

Healthplex Happenings

3rd Quarter • 2021

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A HEALTHY LIFESTYLE MAKES A DIFFERENCE

Recently, Lynn and I had the good fortune to take one of our many bicycle tours in Croatia and Montenegro. I suspect many people who read this article will scratch their head and say "where?", but these former parts of what was Yugoslavia are among the most beautiful countries we've ever seen. Clearly, they are "bucket listers". There are spectacular mountains that rival the Rockies, rising from the sea and providing unparalleled vistas.



But this isn't a travel article, it's a reflection on how life has changed for all of us baby-boomers. We traveled with four of our close friends who, to be delicate, are all well into collecting social security.

It had me thinking back to when my own grandfather retired at 65, that he retreated to a quiet life of watching television and reading. People of that generation didn't come out and say it, but retirement and turning 65 meant a slow, quiet crawl to the end of life. There were exceptions, of course. I remember meeting my partner, Mark Nadel's dad who was still ocean kayaking close to 90 years old! But now I look around me and I see my peers still pushing the limits of living life to the fullest.

We recognized that mind set and determination years ago when we identified the profiles of those people who tend to join wellness centers. They are older adults who have found that they can make a difference in their lives by staying fit and living a healthy lifestyle. Now that the group includes me, I'm even more thankful for having had the opportunity to be part of this movement and this Company that is dedicated to supporting people of all ages.

But I think I'll skip the kayaking. Lynn and I tried that in Croatia and the best we could do is to keep going around in endless circles.

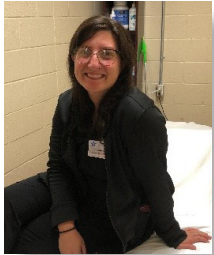


Stephen A. Robbins, Esq

MRMC WELLNESS CENTER FOCUSES ON GROWTH WITH NEW STAFF, NEW CLASSES, AND NEW EQUIPMENT

Here at the MRMC Wellness Center we are closing out 2021 with exciting new developments. Safely moving forward through the pandemic we have focused our time on meeting the needs of our members and growth. With the addition of Ashlynn, our new licensed massage therapist and Holly, our new personal trainer, our staff is ready to help in any way that we can. One of the ways we anticipate meeting member needs and encouraging new members is by expanding our hours and opening on Saturdays. Bay City is home to several plants as well as the hospital and accommodating the schedules of shift workers is a priority.

NEW STAFF



Ashlynn grew up right down the road in Boling, Texas. She received her certification for Massage Therapy from Texas School of Massage in Houston, Texas. Ashlynn is certified in Swedish Massage, Prenatal Massage, Sports Massage and Stretching.

When not working she enjoys traveling, finding new trails to hike, and refinishing furniture.

NEW CLASSES

Carolyn's Chair Yoga class is very popular on Monday and Thursday evenings. Holly has added Pilates Fusion as a mid-day class offered. Muscle lengthening and strengthening exercises are designed to relieve stress and both of these classes emphasize those movements. Chair Yoga is open to all fitness levels. Pilates Fusion is slightly more advanced, making it the perfect addition or change-up to a regular workout routine.



With the holidays rapidly approaching, we brace for the time spent with family and the comfort foods we enjoy with them. Holly will be launching a Bootcamp class in the evenings to keep participants focused on fitness goals. She is looking forward to incorporating themes and games to make these classes fun and engaging.



NEW EQUIPMENT

We are pleased to announce the addition of some new cardio equipment. It is important to change a routine every 4-6 weeks. While there are several choices already for cardio equipment, we now have even more! A new fan bike and a new fan rower have made their way to the center for added variety. Those who are looking for a change-up can enjoy the elliptical, as they give the fan bike a shot! Members can also, spend a little bit of time on a rower and challenge some different muscle groups.

Members are encouraged to utilize our Omron Bio-impedance Scale to break down how their weight is distributed. The scale sends a small electrical pulse through the body and breaks down body weight into categories. Body fat percentage, skeletal muscle percentage, BMI, and visceral fat are all calculated to help them see where they are and track their progress on specific goals. Some people have goals to increase muscle mass, and the Omron helps track that. Others may have a goal to decrease body fat. Using the Omron is a perk of membership, so we encourage them to grab a tracker sheet from the front desk staff and ask for help, our staff is happy to help!

