

2nd Quarter 2022

HEALTHPLEX HAPPENINGS



CONTENTS



33 MEET SENECA IVERSON,
FITNESS DIRECTOR



21

RIGHT TO BARE ARMS

FITNESS HEALTH WELLNESS

3 MEETING THE MISSION

5 MONTAGE WELLNESS CENTER

7 HENRY MAYO FITNESS AND HEALTH

10 CENTER FOR FITNESS AND HEALTH
FAMILY FITNESS

13 EQT REC CENTER

16 THE WELLNESS CENTER OF UPMC

FITNESS HEALTH WELLNESS

19 SINGING RIVER HEALTHPLEX

22 MISSION FITNESS

24 INDIANAPOLIS HEALTHPLEX

27 ANDERSON HEALTH AND FITNESS
MEET REVA COATE

30 SBH HEALTHPLEX

32 HEALTHWORKS

34 MRMC WELLNESS CENTER



28 SNEAKERS4FUNDS



25

**ARTHRITIS
 FOUNDATION
 HONORS SALLY
 BRINDLE**



30

**BRAG BOXING
 PROGRAM**



MEETING THE MISSION



**STEPHEN A. ROBBINS, PRESIDENT
EMERITUS**

From the beginning of our involvement in medical fitness over thirty years ago, we have consistently seen organizations state a purpose to promote healthy lifestyles in their communities as well as to provide support for people with chronic health conditions or those in need of extended rehabilitation. For many of the medical fitness centers across the country, that also includes an initial pledge to serve the underserved, those with limited means to afford this type of care and assistance.

Often however, that well intended pledge meets a harsh reality. Providing this type of health care is still dependent on charity as traditional insurance regards it as outside their scope. Two organizations that we are privileged to work with have met that challenge with creative solutions and are stepping up to serve their whole communities with wellness solutions for all. What is striking about the two is that their locations, geographically and economically couldn't be more different.



MEETING THE MISSION

Montage Wellness Center is located within walking distance of the Pacific Ocean just outside of Monterey California. While the area's population is generally affluent and there are a large number of wealthy retirees, there are still many people struggling to survive. In response, Community Hospital (MWC's parent) worked with HPA to set up a process to identify those people who had a health need for the services that the wellness center offers, even before the Center opened in 2011. Since that time, hundreds of people with health needs have been identified, applied for and granted subsidized memberships in this facility. Currently more than 250 people are actively covered by the program. Not many medically affiliated wellness centers can match Montage's admirable commitment to the needs of Monterey County.

At the other end of Country, serving one of the poorest areas of New York City, beset by problems of health care and a host of social issues is the Healthplex at Saint Barnabas Hospital in the Bronx. In its short existence this Center has been able to do what few others have achieved. In its first full year of operation (2021) the Center was able to obtain a grant from the Cabrini Foundation to serve more than 100 needy residents who were identified by the Medical Staff in the Hospital's clinics. That effort was so successful that the grant was renewed and expanded so that 2022 will see more than twice that number of both adults and teens with health concerns in a new "Healthy Initiatives" program. The program not only addresses exercise and fitness needs but also addresses nutritional concerns in this area considered a "food desert" due to the lack of grocery stores for fresh food. The Healthplex has, as part of its role in this program a goal to "educate, as well as guide participants in exercise routines aimed at combating chronic illnesses, improving energy levels, and decreasing discomfort in the body". As if that's not enough to demonstrate a unique commitment, the SBH Healthplex has also gained praise from local officials for its work in social programs such as addressing the problems of violence among teens in the area. Even the State's US Senator Schumer who visited the Center to see this success story firsthand was impressed!

We think that's what makes HPA different. Partnering with people and organizations that really care about others can make this world a better place for all.

MONTAGE WELLNESS CENTER WELCOMES

Monterey Bay FC



Montage Wellness Center is pleased to welcome Monterey Bay Football Club players and coaching staff as the newest members of our medical fitness center. "We are excited to support the team as they enter the inaugural season of professional soccer on the Monterey Peninsula," said Christopher Range, General Manager at Montage Wellness Center. The Montage Wellness Center will support the team through access to our training facility featuring multiple areas including cardio and strength training, group fitness studios, aquatics and physical therapy. Our members have enjoyed workouts alongside the professional athletes in the facility, and the team is already beginning to establish a fan club within our members and staff. We will certainly expect to see a lot of familiar faces at their home games as the stadium is located within walking distance of the MWC facility.

