

3RD QUARTER 2022

# HEALTHPLEX HAPPENINGS



Your Partner in  
Wellness and Fitness

VOL. 1  
ISSUE 3

Your leader in Health and Wellness

# HEALTHPLEX ASSOCIATES

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## HEALTHPLEX ASSOCIATES – MAKING A DIFFERENCE



**DON DOYLE, SENIOR VP CENTER  
OPERATIONS**

In 2002, the SHARE Foundation, a not-for-profit public charity that was created in February of 1996 as a result of the joint venture between Medical Center of South Arkansas and what was previously Triad, assumed ownership and management of a YWCA. In 2003-2004 a \$5.4 million dollar renovation and expansion project was completed and SHARE named the facility “HealthWorks Fitness Center”. HealthWorks mission is to provide wellness facilities and programs designed to impact adverse health outcomes while improving fitness and quality of life.

HealthWorks, however, continued to experience operational challenges, including an inability to generate a profit, membership levels that were trending downward and clinical integration efforts that did not meet the needs of potential clinical patient referrals. SHARE Foundation engaged Healthplex Associates to develop strategies that will improve operational performance and member growth, usage and retention.

One year into the engagement, HealthWorks has made marked improvement in critical areas of operations: Membership grew by 11%, Membership Revenue increased 4%, Overall Revenue increased 4.5%, People Costs decreased 19% and Net Profit/Loss improved by 36%. This was achieved by implementing policies and procedures aimed at improving member satisfaction.

A successful partnership!



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# MRMC WELLNESS- BAY CITY, TX



The Wellness Center is located inside a special concrete FEMA (Federal Emergency Management Association) Dome that acts as an emergency command center in the event of a natural or nuclear disaster. If such a disaster were to occur, the exercise equipment would be moved to the sides and the building would become buzzing with a different type of activity. It took a creative mind to put a gym in the dome! Our Club is a sight to see and very interesting to members and guests alike.





# MRMC Wellness Center

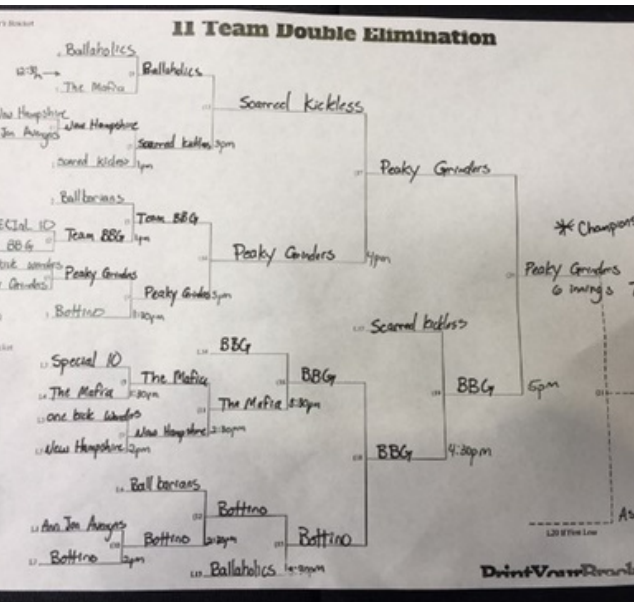
Currently, the MRMC Wellness Center offers a Yoga class, two bootcamp-style classes, and an Active Aging class throughout the week.

Yoga class is held on Monday afternoons and has some long-term attendees. The friendships formed in her class extend outside the Wellness Center. Several new members have joined the center because they heard about her Yoga class. Bootcamp runs on Tuesday and Thursday evenings. Members enjoy the different challenges the class brings each week ranging from 'tank top arms' to 'bikini legs'. The Active Aging class is relatively new, launching at the beginning of June, but has become something our members look forward to!



MRMC Wellness is delighted to welcome Alta Herrera to the team. She jumped into the Fitness Attendant role as Bryanna Jones moved onto the next chapter of her career at the Hospital. Alta comes to us with a background as a victim advocate, crisis counselor, and foster parent. Her friendly personality and positivity is welcoming to members as they come in. She always has something encouraging to say and we are delighted to have her!