COMMUNITY OUTREACH

Wellness Fairs like the one held by the Bay City Independent School District are great opportunities to talk to people one on one about what the Wellness Center has to offer. The Dome is very unique in that

not many people know that it is a Wellness Center. We try to represent the Wellness Center alongside Health360 at as many events as possible. Holly is shown in the adjoining photo at the Bay City High School Wellness Fair where she was providing Omron body scans and talking to district parents and employees about the Wellness Center.



BRONX...



HEALTHPLEX
Fitness Center

The SBH Healthplex welcomes Andrew Flores to our team. Andrew is a Bronx native and a great addition to our Personal Training Team. He has a bachelor's degree in Exercise Science and Pre-Physical Therapy from Lehman College. Andrew is also certified as a personal trainer by the National Academy of Sports Medicine. He has extensive knowledge and experience in physical therapy and has worked as an EMT. Andrew has quickly become one of Healthplex's top Personal Trainers.

TEAM BUILDING THROUGH PAIN

Personal Trainers Lexis Beato, Andrew Flores, and Directors Albert Jovel, Daniel Bonilla, and Tyler Lowther completed a Spartan Sprint in Mountain Creek, New York. Accompanying them were two gym members who are avid runners (unlike the HPA Staff). Everyone was pleased with their time and effort but soon learned just how much soreness these events can cause. Needless to say, teaching group fitness classes the following week was torture for the trainers.

The team celebrated their completion of the race by feasting on South American cuisine and doing their best to recover for the next day of work.



ELDORADO...

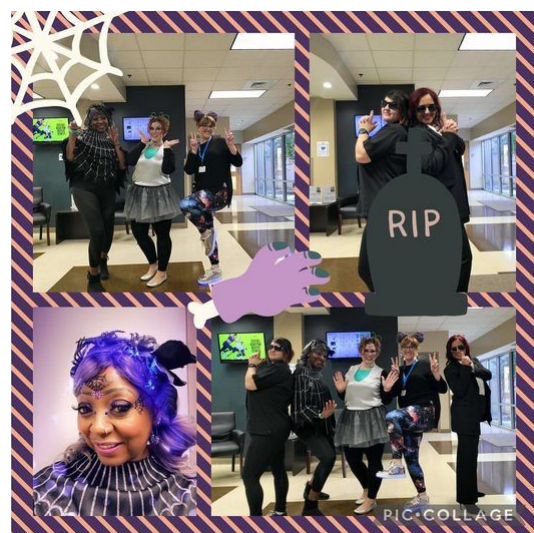


Patsy Newton and Mallory Bryant, HFC employees, joined in on downtown fun for our community's "Scare on the Square" event. They gave away candy and shared our November Membership promotion.

HALLOWEEN FUN!



Halloween at HealthWorks was scary fun!! Our day was full of Les Mills quarterly launch, a Zumba party, and "Scare on the Square" Community event. Our group fitness instructors had a blast dressing up to make the launch a huge success!



Member Services won 3rd place in our SHARE Foundation costume contest. We dressed up as Men in Black and their captive aliens.

INDIANAPOLIS...



JOIN US AS WE WELCOME OUR NEW GENERAL MANAGER!



Peg Campana joins the Indianapolis Healthplex as a veteran of the health and wellness industry. With many years of experience, Peg has consulted on over twenty fitness center projects throughout her career, providing expertise in the areas of Clinical Integration, as well as, Medical Wellness programming.

Aside from being an avid golfer, Peg has over thirty years of experience with the sport of volleyball from several perspectives; first as a player, then as a coach, and as an official.

Since joining the Healthplex team a few weeks ago, she has been busy getting to know the Healthplex family of staff and members.

HIIT CHALLENGE



Participants tested their strength and endurance when the Indianapolis Healthplex hosted its' first ever High-Intensity Interval Training (HIIT) Challenge on Saturday,

October 9th. Participants chose between two HIIT courses designed by Indianapolis Healthplex Personal Trainer and Group Fitness Instructor, Raquel Faïres. To say it was a success, would be an understatement! In total, we had 23 people participate and had great community engagement with several local restaurants providing the participants with fresh juices, coffee, and discounts! Because of the event's popularity with the members and the community, the Indianapolis Healthplex is already busy planning future HIIT challenges.



