered into the registration system. Then they are eligible to receive their vaccine. After receiving a vaccination, individuals must remain in the observation area for 15 minutes. The entire process upon arrival lasts about 25 minutes.

Several HPA staff members have been assigned to the vaccination clinic and are involved in a wide variety of duties ranging from front line welcoming service to call desk and registration support. The coordinated effort between medical, fitness and volunteer staff has been praised by the public, and Montage Health is the largest distributor of vaccines in Monterey County. We plan to continue the public vaccination efforts through April and hope to reopen the fitness facilities this summer.





ODESSA...



Mission Fitness

A Member of Medical Center Health System

MISSION FITNESS PARTNERS WITH THE MORE FOUNDATION

Mission Fitness is quickly approaching its 2,000th recycled athletic shoe donation to the MORE Foundation. What started as a partnership with a running store has become an ongoing charitable program for Mission Fitness where gently used athletic shoes are collected, boxed up and shipped to the MORE Foundation who turns these donations into support for impoverished areas of the world. Originally the donations were sold with the proceeds providing sustainable farming and clean water supplies to African nations.

Currently the MORE Foundation uses the donations in the following manner to support the One Million Tree Project.

- The athletic shoes are sold to street vendors creating jobs. This funds the entire project.
- MORE purchases tree seeds, supplies and tools for one million kids to plant one tree each.
- The kids earn extra money collecting fresh tree seeds and selling them back to the MORE Foundation Group.



The idea is that one million trees will generate billions of seeds. Reforestation will take place in areas long neglected which will then provide products made from trees, a regenerative supply of fuel, food, fiber and organic commodities. To find out a donation site close to you, to become involved with this project or to just learn more, go to www.OneMillionTreeProject.com

MEMBER SPOTLIGHT... A COVID RECOVERY STORY

Tim Halstead, a local preacher, believes that his recent weight loss and his exercise routine might have saved his life.

Tim shared that he spent the Thanksgiving holidays with family. "The following Monday I began experiencing the signs and symptoms of COVID-19 and I tested positive on Tuesday," he said.

The first week of the virus was miserable but was manageable. The second week was another story altogether. "When pneumonia set in it became difficult to breathe. I am grateful that recently I had lost 40 pounds and have worked on my cardiovascular health. I believe that this allowed my body to manage the virus," said Tim. "I don't think the outcome would have been as good if I had continued in the health direction I had been heading."

"It has been known for decades that exercise has a major effect on the immune system including reducing inflammation and increasing the presence of immune cells that support the immune defense," said Zach Holley, Fitness Director of Mission Fitness.

It is great to see Pastor Tim back in the club continuing to work on his cardiovascular health.

IS IT ME, OR IS IT THE EQUIPMENT? GOOD QUESTION TO ASK.

Mission Fitness received a letter from a member that reinforces the importance of follow up when you are not receiving bio-feedback readings from exercise equipment.

"Members gauge their heart rate by using the heart rate panels on the grips of our equipment," said John Douthitt, Mission Fitness General Manager. "W.K., who has been a member for the past seven years, did not receive readings from our equipment up to 90% of the time. He discounted it as problems with the equipment since he was asymptomatic for any other issues."

Recent pre-op tests for eye surgery revealed that W.K. had an arrhythmia that had been undetected. "Bottom line is that a person who can't get quick and steady pulse rate from your exercise equipment should probably see a doctor and get an EKG. A slow or erroneous reading from your equipment should not be ignored," he said.

W.K. is proud to report that after a heart ablation, he is safely exercising, and the heart rate monitors return his heart rate in under four seconds.



Healthplex

SINGING RIVER HEALTH SYSTEM
Fitness & Wellness Center



THE BENEFITS OF EXERCISE DURING COVID-19

Singing River Healthplex trainer Isabel Toffe presented an educational seminar to a group of members about the benefits of exercise as they relate to the Covid-19 pandemic.

ON-SITE HEART AND VASCULAR SCREENING

Singing River Healthplex partnered with a local Safeheart company to perform a Carotid Artery Disease screen and Abdominal Aorta Aneurysm screen for interested club members. One out of every two heart attack victims and four out of every five stroke victims has NO apparent warning signs or symptoms. This screening can help change these statistics.



30-DAY CHALLENGE

**LOSE
WEIGHT &
SAVE
MONEY!**

Entry Fee Covers

- Small Group sessions with a Certified and Degreed Personal Trainer (Two Sessions per Week for a Total of FOUR SESSIONS!!)
- Accountability Coaching
- Sample Meal Plan
- Lose 3%+ of your body weight in 30 days and earn TWO MONTHS FREE!!
- Total savings of \$100

Singing River
Healthplex

30-DAY CHALLENGE

The Healthplex launched a new 30-day challenge program for members with great success. The goal for participants is to lose at least 3% of their body weight within 30 days. Participating members receive four customized sessions with a Healthplex trainer, along with a sample meal plan, weekly motivational emails, daily macro-goals, private Facebook page, accountability, motivation, and loads of fun! Our most recent group of 47 members was able to accomplish a **72% success rate!**

THOMASTON...