MONTAGE WELLNESS CENTER

Monterey Bay FC

Shake Your Tailgate Party

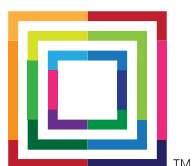
Saturday, May 7, Montage Wellness Center, Marina

Join us as we celebrate our eleventh year of serving our members and community. Start with a couple Zumba® classes to get your heart rate up, mix in food and refreshments, and end the night with an exciting game of soccer with Monterey Bay's new professional soccer team.



Montage Health is also the official “Kit Partner” for the soccer club. The multi-year partnership will prominently feature Montage Health across the front of the Monterey Bay FC’s kits or jerseys. The team kicked off their inaugural season on March 12th. “We are proud to wear Montage Health over our hearts and on our jerseys,” said Monterey Bay FC Chairman and Owner Ray Beshoff. “More than ever, the health of our community is paramount, especially the social and mental health of our youth. With our partners and friends at Montage Health, we look forward to the impact we will have together to support this incredible community and all who call it home.”

The team will play several away games for 2 months while the new stadium is completed. The home opener scheduled for May 7th. On that date, the Wellness Center will be celebrating our 11th anniversary with a member “tailgate” style party and providing tickets to our original charter members. It should be a fun event.



MONTAGE
Wellness Center



Henry Mayo Fitness and Health



January 2022 marks the month we brought back our Clinical Integration Coordinator position after being without one for all of 2021.

Ben Taub has been selected to be the new CIC to help rebuild our foundation of being a clinically integrated facility. Ben has over 15 years of experience as an exercise physiologist and joins us after being the Wellness Coordinator for Select Rehabilitation in Encino, CA for the last 7 years. There he developed exercise programs, provided assessments, and created follow up plans for groups to transition patients into a continued care program.

Ben graduated from Cal State University Northridge with a Bachelor's Degree in Kinesiology/Exercise Science. In addition, he is certified as a Clinical Exercise Physiologist with American College of Sports Medicine (ACSM).

California Road Trip Challenge



The final week of the California Road Trip saw lots of action with members making their final sprint to the finish line. Chevy Heaven, Nobawd, Snoopy, Samurai Jack, Turtle Max, Chicken Coup and many others crossed the line on the final day. All combined, there were over 560 hours of cardiovascular exercise and more than 450 group exercise classes taken! That's impressive! Prizes were drawn at random, and the winners were excited to enjoy a night out at a local eatery!



**California ROAD TRIP
RAFFLE WINNERS**

\$125 GIFT CARD TO LUCILLE'S Debbie Henn	1 HOUR MASSAGE Judy Ferkel
\$75 GIFT CARD TO LAZY DOG Sam Jenkins	1/2 HOUR MASSAGE Carol Masnada
\$50 GIFT CARD TO SOLITA Patti Madsen	1/2 HOUR MASSAGE Julie Cieto
1 HOUR MASSAGE Michael Middleton	GYM BAG Theresa Miller
	GYM BAG Susan Dunn





HENRY MAYO FITNESS — AND — HEALTH



MORE MASSAGES

For the first time at Henry Mayo Fitness and Health we will have three massage therapists!

Esbeide Quinonez joins our team bringing in 25+ years of experience as a massage therapist. She specializes in therapeutic, Swedish, deep tissue, shiatsu, prenatal, postnatal, clinical orthopedic and sports massage.

Our massage therapy department has been a positive indication of growth and service as we have been re-opening. Our team currently produces 100+ sessions per month. Due to this demand, we have grown our team and are already looking to add a fourth therapist soon. Esbeide will be joining Rebecca Willilams and Damain Marte as we work to provide our members and the community with the highest quality of service.