Larry Heavilon, Aqua Arthritis instructor shown here is one of our HealthPlex instructors, offering 6 water arthritis classes provided to members weekly. All of the instructors have been certified by the Arthritis Foundation. These classes, as well as a variety of others accomplish more than just exercise. They offer companionships, friendships,

and in some classes several members have become a "family". To older adults, many who live alone, the social aspect is equally, if not more, important than the physical exercise.

We are excited to see so many of our regulars back after the pandemic. We're so glad the members have comeback and are exercising as well as continuing to foster new relationships.

CONGRATS COACH EARL!

The Indianapolis Healthplex is very proud of its Tennis Pro, Earl Allen! He has been a Staff Professional and Adult USTA League Coordinator for about 10 years. In addition to his role at the Healthplex, Earl is the Boys Head Tennis Coach Zionsville High School. Recently, Earl and his team went on to earn the title of state runner-up! Beyond this major coaching milestone, his Women's 3.5 Team won the Team Division in the Central Indiana Indoor Women's Tennis League in the 2020/2021 season! Congratulations to all the players and their wonderful coach!



A VIEW FROM BASECAMP



On Tuesday, September 28, General Manager, Adam Hodges, presented A View from Basecamp to the Anderson Health and Fitness Center Rock Steady Boxing members, their family, and friends. The presentation covered the 2021 Ascent For A Cure Everest Expedition giving a first-hand glimpse into the epic journey with all of the ups and downs. The evening was hosted by Dr. Richard Vise, also a Rock Steady Boxing AHFC participant, and food was catered by Jean's, a local establishment that has been an avid supporter of Ascent For A Cure.

The community has flooded Hodges with support upon his return home and many are seeking to hear his epic story. Later in the fall, Hodges will be presenting to the Rotary Club and high schoolers who have just finished reading *Into Thin Air*, a story about climbing Mt. Everest.

Ascent For A Cure, a non-profit organization, was founded in 2019 by Hodges in an effort to raise awareness and funds for those living with Parkinson's Disease. To keep up to date with all events and climbs, be sure to follow Ascent For A Cure on Facebook, Instagram, and YouTube or visit www.ascentforcure.com to learn more.

ANDERSON'S ROB WALSH ASSUMES CLINICAL INTEGRATION COORDINATOR ROLE



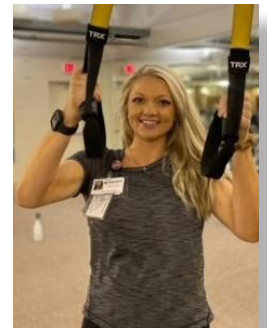
Anderson personal trainer Rob Walsh has assumed the Clinical Integration Coordinator role for the center. Rob came on board with Anderson as a personal trainer back in November of 2014. In addition to being a lead on a team of very talented personal trainers, Rob is also a lead coach and the workout programmer for Anderson's CrossFit program.

Rob has served our country for 4 years active duty in the Marines and then since 2010 in the National Guard. He is an E6 (Staff Sergeant) and is in charge of the 91B light mechanics in the 1st 204th Delta Company.

Per G.M. Adam Hodges, "Rob brings the discipline and dedication he has developed in his military service to his job here at Anderson and we have very high expectations of what he will bring to our clinical integration program".

ANDERSON WELCOMES CARSON HARTMAN TO THE TEAM

Carson joins our team of very talented personal trainers and group exercise coaches. She is a native of Starkville, MS where she attended Mississippi State University (Go Dawgs!) and obtained a Bachelor's Degree in Clinical Exercise Physiology. While at MSU she met her husband Grant and this past May they relocated to the Meridian area. While at MSU Carson worked at a local wellness center where she taught



group fitness classes in between her school schedule. Upon graduation from MSU, Carson went on to further her education in Jackson, MS at Hinds Nursing & Allied Health Center as a Physical Therapist Assistant. Carson has taken very little time in getting immersed into the fitness operations at Anderson.

She currently does personal training, and coaches TRX, Pilates, and Cardio classes. She is also involved in our Rock Steady Boxing program for our members battling Parkinson's. Carson states "I love helping people reach their health and fitness goals while staying safe". In her free time, Carson likes to hunt deer and turkey with her husband Grant and also enjoys going on runs with her Goldendoodle Finley.

MON VALLEY...