NEW YEAR, NEW YOU CHALLENGE



Members of The Wellness Center are loving our "New Year, New You" fitness challenge. This four week challenge that runs from January 18th through February 14th, logs how many minutes a member works out. The great thing about this challenge is that any type of workout counts toward the overall goal of minutes (cardio, classes, weights, etc.). Members must log a minimum of 600 minutes by the end of the challenge to receive a Limited Edition "New Year, New You" performance shirt. In addition, if members reach 1200 minutes by the end of the challenge they will be entered into a drawing for a free month's dues!



CIRCUIT BODY BLAST

Body Blast is a cardio charged workout that is high energy and motivating! This is a high intensity interval training class (HIIT) that incorporates challenging cardio segments, resistance training, and intense core work using diverse fitness equipment to blast the body into shape fast.

Members are encouraged to participate and told to look for 5 reasons that they can benefit from circuit training:

1. **Strength Training:** Regardless of one's fitness goals, improving muscular strength is important.
2. **Cardiovascular Health:** Routines with aerobic exercise, like jump rope or jogging in place, increase blood circulation and get the heart rate up.
3. **Time Efficient:** These routines make the most of the time spent exercising.
4. **Welcoming Environment:** The Center makes sure that every participant is comfortable in this program.
5. **The "shake it up" factor:** These workouts are guaranteed not to be boring!

This new group exercise class offered at The Wellness Center is taught by our certified personal trainer, Jessica Smith.



In a continued effort to offer the safest environment possible at The Wellness Center, we have just installed a new bottle filling drink station for members who bring their own water bottles. It provides a rapid fill of drinking water to quench thirst and minimize plastic bottle waste in the environment. The filling station is equipped with a certified NSF filter which reduces lead and other contaminants. The touchless, sensor activated bottle filler is designed for easy use. There's no need to hold the bottle, simply place and fill.

BACK TO SERVICE!

At the end of November 2020, the Los Angeles County Department of Public Health reclassified Henry Mayo Fitness and Health's Movement Recovery Program as an "essential service" and an extension of the hospital's services. That allowed us to open the HMFH's Movement Recovery Program, which consists of one-on-one personal training, functional group training program and massage therapy. This is a huge step for Henry Mayo Fitness and Health, as fitness centers in California and Los Angeles County remain closed for regular indoor operations.



RUSSELL GAGE PROMOTED TO FITNESS DIRECTOR

Russell Gage has been appointed Fitness Director at Henry Mayo Fitness and Health. Gage has been a team member of HMFH since 2016, starting as a Lifestyle Specialist and most recently he developed and led the Center's highly successful Sports Performance Program as its Director.

Gage graduated from Azusa Pacific University where he obtained his degree in Applied Exercise Science. Russell's certifications include NASM, CSCS, USAW, CES and FMS.

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

HELPING MEMBERS AND THE COMMUNITY STAY FIT DURING A STAY AT HOME ORDER!

Henry Mayo Fitness and Health continues to operate our weekly live class on Zoom through the hospital's Community Education Department. These classes have been very well attended by both members and non-members. Classes are averaging 30 participants per class and have been an excellent forum to help keep members and the community engaged during the shutdown. Here is an email from one of our members:

"Thank you Henry Mayo Fitness and Health staff. As the recipients of your continued rooting for us during the COVID lockdown and closures, we would like, again, to shoutout our heartfelt thanks. With everything else in chaos, your weekly workout sessions were a constant that we could rely on and use to keep our bodies and minds from stagnating. The mental part of fitness is just as important as the physical, and you challenged us on both fronts, over and over again. Please know that your hard work was so very, very much appreciated."



FREE Virtual Option:
Staying Fit Zoom Class

- Are you having trouble planning your workouts at-home?
- Looking for a trusted virtual option?
- Have an unpredictable schedule?*

Our Staying Fit Zoom class is a moderate to high-intensity workout that can be done with minimal to no equipment.

Join us every Wednesday
11 a.m. - 12 p.m.!

*For your convenience, classes are recorded and emailed the following morning.

Register today!
**henrymayo.com/
classes**
Questions?
Email: franciscos@henrymayo.com

**HENRY MAYO
FITNESS
AND
HEALTH**

WAYNESBURG...