Center for Fitness and Health Promotes Family Fitness



During the winter, the Center for Fitness and Health developed family friendly programming to enhance its “gym community.” With the support of Penn Highlands Mon Valley Hospital, the Center was able to create programs for families as a whole. Initially, the Center focused on the “other pandemic” – obesity and childhood obesity. Developing activities such as Family Yoga and Family Swim gave families the opportunity to train and workout together. In addition our youth program, Gym Class Heroes, provided a chance for children ages 5 to 10 to experience a group exercise class at the Center. As health and wellness leaders in the community, the Center for Fitness and Health is working hard to allow members to focus on their families’ health and establish healthy habits. The effort was a success, as the Center grew its teen membership by 20%. Fitness Director, Chad Vorderbrueggen, had this to say about the initiative; “our team has always been there to better the health and wellness of the region’s young athletes – we all felt that it is also our mission to help and support the kids that aren’t participating in sports.”



Putting your health first.

Center for Fitness and Health
MVH HEALTH CARE



Certified Nutrition Coach

TIM

LIVINGSTONE

Center for Fitness and Health

PERSONAL TRAINER BECOMES CERTIFIED NUTRITION COACH

Tim Livingstone, personal trainer at the Center for Fitness and Health, recently passed the NASM Certified Nutrition Coach (CNC) exam. As a CNC, his goal is to use nutrition to assist his clientele with their desire to improve their health, lose weight, and/or enhance their sports performance. Having a broad understanding of the impact nutrition has on different stages of life will allow him to better equip his clients with the tools they need to succeed. Ultimately, this new certification will help Tim guide anyone from a young athlete trying to get away from fast food in order to optimize his athletic potential or the senior citizen who needs a heart-healthy diet because of a recent bypass surgery.

As a CNC, Tim will be able to work with either group to develop a personalized plan of action. "This plan of action will work in conjunction with their daily life/schedule and focus on attainable goals for each person," said Tim. His goal as a CNC is to empower his clients with the knowledge to form new eating habits that they can maintain throughout the rest of their lives. In addition to supporting his current clients, Tim also hopes to develop nutrition plans for The Center for Fitness and Health's clinical population.

Putting **your health first.**

Center for Fitness and Health
MVH HEALTH CARE

"This plan of action will work in conjunction with their daily life/schedule and focus on attainable goals for each person"

Putting **your health** first.

Center for Fitness and Health



PARKINSON WELLNESS RECOVERY

Parkinson Wellness Recovery (PWR!) continues to thrive at the Center for Fitness and Health. Most recently, personal trainer Sean Boyles received his PWR! Certification and has taken over as the main instructor. Sean enjoys working with clinical populations. He is also the primary instructor for CFH's Cancer Wellness and Bariatric Wellness programs. In addition to the PWR! Certification, Sean is completing a certification in boxing. Sean hopes to integrate the boxing and PWR! Program in order to enhance the participant experience!



13th Annual Indoor Sprint Triathlon

On March 6, 2022 the Center for Fitness and Health (CFH) hosted its 13th Annual Indoor Sprint Triathlon. It was the first indoor triathlon at CFH since March 5, 2020. Participants came from all over to test their skills for the upcoming race season. All in all, 38 participants set out to claim the top prize overall and in their age brackets. All competitors are required to swim 500 yards in the indoor lap pool, ride 8 miles on an indoor spin bike, and finish by running 2 miles on the indoor track. This year's male overall winner was Marc Christian with a final time of 41:28, and the female overall winner was Amy Martin with a time of 41:42.





Greene County Memorial
Hospital Foundation

Staff Training – Emergency Response Training

EQT REC Center staff recently participated in two training and teambuilding activities. Management took part in a "Stop The Bleed" training seminar hosted by a professor from local Waynesburg University. "Stop The Bleed" is a program designed to prepare individuals how to calmly and effectively manage a severe bleeding situation. The management staff at the Center are now all certified in the program and are effectively prepared should a situation arise. We will be hosting three "Stop The Bleed" seminars throughout April and May which will be free to the public. To learn more about the program and to get you, or your staff certified, visit <https://www.stopthebleed.org/>.