THE CENTER FOR FITNESS AND HEALTH SUPPORTS BREAST CANCER AWARENESS



In an effort to celebrate Breast Cancer Awareness Month, The Center for Fitness and Health donated a portion of the enrollment fee from new memberships during October to the Mon Valley Hospital Foundation. The proceeds were used to support mammograms for under insured women in the region. In addition to this program, the Center also held events throughout the month where members could donate to the fund. Members were encouraged to wear Pink on Fridays and could purchase raffle tickets for various prizes.



Raising Awareness by wearing pink!

Putting **your health first.**

Center for Fitness and Health
MVH HEALTH CARE

STRONG(HER) PROGRAM EDUCATES WOMEN WITH WEIGHT TRAINING



The Center for Fitness and Health's Strong(HER) program is designed to educate women on the benefits of strength training. The number of women who participate in any formal or consistent weight training workout is lower than it should be. Gaining or maintaining adequate muscle mass is one of the best ways to improve overall fitness. The class is designed to dispell the myths:

- Lifting weights makes women bulky
- The weight areas of the gym are intimidating
- Lifting smaller weights can not be effective
- Older women should stay away from weight training

More than anything the class is designed to give women the motivation and guidance to add strength training to their routines. Trainers Kristy Fabean and Jamie Lewis who specialize in women's issues preach to their participants, that they should make sure to aim for a good balance, especially when starting out with weights. As trainers they know that there is a place for both cardio and strength training.

CFH KIDS CAMP

At the end of August 2021, the Center for Fitness and Health wrapped up a successful summer of Kids Camp. This summer Kid's Camp was led by instructors Danielle Dimitroff, Sam West, and Xander Zilka. Classes were provided every Tuesday and Thursday throughout the summer, and each class consisted of a swimming session, fitness session, and an arts and crafts session. Participants finished every session with a different healthy snack provided by the Center for Fitness and Health.

In the final week of camp, all participants had a chance to make a tie-dyed t-shirt with the colors they choose. This has been an annual tradition for the CFH's Kids Camp for the past 5 years. Class leader Danielle Dimitroff says, "I look forward every year to helping the kids have fun and grow. I can't wait to come back for our Holiday Kid's Camp over Christmas break!"



PERSONAL TRAINERS SPOTLIGHT...

KRISTY FABEAN



Kristy Fabean always knew that she was going to impact and change lives. She just didn't know how many lives she would impact. She has been a Personal Trainer and Group Exercise Instructor at the Center for Fitness and Health since it opened in 2004. Kristy's classes and programs provide an upbeat and exciting atmosphere for all members. Recently, she accepted a new role as the Lead Group Exercise Instructor.

In her new position, Kristy has the chance to impact members and employees. She helps coach other group exercise instructors to build upon their current programs. In addition, Kristy still teaches 13 group exercise classes each week and her classes are generally crowded, averaging 18 participants. Kristy's experience and her passion for fitness draw members to her classes. Kristy says she "finds teaching classes very rewarding, and I love having a group of people behind me. I feel like I can conquer the world. I love helping and being in front of people. It is my passion."

MONTEREY...

RELAUNCHING FITNESS AT MONTAGE

The Montage Wellness Center (with two locations in Salinas, CA and Marina, CA) has had a very busy second quarter. The Marina location reopened its doors for business on July 1st, whereas our Salinas facility opened in April. The delay was due to the Marina facility hosting a vaccination clinic for the first six months of 2021. Over 28,000 vaccinations were administered at our facility. Members returning on July 1st were grateful to be back and appreciated our vaccination efforts.

We re-launched our "Better U" lecture series in August with over 50 attendees. The Better U series features lectures with various fitness and health topics each month. The lectures are also paired with a clinical test or fitness test of the month. The

theme for this quarter was "Relaunching Your Fitness Program." Our lecture topics included, "Building Your Fitness Program; Strength Training; and Functional Movement." These events have been well attended and open to our members as well as the public.

Our Marina Facility partnered with the Hospital's Community Health Innovations team to promote the "Don't Feed the Diabetes" campaign. The promotion included a produce box giveaway to 100 members of our facilities. The produce boxes included various vegetables harvested from nearby Salinas Valley farms. Members were also encouraged to take a 1-minute online health risk assessment to learn about their risk for diabetes.



MONTAGE
Wellness Center

ODESSA...

30 FOR 30 FINALE EVENT

Mission Fitness was the site for the Facebook live drawing for the winners of the Odessa College 30 for 30 Challenge.