Center for Fitness and Health  
MVH HEALTH CARE

In total, 144 players played a total of 20 games and raised a total of \$2,880 for the Penn Highlands Mon Valley Hospital Foundation. This year's Kickball Tournament was made possible by multiple organizations donating items. Model Apparel donated and printed t-shirts for all the participants, and Community Life Living Independence for the Elderly donated all the water and snacks for the kickball players. Finally, two local food trucks were on site to feed spectators and players. Kona Ice of Westmoreland County, a shaved ice truck, kept the players and spectators cool, and the Big Black Grill served barbecue food and sponsored the 2nd place kickball team.

Nick Zimmerman, said “Our team had such fun time today, and we were glad to be a part of this kickball event.” Next year, the Peaky Grinders will look forward to defending their title at the 3rd Annual Rostraver Kickball Tournament.



HealthWorks enjoyed getting back out in the community for the 30th Annual Mayhaw Festival. The festival is held on the first Saturday of May each year since 1992 and is put on by the South Arkansas Historical Preservations Society in El Dorado, Arkansas. It is an annual street festival with craft and food vendors, vintage market, antique car and motorcycle show, Newton House Museum tours, 5K fun runs, kid's activities and live music. HFC offered three different exercise challenges- tire flip, bar hang, and pull up for all festival attendees to choose from and had several adventurous visitors try all three! Gym members and others enjoyed two regular Saturday morning classes, Yoga and Zumba, on the lawn at the festival.

HealthWorks staff was excited to see the level of support and participation at the well-attended event. Holly Wood, HFC General Manager, stated, "We loved being here! Our goal is to grow SHARE Foundation's vision of building a healthier community."



# HEALTHWORKS



# HEALTHWORKS BLACKTOP BOOGIE

HealthWorks Fitness Center kicked off the summer on Tuesday, June 21st with its first annual community wide Blacktop Boogie. The free event was held in HealthWorks parking lot from 6-8pm. More than 30 members and guests attended the event.

Rhonda Sayers, HealthWorks Group Fitness Coordinator, taught all the kids how to hula-hoop before testing their skills in the hula-hoop challenge. Paul Trichel, HealthWorks Zumba instructor, taught a pop up Zumba class and everyone boogied with Hannah Marsh, HealthWorks Group Fitness instructor, to learn line dancing.

All enjoyed the watermelon-eating contest with father and son, Zach and Zeke Bogle, sweeping both age categories to take home fun summer prizes.





**EQT  
REC  
CENTER**

Greene County Memorial  
Hospital Foundation

**SUMMER FUN!**

EQT REC CENTER





## SUMMER FUN!

The Center hosts a robust variety of summer camp options throughout the summer. Camps begin the first Monday after school lets out and continues until the final Friday before school resumes. This grants parents much needed relief throughout the season while also providing an educational aspect for the children. Each week has a new theme or specialty event for the kids like “Bodies In Motion”, where kids learn about the body and how it functions, with a variety of experiments like making “lungs” with balloons. We focus on creating a fun and interactive environment for children to learn and experience new challenges outside of the classroom.

Another major focus of our summer programming is the Sports Camps. New Sports and Recreation Director, Daniel, has been hard at work gathering an incredible staff of college coaches and athletes to help improve the skill sets of children in a variety of sports. The most popular camps have been Baseball and Volleyball, both of which have set a record for the highest athlete attendance. Combined, our camps have seen over 150 individual children in attendance during the camp program!

The Center has also introduced a playground. The playground will have its grand opening in the coming weeks. A generous donation from a local community business allowed for us to complete the project. We can’t wait to see the children enjoy the new feature and continue to thrive over the coming months and as they head into their next athletic competition season!