EQT REOPENS AFTER STATE CLOSURE

The EQT REC Center has been busy re-opening after a three-week, state-mandated closure over the holiday season. The REC opened January 4th to people waiting at the front doors and has not slowed since. One of the busiest departments is Sports and Recreation with basketball, soccer, and wrestling (club) all on-going, and flag football beginning soon. Over the course of recent months, the REC Center has also seen growth in group exercise, tumbling, and our wrestling club, despite the interruptions from COVID.

NEW STAFF MEMBER... MICHAEL WHITE

The REC Center recently hired a new Front Desk Coach and tumbling instructor, Michael White. Mike has a variety of tumbling and cheer safety certifications and has focused his efforts on assisting with the restructuring of the Star Tumblers tumbling program. The new system he created allows for better class placement and for the students to learn more. The REC Center will now offer Tot, Beginner, Intermediate, and Advanced tumbling classes for ages two through fourteen. Previously, classes were broken into age groups, but now each student receives a skills assessment to ensure they are in the appropriate class. We are excited to have Mike here at the EQT REC Center and cannot wait to see the Tumbling program grow further. Welcome Mike!



GROUP EX TO RESUME



Group Exercise classes resumed in-person at the REC Center in September of 2020. The schedule included a total of 12 classes weekly and features a variety of high intensity and moderately

paced classes. The classes have been carefully laid out, limiting attendance to 10 participants, so that members can safely engage in exercise while distancing themselves from others. Initially, attendance was low, as many people were not comfortable returning to in-person instruction and preferred the online offerings the REC Center was providing. As of January, however, we are now offering 22 in-person classes per week, with an average of nearly eight participants per class. To be safe for all, attendance is still being capped in the studios and several classes have moved to the large indoor turf where social distancing can be easily maintained. The staff has found that members have craved the social aspect of exercise just as much as the activity itself, and we are looking forward to adding more classes to the schedule soon!



Greene County Memorial Hospital Foundation

YOUTH SPORTS AT EQT

The REC Center hosted a Fall Basketball league with great success and is following it up by hosting an even larger Winter League. The Fall League was a learning opportunity for the REC Center to fine tune some of its COVID-19 protocols and allow for the safest possible environment for players, coaches, and fans (limited attendance). The Center set a record for registered teams at 47 (10 or less players per team). One of the goals for the Center in 2021 was to host a basketball league that was able to have competitive league play for all age divisions. The league now has 3 divisions each for boys and girls, and one co-ed division. The youngest players are kindergarten through second grade(co-ed) with the oldest group in 8th grade.

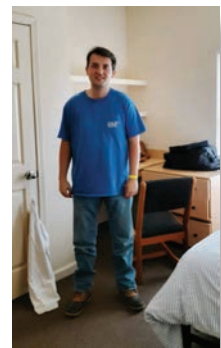
The Sports and Recreation Department is also hosting a youth wrestling tournament that is scheduled to take place February 21st. The upcoming tournament allows the kids the excitement of a tournament since many others have been cancelled. The Center has also partnered with the NFL Flag Football League to hold a youth flag football season. Registrants will have a skills day and will then be "drafted" to their respective teams. Once they are drafted, they will receive an officially licensed NFL flag football jersey modeled after an NFL team. Registration is on-going with play set to begin in March.



healthplex associates, inc.

Congratulations

IN THE NEWS



Singing River Healthplex is pleased to announce the marriage of Leah and **Taylor Stokes**. Taylor attended the Mississippi Gulf Coast Community College – Perkinston Campus, where he stood out as a student athlete in soccer, before transferring to Southern Mississippi University where he received his degree in Kinesiology. He has been a Personal Trainer with Healthplex Associates for 3 years. Congratulations Taylor and Leah! Wishing you many happy years ahead!

Kim Rogers' son Chip Rogers graduated recently from College of Coastal Georgia with an Associate's degree in Criminal Justice. Chip is continuing his studies at Abraham Baldwin Agricultural College (ABAC) in Tifton, GA, majoring in History and Government, to pursue his Bachelor's degree full-time. Once he completes his degree, Chip hopes to attend Law School at the University of Georgia.



Recently our VP of HR, Renee' McDonald took part in an 18 mile walk to bring awareness to veteran suicide. Renee was joined by her husband Curt and their son Cadence in their walk from Savannah, GA to Tybee Island, GA. The walk included representatives from Buddy Watch Walk, Mission 22, Team RWB (Savannah), 22 Until None, Fight the War Within, Flags of Honor Escorts, and many more non-profits that provide services to veterans.