Odessa College President, Dr. Greg Williams began the community exercise initiative over a decade ago and participation has swelled through the years to 2,400 people pledging to exercise 30 minutes per day for 30 days. Those who complete the challenge are entered in a drawing that is held live. The grand prize winner was given the choice between a Peloton bike or a Nordic Track treadmill.

Medical Center Health System has been a longtime supporter of this program and Odessa College approached the health system and asked us to be the site for the finale.

"Mission Fitness understands the need to encourage exercise in our community and is pleased to be a partner with Odessa College in supporting this annual event aimed at getting the citizens of Odessa up and moving. Too many times we look at events others host as competition and lose sight of the mission of creating a healthier community. Mission Fitness looks forward to supporting this event for many years to come," said John Douthitt, Mission Fitness General Manager.



BREAST CANCER AWARENESS WALK



On Thursday, October 21st, the West Texas Gazelles running club hosted Hunter's Moon Walk/Run at Mission Fitness. The run benefited 'Pink the Basin', a non-profit organization that funds mammograms for those who are in need.

It was a picturesque evening and close to 80 people participated in honoring survivors of breast cancer.

Survivors spread the message to do your annual screenings and encouraged those who are currently in the fight to keep their head up, "You've got this!"

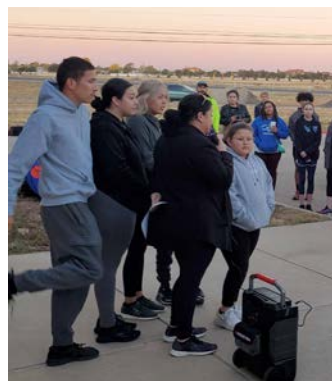


VALENZUELA FAMILY MEMORIAL RUN/ WALK



In late September, Medical Center Health System lost one of its own when Sgt. Daniel Valenzuela was involved in a tragic accident that also claimed the lives of his father and grandmother.

Mission Fitness approached the chief of police for the health system and offered to organize a fundraising fun run/walk to raise funds for the family. Through generous donations from runners and corporate sponsors over \$2000 was raised.



April Valenzuela, widow of the late Sgt Valenzuela, addressed the crowd expressing gratitude for the many people who have supported their family through this tragedy.

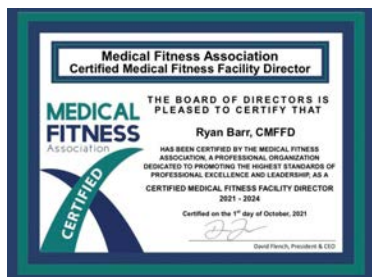
Sgt Valenzuela's children participated by releasing blue balloons signaling the start of the race.

Medical Center Health System hosted a health fair on the back patio after of the run titled "Take Time for your Health". Multiple service lines of the health system were on hand to give shots, take blood pressures, and demonstrate hands-only CPR. Zach Cavazos, representing Mission Fitness, conducted a rowing challenge.



RYAN BARR CERTIFIED AS A MEDICAL FITNESS FACILITY DIRECTOR

Congratulations to Healthplex's Ryan Barr on achieving his certification through the Medical Fitness Association as a Certified Medical Fitness Facility Director. The CMFFD certification shows that the director operates a safe environment of care for disease management programming that integrates with the medical fitness center's continuum of care. Ryan has over 25 years of experience in the fitness and wellness industry including 10 years as the General Manager at the Singing River Healthplex, a medically-based fitness and wellness center located in Pascagoula, MS. At Singing River Healthplex, Ryan has been instrumental in leading and supporting the Hospital System's innovative population health initiatives.



Healthplex

SINGING RIVER HEALTH SYSTEM
Fitness & Wellness Center

STRONG(HER)

On August 16th, Singing River Healthplex launched the Strong(her) program. During the four week program, eight participants received four customized sessions with Healthplex degreed trainer Isabel Toffe. The sessions primarily focused on the principles of strength training; for example, it highlighted specificity, progression, overload and recovery. In addition to the training sessions, participants received a sample meal plan, along with four healthy recipes. Participants were tested before and after the program, and most enjoyed a 15% increase in their strength.



MEMBER TESTIMONIAL..PAUL GREER

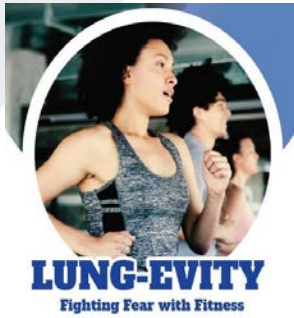
Paul Greer is a nurse anesthetist at Singing River Hospital in Pascagoula, MS. Paul began training with Singing River Healthplex trainer Tyler Phan CPT, RN in July, hoping to increase his strength and overall energy level. Here are a few things Paul had to say about his experience.



