

# HEALTHPLEX HAPPENINGS

MAGAZINE



Volume 2 Issue 1



Your leader in Wellness and Fitness

# HEALTHPLEX ASSOCIATES

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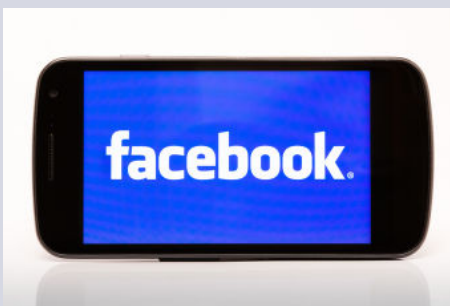
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# CONTENTS

1  
**The Challenge of  
Medicare Advantage**

3  
**The Wellness  
Center of UPMC**

5  
**Indianapolis Healthplex**



8  
**The Center for Fitness and Health**

11  
**Singing River Healthplex**

14  
**Mission Fitness**

17  
**Henry Mayo Fitness and Health**

18  
**Anderson Health and Fitness**

19  
**Healthworks**


22  
**EQT REC Center**

25  
**SBH Healthplex**

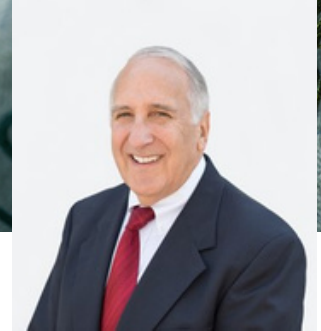
28  
**Montage Wellness Center**

5

**HEALTH FAIR, AQUATHON, and BLOOD  
DRIVE RAISE FUNDS FOR CHARITIES**



# MEDICARE



STEVE ROBBINS, CO-FOUNDER OF  
HEALTHPLEX ASSOCIATES

## THE CHALLENGE OF MEDICARE ADVANTAGE

Medicare Advantage plans, originally known as “Medicare Part C” have actually been around since being created as a part of Medicare during the Clinton administration in 1997. Similar in many ways to HMO’s and PPO’s, they initially grew slowly being chosen by only 13% of Medicare recipients as late as 2005. But, what a difference a few years can make! As of last year (2022), 48% of all Medicare enrollees are now in an advantage plan.

The underlying concept for the advantage plans is that if there is one insurer providing a whole spectrum of services for an enrollee and controlling the panel of physicians and hospitals, they can manage the cost of that care better. Also, taking more focused responsibility for care, the idea is that they can encourage their insured population to engage in healthier behavior. That means preventive care, regular checkups and (for wellness companies like HPA) promoting fitness and wellness activities. That’s why the government has allowed most of the plans to have some type of fitness benefit.

On the face of it, we should be thrilled to see one of our most “at-risk” populations (seniors) being educated and incentivized to engage in a regular fitness routine. That should be great for the industry and great for the millions of people who are affected, right? As with any change in federal policy, there are “strings” attached, however.

Third party entrepreneurs have leaped into the middle of the fitness benefit and developed a whole industry designed to capture a piece of a lucrative pie. Names like “Silver and Fit”, “Silver Sneakers” and Optum are playing a sort of broker role between the health club and wellness center industry and the insurance industry. These firms enroll fitness centers on behalf of the insurer and administer the claims paid (dues for the eligible members) to the clubs. For that service they get a fee that is paid by the insurer on top of the pass through cost to the clubs. It’s a great deal for the broker, with little to no risk and it takes the headaches of working with the clubs, (a group that the insurers are unfamiliar with), off of the insurers plate. So, the insurance company gets a great benefit to offer to their customers, the third-party brokers make money, and the enrollee gets a free gym membership.



# THE CHALLENGE OF MEDICARE ADVANTAGE- CONTINUED

Everyone should be happy with that deal, right? As it turns out, the burden of carrying this benefit has fallen on the club industry. Early on, many health clubs had visions of making up the deep discounts through huge increases in volume. The discounts and limitations of the programs were so severe, that there never was a realistic chance of making up for the revenue losses. In our consulting practice, HPA has worked with several outside facilities whose very viability was threatened by unreasonable discounts granted to some of these programs.

The fitness industry has yet, (in my opinion) to wake up to the need to develop its own strategy for dealing with these programs. They certainly are not going away and from a mission perspective, we really must do our share to promote healthy living among our aging population. Each of our sites with large advantage populations has developed their own approach to encouraging the participation of those members. However, with the growth of this market sector, we have determined that we must explore new initiatives, to think “out of the box” as we deal with the limitations of the advantage plans.