Daniel Hott – Sports and Recreation Director



Nick Zator–Fitness Staff

## NEW TO HEALTHPLEX: DANIEL HOTT - SPORTS AND REC DIRECTOR NICK ZATOR - FITNESS STAFF

EQT REC Center recently promoted one of its staff members, Daniel Hott, to the Sports and Recreation Director position! Daniel Hott is a recent graduate from local Waynesburg University and has an extensive background with sports and recreation having played a variety of sports from a young age. Throughout his youth and early adulthood, Daniel was a three-sport athlete and continued to play soccer at the collegiate level. In addition to his playing experience, he has been individually training athletes in soccer for over 8 years and has coached for three. In his free time, Daniel enjoys working out, spending time with friends and cooking. Daniel is excited to be part of EQT REC Center's team as the Center has a positive atmosphere and he gets to work within the wonderful community of Greene County. Welcome to the EQT REC Center and Healthplex team, Daniel!

Also new to the Fitness staff is Nick Zator. Nick is currently attending West Virginia University and is majoring in Exercise Physiology. He is currently a junior and is planning to attend medical school upon the completion of his undergraduate degree. Nick is planning to sit for his NASM CPT in July and is preparing to take the NSCA CSCS exam following that. Welcome to our team, Nick, we can't wait to see all the people you help guide on their fitness journey.







## WHAT'S SMOKIN BBQ

EQT has partnered with a local food truck, “What’s Smokin”, to host BBQ nights at the Center throughout the summer. With some of the best food around, people travel to enjoy their BBQ, making the Center a new destination for many. This creates a unique opportunity for the us to showcase a variety of activities and events that are offered throughout the year including our group exercise classes and youth programming. The first evening was a success with non-members traveling to the Center and joining once they received a tour of the facility and learned about all the benefits of membership.

# SPRING BOOTCAMP SUCCESS!

EQT REC Center introduced a new “Spring Bootcamp”. This was the most successful bootcamp ever offered at our Center, with 25 registrants! The Bootcamp was an 8-week program starting in April and concluding at the beginning of June. The camaraderie that was shown by the participants was incredibly inspiring, as everyone worked to surpass their personal limits. We also introduced a “Warrior of the Week” award to recognize the individual that pushed themselves the hardest during the week’s workout. The program included pre and post camp measurements to track the success of the program for each participant. Overall, the total weight lost by group reached 60 lbs. with one person dropping 15 pounds! Many saw a 1.5%-2.5% bodyfat percentage drop when measured with the Center’s BodyMetrix scanner. We are proud of all the effort that was put in by the members and can’t wait to host our next Bootcamp challenge in the Fall!







# SINGING RIVER HEALTHPLEX

## LOGAN STOIGNER

Logan Stogner, the fitness director for Singing River Healthplex, recently had the opportunity to speak at William Carey's College of Osteopathic Medicine (COM). He talked to 200 pre-med students across their three campuses. He addressed the subjects of population health, exercise testing and prescription.

We applaud William Carey College for their proactive approach to medicine.





## Lisa Nondorf

Singing River Healthplex trainer, Lisa Nondorf recently went on a European tour as an excuse to compete in the European Obstacle Course Racing (OCR) championship. Also a competitive Ninja Warrior and avid rock climber, you can see Lisa hanging from one of the caves in Kalymnos Greece.



# Singing River Healthplex



## E-Rx EXERCISE PRESCRIPTION PROGRAM



E-Rx is a six-month, holistic program designed for people with any of the following conditions:

- ✓ hypertension
- ✓ high cholesterol
- ✓ diabetes
- ✓ obesity
- ✓ chronic fatigue

You'll receive 23 customized training sessions with a degreed Healthplex trainer, plus 29 coaching sessions that will address your mind, heart, and spirit.

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The Exercise Prescription (E-Rx) program is the only whole person program on the Mississippi Gulf Coast! We value all aspects of our members.

E-Rx is a six-month, whole person program designed for people with any of the following conditions: hypertension, high cholesterol, diabetes, obesity, and/or chronic fatigue.

Participants receive 23 customized training sessions with a degreed Healthplex trainer, plus 29 coaching sessions that address the mind, heart and spirit.