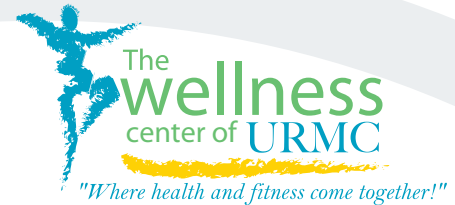
"In other facilities, you kind of just walk around. If you don't know what you're doing, you get frustrated really quick. Here (Singing River Healthplex) you have a trainer that teaches you the proper way to do things, and that's really what I needed, that's what I was looking for. It's helped me so much, just knowing what I'm doing when I come in here."

<https://www.youtube.com/watch?v=hyg95cEQfYU>

FIGHTING FEAR WITH FITNESS



The Wellness Center of URM has introduced a new program to help combat the effects of Covid. Lung-evity was expertly designed by our experienced, certified trainers to boost cardiorespiratory fitness and consists of three half-hour training sessions. Individuals are taught about natural ways to boost their immune system, target heart rate training, interval training, deep breathing, and stress management techniques.



MEMBER FOCUS: CHRISTY CRAWFORD IN HER OWN WORDS



I have been a member of the Wellness Center since June 2008. I enjoy the exercise classes, individual trainers, friendly staff and the camaraderie. On September 7th 2021, I had knee replacement surgery. I was out of my walker

within the first week. I have been driving since the end of my second week post-surgery. I've made great progress in Physical Therapy. I am convinced my recovery and progress are because of the physical opportunities and preparation I was afforded through the Wellness Center. The classes and trainers helped get me prepared for surgery and because of that, my speedy recovery has been easier.

KID'S NIGHT OUT – SLIME PARTY!

At last month's Kids Night Out, our kids got to experience making their very own slime. When it comes to kid's crafts, homemade slime is one of the best ideas! It's easy, quick, and super inexpensive. It is very easy to customize and add mix-in's, like different food coloring dyes, and glitter. They had a blast stretching and squishing the slime and the parents had a blast spending a few hours kids free!



HAPPY HALLOWEEN



From spooky season to World Series fun, the ladies at the Wellness Center of URM are always up for a good time!

THIS FALL, HENRY MAYO FITNESS & HEALTH CHALLENGED ITS MEMBERS TO BREAK THE SUGAR CYCLE IN 7 DAYS!

Over the course of 7 days, members received a daily email challenging them to Break The Sugar Cycle both physically and emotionally. They discovered tips and tactics to deal with cravings and were asked to do some introspection about what truly was driving the cause behind their sugar addiction. There were well over 70 members who took on the challenge.

The topics for each day were;

DAY 1: YOUR NEW NORMAL
DAY 2: WHAT TO DO WHEN A CRAVING STRIKES
DAY 3: WHAT TYPE OF ADDICT ARE YOU
DAY 4: WORKING THE PLAN
DAY 5: THE ANTI-CRAVING BLUEPRINT
DAY 6: THE FOUR PILLARS OF NUTRITION
DAY 7: HOW TO FALL OFF THE WAGON AND STILL WIN



YOUTH PERFORMANCE CLINIC

This September we held a Youth Performance Clinic for a local youth soccer club. Several youth sport groups in our area have seen injuries increase, especially with the lack of activity caused by COVID shut downs. Now teams are trying to pick up right where they left off. This clinic ran weekly for 4 weeks and focused on teaching the kids how to move by putting them in drills and activities to challenge their proprioceptive awareness, all while having a fun time.

EQT REC CENTER "FALL BACK TO YOU"

As summer came to an end, EQT REC Center campaigned for members to "Fall Back to You" and get back to it. The



Center started off with hosting its first ever "Race to the REC!" 5K and family fun run. The event took place on September 18th and even had an appearance from Healthplex's very

own Don Doyle (he won first in his age group)! The age of participants ranged from 4 years to 73, with an average age of 35 years. One of the participants has been a competitive racer for years and claimed it was the best, first 5K they had ever attended. EQT REC Center would like to thank everyone that helped to make the "Race To The REC" a success!