HPA will continue to create new and innovative ideas to serve our seniors. I also have no doubt that the great minds of this company will find a way to make changes to our industry as they continue to serve our communities.





## MAKING FITNESS FUN

Jenny Huelsbeck Hicks knows that one way to stir up excitement, improve class attendance, and promote a feeling of community in her group exercise class is to host event-themed classes. In a continuing effort to make fitness fun, Jenny has hosted a variety of themed classes, including a Christmas Sockhop Party, a Beach Party, and a 70's Theme Party. Fitness challenges and themes are a great way to motivate members and increase member retention, not to mention making workouts more enjoyable and fun.





# The Wellness Center of URM



## NEW EQUIPMENT AT THE WELLNESS CENTER

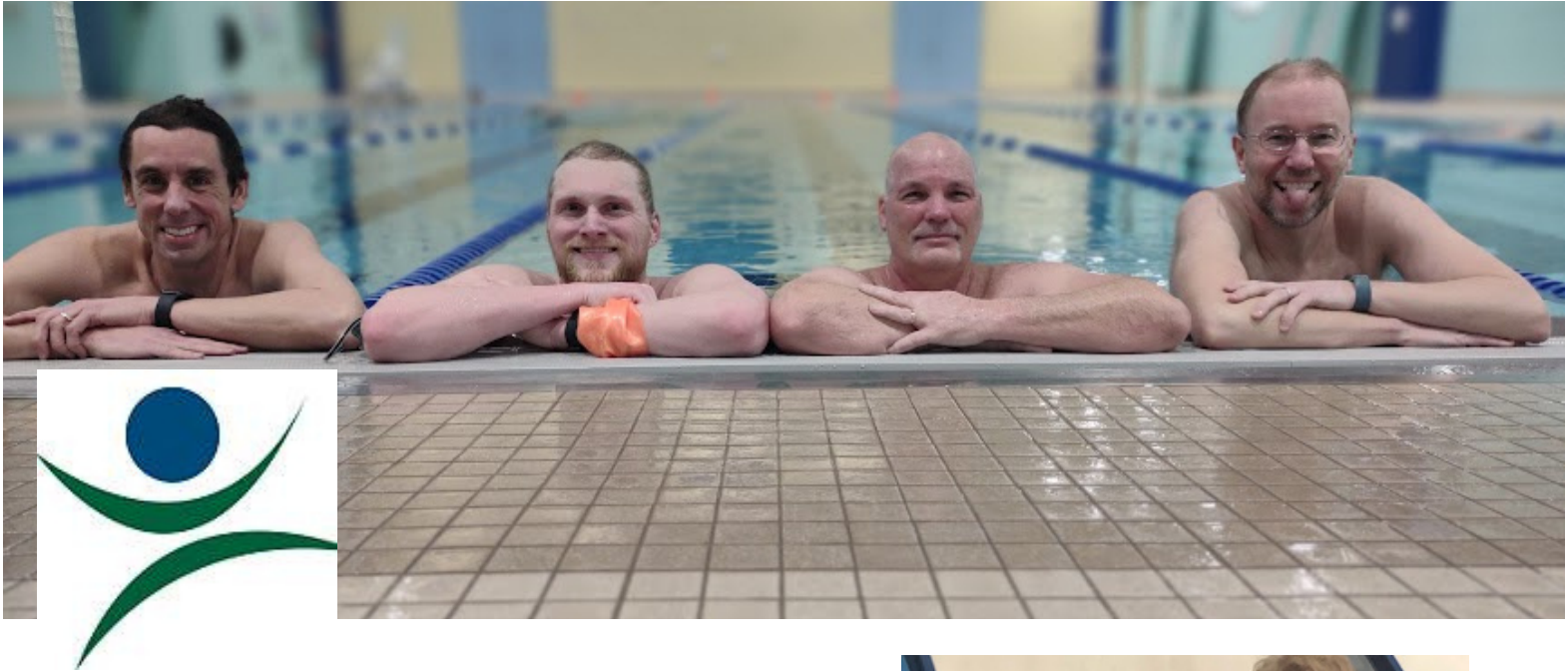
At The Wellness Center of URM, members pay for a service and expect quality. Replacing gym equipment shows them that we are investing in them just as much as they are investing in us. Because keeping members satisfied is our top priority, The Wellness Center recently added a new punching bag, as well as new Precor bikes. Introducing new equipment is not only a brand differentiator, but also sends a message that we are willing to invest in a better workout experience.