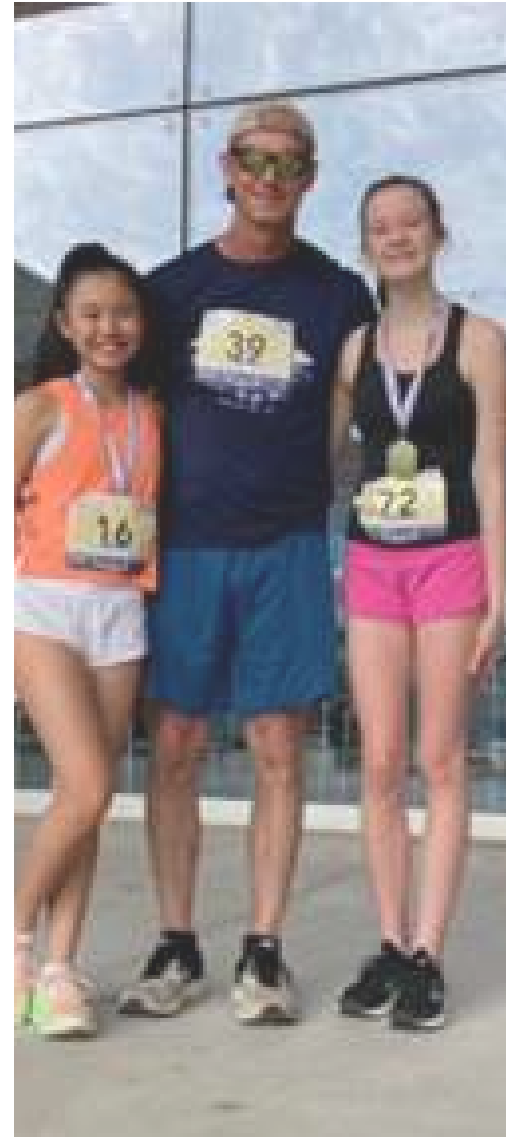


# Anderson Holds the First Annual Threefoot 1 Mile Run

This summer on May 14th Anderson Health & Fitness Center held the first annual Threefoot 1 Mile Run. The race was held in conjunction with the Meridian Threefoot Festival and Anderson worked closely with the City of Meridian and the Mississippi Arts + Entertainment Experience - The MAX as locals call it.

In planning the running event, Anderson H&F staff wanted to depart from the traditional 5K and do something new and different. They came up with a 1 mile race that was all downhill, starting at the Anderson North campus and ending downtown on front street in the MAX parking lot.

Over 100 participants turned out and the day was truly special.



# ANDERSON SUPPORTS LOCAL DUSTY ORGANIZATION



Anderson Health & Fitness Center was proud to sponsor the local area Dusty's Make a Wish 5K run held at Bonita Lakes this past June.

A total of \$15,376 was raised for Make a Wish. In wrapping up the awards ceremony and the day, Dusty President Emma Kate Stephenson said "this number blows me away, and humbles me in so many ways".

GM Adam Hodges was there to participate in the event with wife Laura, daughter's Katie (not pictured), Sally, Zoe, and son Benjamin.



# Being Physically Active By FD Bryce Branning



Some people like to play golf, some go for a hike on a trail that may lead to a hidden waterfall, some try to summit the next mountain that is in their sight, or some might even be in a local bowling league. Each of these hobbies is a great form of physical activity that can help keep us feeling young. For me, it's chasing those spring gobblers and searching for Ancient Native American artifacts.

Here in Mississippi, turkey season starts on the 15th of March and ends on May 1st every year. This 48 day season is very long and grueling. I generally start my morning off at 4:00 a.m. with a tall tumbler full of coffee to help wake me up by the time I reach my destination. I generally get to my desired location around 5:00 a.m. and wait until the sun starts creeping and I hear that first wonderful sound of spring. Once I have the turkey located, the fun part begins! I'm usually carrying anywhere from 10-15 pounds of gear and that can start to wear you down if the gobbler isn't cooperating and you have to start moving to get into a better position. I love this because being a fitness professional I understand how physically demanding walking up and down hills, sometimes miles at a time, or army crawling 150 yards to get in a better setup without getting busted, can be.