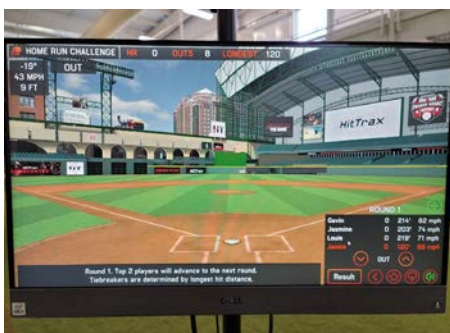
The Center also introduced a fee-based "Back To YOU- Fall Bootcamp" class that was very successful. Group exercise classes at the Center are included in the membership, with occasional specialty classes offered for a small fee. Registrations for the bootcamp more than doubled the average participation in the included group exercise classes, with 14 participants overall. The bootcamp included both pre and post program measurements using the Center's "BodyMetrix"

system. The main measurements recorded were body fat percentage and BMI, or body mass index. Each participant saw a reduction in their overall body fat percentage, with one participant seeing a drop of 2.3% over the course of the class. The bootcamp was a positive program to help members get back to their fitness routines.

EQT REC Center continued to integrate itself into the community throughout the fall months. Staff have been creating new alliances with local businesses to attend a variety of events being hosted. Recently, the Center has attended local high school and middle school games to promote the Center, taken part in a "Trunk-or-Treat", and have even hosted a Halloween Bash. The Halloween Bash at the Center was open to kids of all ages, and they were encouraged to arrive in their best costume to enjoy an evening of obstacle course challenges, arts and crafts, bounce house fun, and of course, candy! Members were thrilled to see the little ones having a great time. The Center also encouraged members to wear their best costume to group exercise classes for a chance to win EQT REC Center prizes as voted on by members.



HITTRAX BASEBALL AT EQT



The Center recently acquired an incredible piece of equipment, the "HitTrax" baseball system. This system is one of the first in the entire south-western Pennsylvania region! The HitTrax system is the only baseball data capture and simulation system on the market. The system allows for participants to engage in exciting gameplay and receive real-time data while playing. A few of the real-time results displayed are distance, exit velocity, launch angles, pitch speed, and more! The program includes MLB stadiums to really bring the action to life. Participants can go head-to-head in homerun challenges, organize a league, or join a tournament. Skill levels can be adjusted so youth and adults are

able to play fairly within the same game. The best part about the system is that it is mobile! The HitTrax system just needs to be placed inside the desired batting cage for the duration of the event and then can be safely put away while members can resume participation in other events at the Center. The HitTrax is an amazing addition to the wide variety of events and programs that are already offered at the Center!





healthplex associates, inc.

Corporate Halloween Contest

Our HR and Finance Department recently joined in on the Halloween fun and hosted a corporate costume contest. Participants voted and chose Rebecca Pierce, Financial Coordinator, as the 2021 HPA Corporate Office Costume Contest winner. Rebecca was a veterinarian and even had a real-life patient; her dog Scrubby was a willing participant in the competition.



Our 2021 HPA Corporate Office Costume Winner Rebecca Pierce, Financial Coordinator, with her special patient, Scrubby.

Sherrie Martin, HR Coordinator, kept things fun and lively as Minnie Mouse.



Kristin Anderson, Financial Coordinator, appeared with a Coco inspired costume.

Kim Rogers, Financial Coordinator, was spooktacular as Grand Sorceress.



Beth Stoneking made sure we all played by the rules as our Referee.



Renee' Clark-McDonald, VP of Human Resources, dressed in a vintage military theme.



Congratulations

Team Anderson personal trainers Bryce and Brooke Branning celebrate the newest addition to their family, and to the Anderson extended family as well. She is baby Rae Caroline Branning. She was born on July 14th at 6:19 in the morning and she weighed 7 pounds 7 ounces. She is their first child and Bryce and Brooke are excited about inspiring her to follow in their footsteps of living a healthy lifestyle and possibly watching her become a competitive CrossFit athlete one day in the distant future like mommy and daddy.



Each department at the Indianapolis Healthplex submitted a pumpkin to the staff pumpkin decorating contest. The staff had a lot of fun carving, decorating, and letting their creativity shine! Each pumpkin was put on display for the week of Halloween and members were asked to vote for their favorite pumpkins when they checked in. This was a big success! There was some healthy competition, and the members were very engaged and had a lot of fun casting their votes. The staff is already beginning to plan their pumpkins for Halloween 2022!