## Meet Jordan Whittaker, ACE Certified Personal Trainer.

Jordan is a Thomaston, GA native where he is connected in the community and understands its health challenges. Jordan's career goal is to be involved in the health and wellness industry by assisting his clients in achieving a better, healthier lifestyle and exercise regimen. Jordan graduated with a Health and Wellness degree from The University of West Georgia in Carrollton, GA. His hobbies include any outdoor activities, sports, reading, and spending time with family and friends. In addition to being a personal trainer, Jordan is also a Group Exercise Instructor and teaches a few classes a week.

# HEALTH FAIR, AQUATHON, and BLOOD DRIVE RAISE FUNDS FOR CHARITIES



The Indianapolis Healthplex held a large Health Fair in February hosting 21 vendors from the health field and neighbourhood. Among the participants were The American Cancer Society, Indiana Donor Center, CVS, Rock Steady Boxing, the Applied Behaviour Center for Autism just to name a few. It was a great opportunity for learning and a good time was had by all. The Club also had a raffle with items donated by the vendors and as well as the Clubs own departments that raised \$100.00 for the Relay for Life.

The Healthplex also held its 13th annual AQUATHON to benefit the American Cancer Society sponsored by its Masters swim team. Four of the Masters swim 10,000 yards while other members swim with them in shifts. So far, they have raised over \$2,670.

A Blood Drive was sponsored by the local Versiti Blood Center. 15 donors participated and were told that would help to save at least 25 lives. The Center also provided T-shirts for Healthplex volunteers for the combined event.

We are looking forward to next year to making the event even bigger and better!





# INDIANAPOLIS HEALTHPLEX



Over the past winter under the direction of the Healthplex's new youth Tennis Coordinator Shelly Wild, there has been an increase of young players. Shelly has been able to build her clinics and lessons for youth from 1-3 participants to 8-10. The program now also organizes and hosts 12-15 non-sanctioned youth & junior tournaments a year. These tournaments are important to help prepare junior players for their middle school and high school seasons as well sanctioned USTA and/or UTR tournaments. Not only do the kids learn the sport of tennis but also skills that can be used every day. Learning teamwork and life skills is important for our youth.



# INDIANAPOLIS HEALTHPLEX

Recently, the Indianapolis Healthplex sponsored two "Lunch and Learns" that proved to be very popular with our members and community. On January 30th members of the Healthplex heard Tom Bon Durant, owner of The Runners Forum, speak on "Stepping into the New Year with Properly Fitted Shoes". Attendees received a healthy lunch and learned about different shoe manufacturers and how to decide which shoe they should choose based on their everyday activities. Tom discussed how long shoes typically should last, what shoes are appropriate during certain activities, injury prevention, and popular name brand shoes.

On February 24th members heard Dr. Nick Shelby, DC owner of Hope Chiropractic speak on Brain Based Chiropractic Care. This lecture focused on understanding how the spine, nervous system and muscles function together. Dr. Shelby talked about the relationship that spinal nerve root levels can have with the inability to sleep, digest food and function during everyday activities.

The Club continues to take its role in educating and supporting our members in a healthy lifestyle.



## LUNCH AND LEARN SERIES: FEBRUARY 2023 BRAIN BASED CHIROPRACTIC CARE

FRIDAY, FEBRUARY 24, 2023  
12:00PM-1:00PM  
COMMUNITY ROOM A

### What is Brain Based Chiropractic Care?

Dr. Nick Shelby was born and raised in Cincinnati and is a second generation Doctor of Chiropractic. Growing up in a chiropractic family, Dr. Nick was able to experience first-hand the benefits of regular chiropractic care for children and entire families. After spending years in his father's chiropractic office, learning about the body's innate ability to heal itself, and witnessing countless miracles, Dr. Nick knew that he found his passion in life.

### Outline of Topics

- Understanding how your spine, nervous system, and muscles are functioning.
- Healthcare in America today
- 21st century chiropractic
- Fact vs. Fiction
- What can chiropractic help with

Pre-register at the Front Desk or by calling:  
Indianapolis Healthplex at 317-920-7400

**\$5.00 for Members**  
**\$7.50 for Non-Members**

*Space is limited! Sign up today before spots fill up!*

Contact Chris Lanning for more information:  
clanning@indianapolishealthplex.com  
317-775-6615

### KEYNOTE SPEAKER: DR. NICK SHELBY, DC



Dr. Nick Shelby received his Bachelor of Science in Nutrition and Doctor of Chiropractic degrees from Life University, the largest chiropractic college in the world. While at Life University, Dr. Nick became certified in the Pierce Results System and received extensive training in pediatrics, pregnancy, and athletes.