The Center was also visited by the local Emergency Medical Services (EMS) team where staff were taught how to appropriately react in an emergency situation, and properly prepare for EMS arrival. The steps and processes that were reviewed play a crucial role in the survivability of a patient in an emergent situation. Proper CPR and AED steps were reviewed to ensure all appropriate actions are taken to ensure the highest level of patient care and best possible outcome. EMS will be returning for an all staff meeting in the summer to provide a variety of situational scenarios. The upcoming scenarios will allow for staff to practice an assortment of skills and general patient care opportunities. As staff and member safety are of the utmost importance, holding regular training like this to ensure the likelihood of a positive outcome should any situation ever arise is our goal.

TAI CHI FOR SENIORS

EQT REC CENTER

EQT
REC
CENTER

Greene County Memorial
Hospital Foundation



The Center recently partnered with the Southwestern Pennsylvania Area Agency on Aging. Through this partnership one of our fitness staff members, Faith Nichols, became certified in Tai Chi with a focus on arthritis and senior movement. Registration for the program reached capacity within the first five days of availability. Currently, we are in the midst of the first 8-week program of Tai Chi, offered twice a week. Tai Chi is a low-impact exercise modality that limits stress on muscles and joints. Further benefits of Tai Chi include

- Improved balance
- Increased leg strength
- Reduced fear of falling
- Improved mobility
- Increased flexibility
- Improved psychological health

One participant has been quoted stating, "this class has helped me regain confidence in my movement and my balance is so much better now". Typically, the participants gather before and after class to discuss how much they enjoy the program. The program offers just as much of a social aspect as it does physical. Several participants have increased their usage of the fitness center in conjunction with the program. With the Tai Chi program being such a success many more sessions will be offered throughout the upcoming year.

MASTER TRAINER SOULBRANDS – SARAH DOMASKY



Greene County Memorial
Hospital Foundation



We would like to recognize and congratulate Sarah Domasky for her reaching the “Master Trainer” level through SoulBrands. The master trainer status applies to their SoulFusion, SoulStrength, and BarreFusion class styles. Sarah teaches all three variants at the Center and members have loved the consistent variety and energy she brings every day. Congratulations Sarah and keep up your incredible work!

MEMBER OF THE MONTH



CHRISTY HEMPHILL

I became a member of the Wellness Center in January of 2006. I have always been health conscious about my eating habits and workouts. It was not until I utilized personal training with Deb Bruce, ISSA CPT along with a balanced diet, that I began to notice a difference in my body composition. My workouts prior to training with Deb consisted of 3 days of cardio and 2 days of spot training each week. Deb has taught me how to incorporate cardio, diet and full body workouts. I look forward to continuing my training with Deb and am very grateful for her knowledge and expertise.

- Christy Hemphill



THE WELLNESS CENTER OF URMC



In today's market, there is more information, products, and gimmicks than ever. Because of this, it is more challenging to navigate through what is valuable information and what is just marketing ploys or outdated science.

Members joined Debbie Bruce, ISSA CPT, for "Share the Love, with Healthy Food," a nutrition class with sampling and recipes of great tasting, healthy food. Debbie's goal is to educate our members on how to make better choices in an easy, sustainable, and less frustrating way.

THE WELLNESS CENTER OF URMC



TAI CHI NOW OFFERED AT THE WELLNESS CENTER

At The Wellness Center of URMC, members are enjoying our new class, Tai Chi, taught by Stacy Hoffman, ACE CPT, ACE certified group exercise instructor, and FAI Tai Chi Instructor. Tai Chi is a mind-body exercise developed from martial arts involving slow, controlled movements and breathing that can strengthen bones, improve breathing, ease aches and pains, and reduce stress. It is especially beneficial for mature adults.



Singing River Healthplex



DR. FINAN GETS FIT

Dr. Michael Finan is the only Gynecologic Oncologist on the Mississippi Gulf Coast, specializing in the diagnosis, care, and treatment of women with cancers of the reproductive system. Scan the QR code to watch as Dr. Finan shares how his trainer Tyler Phan at Singing River Healthplex of the Singing River Health System has helped improve his own personal health.