I've had the opportunity to share my love for this sport with some of my closest friends and family which includes my boss, Adam Hodges, who is now hooked for life and also understands how physically hard it can be at times. He's been very fortunate over the past couple of seasons to have harvested two really nice birds and now he's in pursuit of a third.

When turkey season is all said and done, I pick up my second favorite hobby which is searching for Ancient Native American artifacts. This is a fantastic form of physical activity and can be equally as hard as hunting wild turkeys, if not harder. Searching for these thousands of years old artifacts involves getting in and out of creeks or rivers, walking several miles through extremely rough terrain with several pounds of gear or even digging for 4-5 hours with a shovel. All very physically demanding on the human body, but it is all worth it when you happen to pull out an artifact that can be anywhere from 3,000 years old to some as old as 12,000.



With that being said, I generally encourage people to find a few things they truly enjoy doing that involves some form of physical activity and make it a constant routine in their lives, whether it be something as simple as working in the garden, walking their dog in a local park or even just doing some casual cleaning around the house. The key is to always keep moving!





# INTRODUCING TODD WATKINS INDIANAPOLIS HEALTHPLEX

The Indianapolis Healthplex is excited to announce that we have hired Todd Watkins for the Program Coordinator role. Todd graduated from Trine University in 2014 with a bachelor's degree in Exercise Science. He has experience as a Strength and Conditioning coach, collegiate and high school basketball coach, as well as personal training and program development for all ages. Prior to joining the Indianapolis Healthplex, Todd was the Wellness Manager at Greenwood Village South. He brings to the table a passion for program development, which stems from the thrill of providing opportunities for education, fun, and building relationships with others.

# SUCCESSFUL SUMMER CAMP

CAMPERS AT THE INDIANAPOLIS HEALTHPLEX GOT A SPECIAL SUMMER EXPERIENCE. THEY STAYED ACTIVE, TRIED NEW SPORTS, SWAM, RECEIVED SNACKS AND LUNCHES THAT WERE CURATED BY A DIETICIAN, AND (MOST IMPORTANTLY) HAD A LOT OF FUN! CAMPERS ENJOYED THEMED WEEKS SUCH AS WATER WEEK, BOUNCE THAT BALL WEEK, DANCE WEEK, RACQUET SPORTS WEEK, AND MORE. WHEN THE CAMPERS WEREN'T BUSY WITH ACTIVITIES SUCH AS PICKLEBALL, GOLF, SWIMMING, BASKETBALL, TENNIS, AND CRAFTS, THEY WERE ENGAGED IN MEANINGFUL DIALOGUE ABOUT ADOPTING REGULAR EXERCISE AND GOOD NUTRITION FOR A LIFETIME OF HEALTH. THE CAMP WAS AT CAPACITY ALL SUMMER AND THE HEALTHPLEX RELIED ON ALL ITS EXTERNAL PARTNERS AND THE AMAZING TRAINERS, GROUP EXERCISE INSTRUCTORS, SWIM INSTRUCTORS, AND STAFF TO CREATE A MEMORABLE EXPERIENCE FOR ALL CAMPERS.



## INDIANAPOLIS HEALTHPLEX



## POWERLIFTING EVENT

The 3rd annual Powerlifting Event hosted by the Indianapolis Healthplex took place on July 23rd.

The event had 22 participants from ages 17 to 74 years old. For some of the participants, this was their first ever lifting competition. For others it was just another day in paradise. Either way, this competition gave members goals to shoot for in their training sessions and each competitor should be proud of all the work they put in to achieve their heaviest lifts with squat, bench, and deadlift. Great sportsmanship was shown throughout the competition as each participant encouraged and motivated, or MOATivated as our trainer Shane Moat would put it, one another. Congratulations to each winner in their age division: Morgan Klingerman, Cameron Jones, Raquel Faires, James Peoples, Winyan (Winnie) Handojo, and Terry Baumer. Everyone did a great job and had a great time!