HPA WORK ANNIVERSARIES

Corporate

Maggie Renault	3 Year(s)
Mark Nadel	21 Year(s)

Henry Mayo

Damian Marta	1 Year(s)
Rebecca Williams	1 Year(s)
Russell Gage	4 Year(s)
William Holstein	5 Year(s)

Indianapolis

Christopher Lanning	1 Year(s)
Anthony Cherry	1 Year(s)
Nydia Garza	1 Year(s)
Jeffrey Foster	1 Year(s)
Nicole Stevens	1 Year(s)
Jalen Morgan	1 Year(s)
Rochelle Wild	2 Year(s)
Bethany Collett	2 Year(s)
Pearl Freeman	2 Year(s)
Yvonne Remson	2 Year(s)
Dianne Wagner	2 Year(s)
Sally Brindle	2 Year(s)
DeAndra Ballard	2 Year(s)
Sherrie Buxton	2 Year(s)
Payton Haygood	2 Year(s)
Lee Burks	2 Year(s)
Larry Heavilon	2 Year(s)
Natalie Freitag	2 Year(s)
Melissa Cook	2 Year(s)
Laurie Copeland	2 Year(s)
Shelley Covington	2 Year(s)
James Crowther	2 Year(s)
Emily Agin	2 Year(s)
Kelly Gerard	2 Year(s)
Cameron Harris	2 Year(s)
Linda Hayes	2 Year(s)
Jeffery Head	2 Year(s)
Vonda Jackman	2 Year(s)
Michelle Kirkendall	2 Year(s)
Lori Lovett	2 Year(s)
Steven Martin	2 Year(s)
Shane Moat	2 Year(s)
Brendon Neal	2 Year(s)
Lauren Newman	2 Year(s)
Alma Alvarez	2 Year(s)
Amy Patton	2 Year(s)
Reilly Panozzo	2 Year(s)

Valerie Purcell-Monn	2 Year(s)
Kristin Ranck	2 Year(s)
Tyler Amos	2 Year(s)
Robin Reagan	2 Year(s)
Stacy Reynolds-Ward	2 Year(s)
Hadijah Rice	2 Year(s)
Catherine Rubey	2 Year(s)
Vera Andrews	2 Year(s)
Marianne Spinola	2 Year(s)
Melinda Stockdale	2 Year(s)
Anita Taylor	2 Year(s)
Kathryn Wangler	2 Year(s)
Kimberly Applewhite	2 Year(s)
Niccole Etchison	2 Year(s)
Stanson Baskin	2 Year(s)
Earl Allen	2 Year(s)
Ellyn Ludden	2 Year(s)
Raquel Faires	2 Year(s)
Laurel Hess	2 Year(s)
Inna Aroutinounova	2 Year(s)
Jenna Purichia	2 Year(s)
Tera Thornton	2 Year(s)
Jessica Scholl	2 Year(s)
Andrea Buselli	2 Year(s)
Deborah Brents	2 Year(s)
Deanna Beeler	2 Year(s)
Eileen Davis	2 Year(s)
Wardell Pride	2 Year(s)
Angela Rosio	2 Year(s)
Marva Holland	2 Year(s)
Marcus Haynes	2 Year(s)

Matagorda

Adam Gomez	2 Year(s)
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Meridian

Suzanne Pool	1 Year(s)
Amanda Slayton	1 Year(s)
Bailey Weddington	2 Year(s)
Hannah Farr	2 Year(s)
Jill Aycock	2 Year(s)
Jason McKinney	3 Year(s)
Angela Crenshaw	6 Year(s)
Kelley McKee	6 Year(s)
Tiffany Graeter	6 Year(s)
Bryce Branning	6 Year(s)
Robynn Walsh	6 Year(s)
Kathy St. Clair	10 Year(s)

Mon Valley

Chad Vorderbrueggen	4 Year(s)
Kelly Schaeffer	14 Year(s)

Montage

Christopher Range	9 Year(s)
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Odessa

Elodia Nieto	1 Year(s)
Lousinda Ward	1 Year(s)
Sierra Bruington	2 Year(s)
Rita Moore	2 Year(s)
Carmen Rey	2 Year(s)
Mireya Fierro	4 Year(s)
Zachary Cavazos	5 Year(s)
Shauna Saxton	5 Year(s)
Linda Edmiston	8 Year(s)
Yvette Folk	7 Year(s)
Karyn Perez	10 Year(s)

SBH

Daniel Bonilla	1 Year(s)
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Singing River

Kiara Byrd	1 Year(s)
Henry Davis III	1 Year(s)
Phat Phan	1 Year(s)
Savannah Steiner	2 Year(s)
Maureen Murphy	2 Year(s)
Taylor Stokes	3 Year(s)
Dwayne Bonvillain	6 Year(s)
Mileyka Mulero De Jesus	6 Year(s)
Emily Torres Caliz	7 Year(s)
Logan Stogner	8 Year(s)
Tracy Porter	9 Year(s)
Alisha White	10 Year(s)

Thomaston

Ashlea Grammer	1 Year(s)
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URMC

Jenny Hicks	2 Year(s)
Laura Siscel	4 Year(s)
William Wilson	4 Year(s)
Teresa Hobbs	7 Year(s)