HEALTHPLEX



BE EMPOWERED



Singing River

Healthplex

Singing River Healthplex 10th Annual "Shape up Jackson County" Weight Loss Challenge



Shape Up Jackson County is a 4-week weight loss challenge. The Singing River Healthplex 's degreed and certified training team provides professional and educational training sessions, along with a sample meal plan, Healthplex 's cardio tracker, and weekly motivational tips. This year's event had 96 participants. The top team lost 5.6% of their original bodyweight (average). The top male participant lost 40 pounds, which equated to 9.6% and the top female participant lost 9.71%, clinching the overall top spot.

Singing River Healthplex

**RIGHT
TO
BARE
ARMS**

HEALTHPLEX
BE EMPOWERED
Singing River
Healthplex

The Right to *Bare Arms* program at Singing River Healthplex utilizes TRX straps. It's a suspension training system which leverages bodyweight and gravity to perform countless exercises. It's great for developing strength, core stability, and balance. Plus, members love it! Ryan Barr, the SRHS General Manager tells members that whether they are beginning their fitness journey or are a sharpshooter, this results-driven, suspension training program guarantees their arms will be so *cut*, people will try to offer them BAND-AIDS®! *Right to Bare Arms* was expertly programmed by Healthplex certified and degreed trainers, Isabel & Lisa for men & women of all ages.





MEET THE TRAINER

ALEX CHAVARRIA

Alex Chavarria joined the team at Mission Fitness in April of 2019 as an Exercise Specialist/Personal Trainer after obtaining a bachelor's degree in Kinesiology with a specialization in Exercise Science from the University of Texas Permian Basin. While attending UTPB, Alex was a member of both the Dean's List and was the recipient of The National Honor Society of Leadership and Success Award. He specialized in studies related to Exercise Nutrition, Analysis of Human Movement and Cardiorespiratory Physiology, providing Alex with a well-rounded education that is a perfect fit at for the various clients at Mission Fitness.

Alex enjoys interacting with his clients and the members of Mission Fitness providing guidance and insight to help them achieve their health and wellness goals. His long-term goal is to obtain his Certified Strength and Conditioning Specialist certification through the National Strength and Conditioning Association and to focus on performance related training programs.





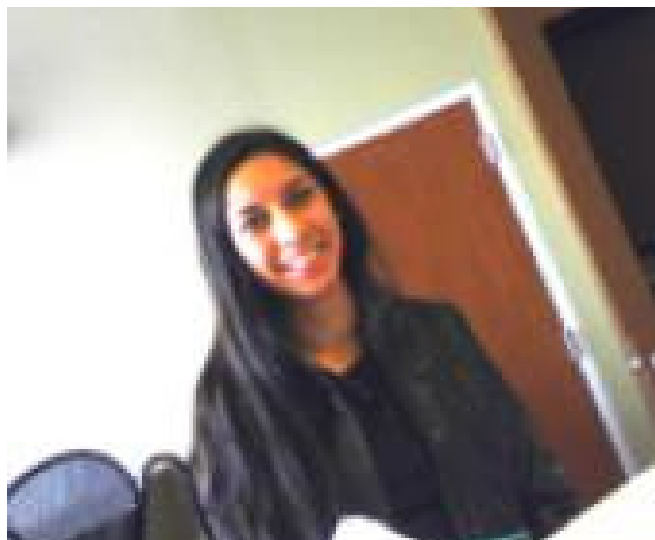
Mission Fitness/MCHS Chamber Mixer

Mission Fitness hosted the Chamber of Commerce “Business After Hours” Mixer on Tuesday, January 11, 2022. This annual event that Medical Center Health System hosts at the Center for Health and Wellness brings business leaders from around Odessa together and is a valuable vehicle for marketing the facility and its programs to the community. Russell Tippen, CEO of MCHS, addressed the group regarding how the healthcare system was managing the Covid-19 pandemic and the importance of self-care in battling this virus.



Daniela Flores has been a member of Mission Fitness for almost two years and is an employee of Medical Center Hospital. As an employee in direct patient care, Daniela’s goal was to gain “good” weight and strength to better serve the patients she takes care of on a daily basis. Daniel decided to hire a personal trainer to help her reach her goals and better understand how to effectively utilize the exercise equipment. She hired Jordan Bagrich, Mission Fitness Personal Trainer, about a year ago and has realized an increase in muscular strength and feels stronger and better prepared to lift patients and equipment at work without injuring herself. She is thankful that Jordan has been able to work around her changing schedule and loves the encouragement and support she receives, even for her small accomplishments.