# INDIANAPOLIS HEALTHPLEX COOKOUT BUILDS COMMUNITY

On July 23rd, the Indianapolis Healthplex hosted its annual cookout. The cookout has proved to be a great tool for member engagement. The event consistently has a great turnout and member feedback about the event is overwhelmingly positive. Healthplex staff is able to socialize with members and their families, allowing the Healthplex to build an engaged community. New to this year's cookout event was a bounce house, which kept all the kids in attendance very happy! The cookout featured grilled food, group exercise classes, pickleball, bounce house, music DJ, face painting, and more.



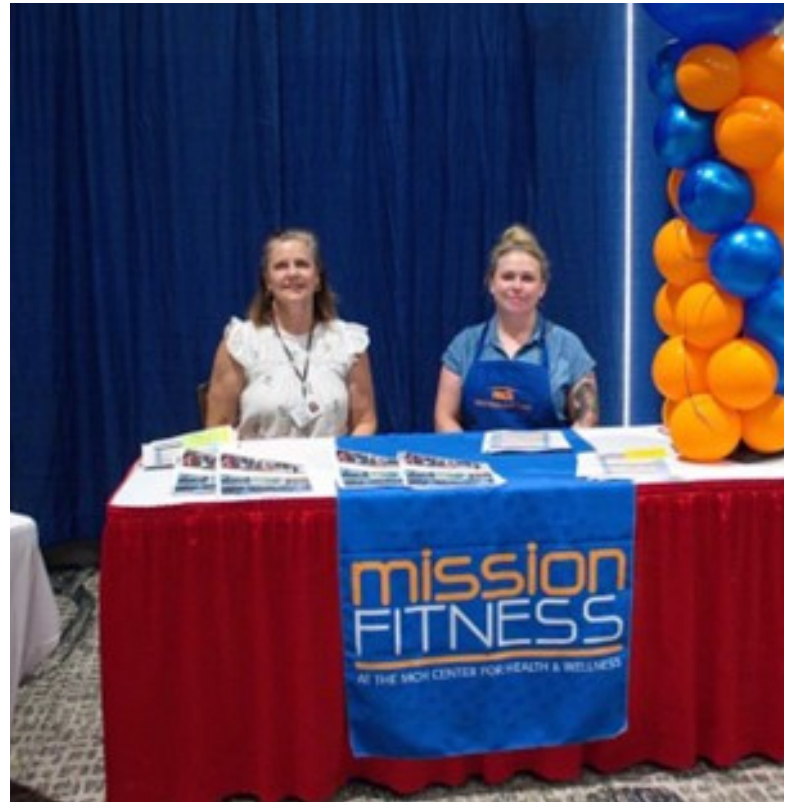
# MISSION FITNESS

## DOWNTOWN DASH AT THE MOONLIGHT MARKET

Mission Fitness helped kick-off Medical Center Hospital's annual farmer's market by hosting the first annual Downtown Dash 5K. The course began and ended at the site of the MCH Moonlight Market and had runners navigating through the main campus of Medical Center Hospital along with other downtown Odessa landmarks. A small, but eager group of runners participated on an evening where temperatures at race time hovered around 96 degrees and began, what we hope, will become an annual race to bring people downtown in the evenings and to support the Foundation that does so many wonderful things for Medical Center Hospital and the citizens that it serves.

## ECTOR COUNTY NEW TEACHER'S WELCOME EVENT

The 8th Annual ECISD New Teacher Welcome was held Monday, August 1st and was a huge success. Mission Fitness joined forty-five other vendors at the Odessa Marriot and Convention Center in welcoming new teachers to the district. Carmen Kenner, Member Services Director, and Karyn Perez, Sales Assistant, were on hand to provide the new teachers with information on stress reduction, maintaining a healthy lifestyle and the importance for taking time for one's own wellness. All new teachers received a one-week pass to Mission Fitness as part of the event.