IN THE NEWS

Aphasia Center of West Texas is at Aphasia Center of West Texas.
Nov 2 • Midland •

We were grateful to have MCH Mission Fitness attend Low Down and provide us with fitness center information as well as attainable exercises for people with aphasia!



HPA WORK ANNIVERSARIES

Anderson

Goodman, Hannah	1 year
Weddington, Bailey	3 Years
Farr, Hannah	3 Years
Gonzalez, Savannah	4 Years
Coate, Reva	4 Years
Branning, Keri	5 Years
McClelland, Cynthia	8 Years
Diveley, Angela	11 Years
Hodges, Adam	11 Years
Robinson, Kimberly	11 Years
Webb Vanderpoorten, Sarai	11 Years

Corporate

Pierce, Rebecca W.	1 Year
Renault, Maggie	4 years
Hill Anderson, Kristin	11 Years

EQT Rec Center

Ricciuti, Meghan	1 year
Tennant, Janice	1 year
Tustin, Emma	1 year
Wainwright, Virginia	1 year
Triano, Julia	1 year
Stoneking, Beth	1 year
Tustin, Amy	1 year
Washington, Bryan	1 year
Benke, Traci	1 year
Raymond, Arielle	1 year
Headlee, Ronald	1 year
Lagaza, Kadie	1 year
Viviano, Tara	1 year
Nichols, Faith	1 year
Pellegrini, Louis	1 year
Flanagan, Leah	1 year
Miller, Cale	1 year
Antion, Marcia	1 year
Chapman, Miranda	1 year
Brumley, Kayla	1 year
Gibbons, Hannah	1 year

Harmon, Chris	1 year
Lohr, Luke	1 year
Gump, Faith	1 year
Moon, Rachael	1 year
Muilenburg, Gabby	1 year

Henry Mayo

Colvard, Lisa	2 Years
Davis, Luciana	2 Years
Jensen, Kyle	2 Years
Crimi, Colette	2 Years
Sanchez, Dario	2 Years
Medel, Alexandra Ariana	2 Years
Martin, Ray	3 Years
Hobson, Gene	3 Years
Cohen, Trish	4 Years
Gage, Russell	5 Years
Enriquez, Susan	5 Years
Watson, Ericka	5 Years
Gonzalez, Ricardo	5 Years
Solorio, Windy	5 Years

Indianapolis

Hawkersmith, Jamie	1 year
Stark, James	1 year
Frausto, Daisy	1 year
Mohammed, Ahmed	1 year
Cook, Shakoya	1 year
Dunlap, Pamela	1 year
Clemens, Michael	2 Years
Murphy, Jennifer	2 Years
Green, Yusef	2 Years
Gerrard, Barbara	2 Years
Garza, Jessica	2 Years
Mohammed, Humza	2 Years
Godinez, Nancy	2 Years

Matagorda

Jones, Bryanna N.	2 Years
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Mission Fitness

Dominguez, Brianna	1 year
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Leonard, Heather	1 year
Bagrich, Jordan	1 year
Renteria-Thurber, Ariel	2 Years
Rocha, Connie	2 Years
Bruington, Sierra	3 Years
Moore, Rita	3 Years
Okunola, Fadekemi	3 Years
Vega, Kathryn	4 Years
Perez, Karyn	11 Years

Mon Val

Schaeffer, Kelly L.	15 Years
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Montage

Manuel, Ariel	1 year
Ayala, Elizabeth	2 Years
Estrada, Gomez Valeria	2 Years
McGunagle, Cody	2 Years
Smith, Laura	2 Years
Garcia, Jasmine	2 Years
Johnson, Nancy	4 Years
Horca, Connie	4 Years
Saucedo, Isabel	4 Years

SBH

Jovel, Albert G.	2 Years
Beato Concepcion, Lexis M.	2 Years

Singing River

Gato, Nicole	2 Years
Sinclair, Carrie	3 Years
Toffe, Isabel	4 Years
Bonvillain, Dwayne	7 Years
Mulero De Jesus, Mileyka	7 Years
Stogner, Logan	9 Years
Barlow, Shannon	10 Years
Barr, Ryan	11 Years

URMC

Bruce, Debbie	2 Years
Hicks, Jenny	3 Years
Wilson, William	5 Years
Smith, Jessica	5 Years