Member Profile Daniela Flores





Indianapolis Healthplex



TAEKWONDO AT IHP

The IHP's Taekwondo program has grown into a very popular offering at the Indianapolis Healthplex. For the last 5 years, Taekwondo Instructor, Marcus Haynes has helped build a healthy martial arts community at IHP. The program is designed to bring out the very best character of each student. A "belt test" (achievement) for 16 students was recently held. The students did a great job demonstrating that they were ready to participate for their next belt level in the program.

AQUATICS DIRECTOR HONORED



The Arthritis Foundation named Indianapolis Healthplex Aquatics Director, Sally Brindle as the 2021 Legacy Volunteer of the Year. This honor is reserved for individuals with over 10 years of service and dedication to the Arthritis Foundation's mission. Sally, whose passion is to help people heal in the water, first partnered with the Arthritis Foundation in 1984. As a seasoned Arthritis Foundation Aquatics Trainer, Sally has helped many people. The Healthplex is thrilled to see her lifelong dedication recognized!



Sally Brindle





CANCER DAY HEALTH FAIR AND AQUATHON



In celebration of February's Cancer Prevention Month, the Indianapolis Healthplex partnered with Karuna Precision Wellness Center to host the first-ever Cancer Day Health Fair. The event, which brought together organizations supporting cancer patients, survivors, and families, included a blood drive, informational booths, and the Healthplex's 12th annual Aquathon. Swimmers taking part in this year's Aquathon signed up to swim either 30 or 60 minutes with Healthplex Masters swimmers. The annual event raises money for Relay For Life, the American Cancer Society's signature fundraiser. It was exciting to see the level of support and generosity from the community, and the Indianapolis Healthplex is hoping to grow the event for years to come.

THERAPEUTIC WORKSHOP SERIES

Beginning in 2022, Clinical Integration Coordinator, Chris Lanning, launched a therapeutic exercise workshop series. During this series, Chris goes through the anatomy and physiology of the human body. His workshops have included topics such as improving core strength, increasing thoracic mobility, and mitigating neck and should pain. Members are charged \$5.00 to attend the lecture. Each lecture has been well-received and well-attended. The series will continue throughout the year and will cover other areas of the body.



MEET ANDERSON TRAINER

Reva Coate

Perhaps one's first impression of Reva Coate would be that she is strong and powerful. Reva is after all a competitive powerlifter. In her last meet she placed 1st in the State of Mississippi in her division. She currently has max lifts of 160 in bench, 275 in back squat, and 285 in deadlift. Reva has shared this passion with other female members of the center by starting up a Bars & Belles class a couple of years ago. This class specifically focuses on barbell lifting. This past year several members of the group competed alongside Reva in a local powerlifting meet.

Get to know her a little and you find she is also very kind, gentle and compassionate. Reva seems to always have a member or co-worker's toddler in her arms. She also frequently talks about her Beagle named Sally. And she is an absolute Rock Star with the members! Her bootcamp class has become so popular she had to move it to the basketball court to accommodate the 20 or so members who regularly attend. And she plays a key leadership role with the staff, who affectionately refer to Reva as "momma duck". It fits!

While having to quarantine during the first few months of the COVID pandemic in the Spring of 2021, Reva took up photography. She truly has a gift! She does mostly landscape and nature shots but will occasionally photograph friends for special occasions.

Reva's fitness journey is awe inspiring. About 8 years ago she found herself overweight and suffering from rheumatoid arthritis and other wellness related issues. At the time her doctor stressed the need for her to lose weight and get healthier. Reva began to run at a local lake and eventually increased her distances up to 3 miles a day 5 days a week. Over time she expanded her fitness workouts to include CrossFit and then powerlifting. From the beginning of her fitness journey to now Reva has lost over 50 pounds and kept it off.

Perhaps co-worker and fellow Bars & Belles member Tiffany Graeter says it best - "as a coach and trainer, Reva's love for what she does shines through. As a co-worker she is the ultimate team player, stepping in wherever and whenever needed".