**MISSION  
FITNESS**



## Swimming Pool Upgrades

Mission Fitness is in the final stages of upgrading the swimming pools in the facility. All three pools, hot tub, therapy and lap pool, have been re-plastered. The automatic feeder systems that supply the pool chemicals have also been replaced and the final steps will be to add new lifts to assist those that have mobility issues entering and exiting the pools. These renovations will allow our engineering team to better monitor the pool chemicals ensuring a better swimming and class environment for our patients and members.



# 21ST ANNUAL TUMBLEWEED TRIATHALON MISSION FITNESS

Mission Fitness hosted the 21st Tumbleweed Triathlon on Sunday, July 31st. This is the second year that Mission Fitness has been the host sponsor of the event which benefits the Medical Center Health System Foundation. The USA Triathlon sanctioned event takes place at the University of Texas of the Permian Basin and consists of a 400-yard swim, 20k bike ride and 5k run. Sixty participants registered for this year's event with over forty completing the course.



mission  
FITNESS



# JENNIFER QUINN



24525 Town Center Drive, Valencia, CA 91355  
661.200.2348 | henrymayofitness.org

WILLIAM HOLSTEIN OF HENRY MAYO FITNESS AND HEALTH IS PLEASED TO LET THE HPA/PWM TEAM KNOW THAT JENNIFER QUINN HAS BEEN APPOINTED AS THE NEW MEMBERSHIP SERVICES DIRECTOR. JENNIFER COMES TO HPA/PWM FROM SURVIVAL OF THE FITTEST IN SANTA CLARITA. JENNIFER HOLDS A BACHELOR'S DEGREE FROM SEATTLE PACIFIC UNIVERSITY. HER EXPERIENCE INCLUDES 7 YEARS AS AN EDUCATOR, AND 7 YEARS AS CERTIFIED PERSONAL TRAINER WITH NASM. SHE ALSO HAS A CERTIFICATION IN PRE AND POST NATAL TRAINING. ON THE PERSONAL SIDE SHE LOVES TO CONTINUE BEING AN ATHLETE TRAINING IN THE GYM ALONGSIDE HER MEMBERS AND RAISING HER TWO BOYS!

**SHE CAN BE REACHED AT  
QUINNJI@HENRYMAYO.COM OR 661.200.2304.**

# SUMMER SPORTS PERFORMANCE PROGRAM



IN FALL OF 2019 WE EXPANDED OUR FACILITY AND OPENED UP OUR PERFORMANCE INSTITUTE WHERE WE PLANNED TO HAVE SEVERAL OPPORTUNITIES TO TRAIN AREA ATHLETES. THIS STARTED OFF IN A BIG WAY UNTIL EVERYTHING SHUT DOWN IN MARCH 2020 DUE TO COVID. JUNE MARKED THE RETURN OF THE MAJORITY OF SPORT PERFORMANCE PROGRAMS WHERE WE STARTED WITH SEVERAL NEW GROUPS OF ATHLETES. WE ALSO BEGAN WORKING WITH ONE OF THE LOCAL HIGH SCHOOLS, CANYON HIGH, IN OFFERING OUR SERVICES AND STAFF TO RUN THEIR ATHLETIC TEAMS STRENGTH AND CONDITIONING PROGRAMS. JUNE WAS THE FIRST MONTH OF THESE PROGRAMS AS WE WENT OUT TO THE HIGH SCHOOL TO RUN BOTH THEIR FOOTBALL PROGRAM AND CHEER PROGRAM'S STRENGTH AND CONDITIONING. WE ARE NOW IN TALKS WITH THE SCHOOL'S ATHLETIC DIRECTORS TO WORK WITH MORE OF THEIR TEAMS.



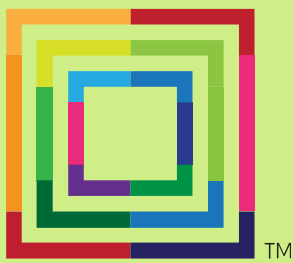


## MASSAGES FOR THE CENTER OF WOMEN AND NEWBORNS

In partnership with our hospital we started a program where one of our massage therapists reported to the Center for Women and Newborns providing 10 minute relaxing massages to mothers postpartum. This was a program we have been working to get going since last year and we have gotten great feedback from both the nurses and patients. Currently this program runs Monday through Friday for 2 hours each day and if all keeps going well the hospital wishes to extend the program to 7 days and other departments.