Did You Know.....

Americans throw away over 300 million shoes each year. And it takes discarded shoes 30-40 years to decompose. Considering 70 percent of the global population uses repurposed shoes, the staff at Anderson Health & Fitness Center is doing its part in finding a better place for these shoes than in a landfill. The center has partnered with Sneakers4Funds in collecting these shoes from facility members and hospital employees and ultimately getting them to families in developing countries around the world who are able to find a path out of poverty by selling the shoes collected in their communities.

As an incentive, facility members who bring in shoes are entered into a monthly prize drawing, but the real incentive seems to be being able to give back to society and help those who are less fortunate financially, not to mention taking better care of our planet.



Seniors Have Come Back Strong At Anderson Health and Fitness Center



Around Anderson Health & Fitness Center it seems like one of the most active user groups lately has been the 65 and older population. This age group has come back strong over the past many months with the vastly improved situation with COVID. For fiscal year 2022 beginning October 1, 2021 of the nearly 400 new members joining the facility, 22 percent have been over 65, and more than 7 percent have been 75 and older.

And these members are not just joining the center. They are here almost daily, filling up our low impact and Silver Sneakers classes, hitting the Life Fitness circuit strength equipment, and actively walking around our indoor track.

These members are quick to tell you how happy they are to be out and active again and meeting up with their friends for their daily workouts.





BRAG BOXING

SBH Healthplex

The 3rd cohort of the B.R.A.G. boxing program has begun at the Healthplex Fitness Center in the Bronx, New York. The program is designed to attract inner city youth and to give them a way to enhance their self esteem and to vent their frustrations, in the hope that they can avoid gun violence. In this cohort, the 4 participants are inching closer and closer to the ultimate goal of this program: a real in-ring fight with opponents who hit back. The case manager, Joel Castillo, a former professional boxer himself, is working diligently behind the scenes to schedule a tournament for the participants upon the completion of this current 12 week session.

In preparation for their eventual in-ring fights, the teens received new sparring gloves, headgear, boxing shoes, and mouth guards to prepare them for the grueling training they are all set to begin in this 3rd cohort. Daniel Bonilla, the Healthplex Clinical Integration Director, will be their sparring partner until the students can safely and effectively compete in a sanctioned match. As the participants progress and get used to the intensity of a real contest, Daniel will be increasing the force of his punches, the speed in which he moves, and will also begin to tighten up his defense in an effort to simulate a real in-ring engagement. The participating teens, who are aged 15, 17, and two 19 year olds, will benefit from this increase in intensity in their training.



The participants also continue to meet with Health Coach/Clinical Integration Coordinator, Lexis Beato, who works with developing the strength and conditioning of the young pugilists. B.R.A.G. is attempting to have each participant compete in a tournament and hopes to encourage other at-risk youth in the Bronx to turn away from the streets and commit to the gym and a healthier lifestyle so that the young participants can focus on more productive endeavors.



At SBH Health & Wellness Center

Lantern Boxing at SBH Healthplex



On Wednesday the 23rd of February, 4 young members of the organization Lantern began their health and fitness journey at the Healthplex Fitness Center in the Bronx, New York. The participants in this innovative pilot program are all aged 11 and suffer from obesity, asthma, low self-esteem and all share similar background stories.

Lantern is an organization that focuses on providing housing and a variety of supportive social services for low income families, as well as shelters for orphaned youths, met with Albert Jovel and Daniel Bonilla to find a way to help improve the health and self-esteem of their younger members. The 4 participants in this pilot program have been victims of bullying due to their housing situation, and often resort to staying inside and playing video games rather than going outside and risk getting picked on. The program uses boxing, often referred to as the “*Sweet Science*” to teach the young participants the fundamentals of the sport which is aimed at helping them to develop their strength and fitness levels, but more importantly, builds their self-confidence and provides the young group with a safe space in which to strengthen their sense of self and build stronger social connections.



Daniel Bonilla, the Clinical Integration Director, meets with the participants once a week and we are happy to report that since starting the program the participants have given up sugary drinks and foods, are focusing on eating healthier, and have started referring to themselves as “athletes” and “boxers.”



At SBH Health & Wellness Center

HealthWorks Fitness Center

HealthWorks Fitness Center, HPA's newest club, held a Rock Steady Boxing class open to the community on April 1 to help raise awareness about Parkinson's disease.

Offered at HealthWorks since 2018, Rock Steady Boxing is a non-contact program "based on training used by boxing pros, and adapted for people with Parkinson's disease," said Amanda Cooley, SHARE Foundation public relations manager.

April is Parkinson's Disease Awareness Month, according to the Parkinson's Foundation. Cooley said the community class was held on April 1 to help increase awareness about the disease, which is characterized by tremors, balance and gait problems and limb rigidity.

Members of the community were invited to come and participate and see how challenging and fun (Rock Steady Boxing) can be for individuals with Parkinson's and see how beneficial it is for them.

Participants do simulated boxing — shadow boxing, heavy bags, foot work, strength with weights and body weights. In addition there is some Parkinson's functional training, walking drills, (practicing going) from seated to standing, balance challenges. "

For the community class on April 1, members of the medical community in El Dorado were invited to see what the Rock Steady Boxing program is all about. According to the Parkinson's Foundation, almost 1 million people in the United States live with Parkinson's, and approximately 60,000 Americans are diagnosed with the disease each year. More than 10 million people worldwide have Parkinson's.

HPA is proud that several of our facilities have adopted Rock Steady or other specialized programs to support those with Parkinson's.



HEALTHWORKS
FITNESS
A SERVICE OF SHARE FOUNDATION



**Rock
Steady
Boxing**

HEALTHWORKS IS HAPPY TO INTRODUCE SENECA IVERSON, OUR NEW FITNESS DIRECTOR!



I have always been passionate about helping others achieve their goals throughout life, I also believe in leading by example. At 5 years old, I started playing sports and doing calisthenics with my dad. This is when my passion for fitness began. I continued to play basketball throughout high school and ended my career as a collegiate player at North Arkansas College, where I also earned an Associates of Arts Degree.

In 2014, I decided to relocate to Dallas Texas to run a small mobile detail business with a childhood friend. The business did not turnout as planned so I decided to pursue one of my goals to become a certified Personal Trainer. In 2015, I obtained my certification in Personal Training from Brookhaven College, located in Farmers Branch, Texas. I began personal training friends and coworkers in a small 24-hour gym that was located within my community. My passion for fitness began to grow even stronger when I started seeing the results my clients were getting and the difference fitness was making in their life. I have been on this journey for 7 years now and the good has definitely outweighed the bad. Getting certified in Personal Training was one of the best decisions I have ever made. I am excited to be back in my hometown and looking forward to helping anyone that I can reach their fitness goals. I am here to be your personal guide on every step of your journey.

"Believe in yourself and all that you are. Know that there is something inside of you that is greater than any obstacle."

-Christian D. Larson

MRMC WELLNESS CENTER



At MRMC Wellness Center we have been enjoying the spring weather! To celebrate the beautiful weather and for member appreciation, we put out some fresh fruit. Member Kathy McDaniel was especially excited to have an orange after her workout. Members Marvin Hurta and James Folse are on the right smiling as they wrap up their last laps of their morning walk. Our indoor track is our main attraction year round here in Texas, especially in the summer when it is too hot to be outside!



MRRMC WELLNESS CENTER



Members Anna Hernandez and Ana Antunez are couple of healthcare workers from the hospital that are participating in a 'Biggest Loser' competition. They are playing with some high stakes and taking it very seriously! It is great having them come in and be a part of our Wellness Center. You can't ever have too many healthcare workers around!



Your leader in Health and Wellness

HEALTHPLEX ASSOCIATES

CONTACTS

Central Office

(912) 225-9696

2450 Isles of St.

Marys Way

St. Marys, GA

31558



Website

www.healthplexassociates.com

Email

LROBBINS@HEALTHPLEXASSOCIATES.COM

HEALTHPLEX ASSOCIATES

YOUR PARTNER IN WELLNESS AND FITNESS



HPA Services:

WWW.HEALTHPLEXASSOCIATES.COM

-
- Feasibility Analysis
 - New Construction
 - Managed Facilities
 - Operational Services