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# MONTAGE

## Wellness Center

On May 3rd, Montage Wellness Center celebrated our 11th anniversary in Marina. We celebrated the week with a “Week of Wellness” in both our Marina and Salinas facilities. The events were open to our current members and the public. The week included 8 lectures and participation screenings for members. The lectures included the topics of strength training, nutrition, flexibility, mobility and balance. Attendees were invited participate in complementary health and movement screenings. The screenings included body composition, BMI, balance testing and functional movement assessments.

Anniversary week once again included an Open House Celebration on May 4th. Members and the public were invited to visit the facility for complimentary workouts and group fitness classes. A mix of food and refreshments were provided. Over 150 new members joined during our anniversary month.

The celebration concluded with a pre-game “tail-gate” party at our center. 100 lucky members got tickets to the inaugural home opener for our new local professional soccer team. This is the first season for the Monterey Bay Foot Club expansion franchise and Montage Health is the official jersey sponsor. The party included refreshments and ZUMBA® classes at the wellness center prior to the game after which a large group of us walked to the stadium for the opening game.

Below are pictures of the Montage Health banner, soccer game and front desk staff Victoria Pelagio (Left) and Katya Cervantes (Right).

## Montage Wellness Center Celebrates 11th Anniversary





# THE WELLNESS CENTER OF UPMC



## PARKINSON'S PROGRAM

UPMC's Wellness Center has added a new program that has been a great success in our community. "PWR" is an exercise class for people with Parkinson's Disease that "makes function exercise" to keep participants moving and doing more of what they want to do! In the class, participants are challenged physically and cognitively while working on fitness goals such as strength, balance, aerobics, and flexibility. Exercises are designed to improve their fitness, counteract PD symptoms, and increase daily activity. This whole body, function-focused class pushes participants to do more than they think they can while challenging the body and mind. It is a fun and engaging experience! Like other HPA facilities, we are proud to say that we can make a significant difference in the lives of the people we serve.







## SBH HEALTH AND FITNESS CENTER

Last month (July) the Healthplex launched a grant funded program at our facility aimed at helping employees who work at St. Barnabas' Methadone Maintenance Treatment Program (MMTP) to better manage their stress utilizing movement and exercise. Through a hospital funded grant, the Healthplex at St. Barnabas has been able to offer 38 staff members a 1-Year Membership to the Fitness Center. All the participants of this unique and innovative program have access to our state-of-the-art fitness Center, and our extensive group fitness offerings and can take advantage of working with one of our credentialed personal trainers on a 1-1 basis for 12 training sessions.

These employees have very high-stress jobs. Through this program they are able to utilize the gym as a place to learn through movement how to constructively release a bit of that stress while simultaneously improving their overall well-being. The majority of the participants are working out with their trainer during lunch successfully participating in their own self-care by including a mid-day recharge of their minds and bodies. On the days they are not working-out with their trainers many program participants come in during lunchtime to exercise on their own to practice what they are learning in their 1-1 sessions; or, they come in the afternoons to enjoy one of the group fitness classes on offer at the Center like Body Flow, Zumba, or Strength and Conditioning. Participants have stated that having a gym so close to work (literally next door) eliminates any excuses they might have about why they don't work out; having gained the confidence by working with their trainers has also given them the confidence they need to come to the gym on their own.

Our Personal Trainers are also greatly enjoying working with the employees of the MMTP program, as a lot of these participants have very little to no experience in the fitness world. In fact, one of our trainers proudly claimed that it is incredibly satisfying to get someone to do an exercise that they never believed they could. We have all enjoyed working with the MMTP employees and hope to be able to launch similar programs in the future with other departments.



At SBH Health & Wellness Center

# HPA Services

YOUR PARTNER IN WELLNESS AND FITNESS



## HPA Services:

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