Outside of the office, Dr. Nick spends his free time cooking, exercising, cheering on The Ohio State Buckeyes, and exploring the Indianapolis area with his wife, Rachel.





# THE CENTER FOR FITNESS AND HEALTH



PENN HIGHLANDS MON VALLEY CENTER FOR FITNESS AND HEALTH HAS BECOME THE HOME OF CHAMPIONS. ON DECEMBER 10, 2022 THE BELLE VERNON HIGH SCHOOL FOOTBALL TEAM WON THEIR FIRST STATE FOOTBALL TITLE. MANY OF THE STUDENT ATHLETES ON THE HIGH SCHOOL FOOTBALL TEAM ARE MEMBERS AT CFH. ADDITIONALLY, LEAD FITNESS PROFESSIONAL, TIM LIVINGSTONE, SERVES AS THE TEAM'S STRENGTH AND CONDITIONING COACH.

TIM HAS BEEN WITH THE TEAM FOR 8 YEARS, AND HAS HELPED TO DEVELOP THE FOOTBALL TEAM INTO A LOCAL POWERHOUSE. PLAYERS WORK WITH HIM AT THE HIGH SCHOOL AND ALSO AT CFH. THE CENTER FOR FITNESS AND HEALTH CURRENTLY HAS 30 PLAYERS FROM THE STATE CHAMPIONSHIP FOOTBALL TEAM AS MEMBERS. ONE OF THOSE PLAYERS IS QUINTON MARTIN OR "Q" AS HIS TEAMMATES CALL HIM. QUINTON IS CURRENTLY A FIVE STAR FOOTBALL RECRUIT WHO HAS OFFERS TO PLAY FOOTBALL AT MOST MAJOR UNIVERSITIES.

TIM HAS ALREADY STARTED GETTING HIS TEAM PREPARED FOR NEXT SEASON. THREE TIMES EACH WEEK THEY MEET AT THE CENTER FOR FITNESS AND HEALTH TO WORK ON THEIR STRENGTH, SPEED, AGILITY AND QUICKNESS. TIM HAS DEVELOPED A STRENGTH AND CONDITIONING PROGRAM THAT WILL HELP CARRY THEM INTO NEXT SEASON. BELLE VERNON RETURNS SEVEN STARTERS ON BOTH SIDES OF THE BALL INCLUDING QUINTON MARTIN. TIM SAYS, "IT IS AMAZING TO WORK AT A FACILITY THAT PROVIDES TOP OF THE LINE EQUIPMENT AND SUPPORTS THE LOCAL COMMUNITY. MY GOAL IS TO HELP DEVELOP THESE FOOTBALL PLAYERS INTO ATHLETES AND PILLARS OF THE COMMUNITY. CFH ALLOWS ME TO DO BOTH."

# THE CENTER FOR FITNESS AND HEALTH

Putting **your health first.**

Center for Fitness and Health



A RECENT FIRE FORCED ELIZABETH FORWARD AREA SCHOOL DISTRICT (EF) TO CLOSE THEIR DOORS TO STUDENTS FOR THE REMAINDER OF THE SCHOOL YEAR. MANY ATHLETIC PROGRAMS THAT USED SCHOOL FACILITIES WERE SHUT OUT IN THE MIDDLE OR RIGHT BEFORE THEIR SEASON WAS TO BEGIN. FORTUNATELY, THE CENTER FOR FITNESS AND HEALTH HAS BEEN ABLE TO PROVIDE SOME SUPPORT FOR SOME OF EF'S SPORTS TEAMS.

OVER THE PAST FEW WEEKS, CFH HAS OPENED THE DOORS TO THE CLUB SWIM TEAM AND THE SOFTBALL TEAM. THEY HAVE BEEN ABLE TO CONTINUE THEIR STRENGTH AND SWIMMING WORKOUTS WITHOUT INTERRUPTION DUE TO THE SUPPORT OF CFH'S STAFF AND MEMBERS. CFH'S MEMBERSHIP HAS WELCOMED THESE YOUTH ATHLETES WITH OPEN ARMS AND SUPPORT.

OFFICIALS ARE UNSURE IF OR WHEN THE HIGH SCHOOL WILL BE READY TO RE-OPEN, BUT ONE THING FOR CERTAIN IS THAT CFH WILL BE READY TO SUPPORT THESE STUDENT ATHLETES. GROUP EXERCISE INSTRUCTOR KRISTY FABEAN IS ALREADY THE STRENGTH COACH FOR THE CLUB SWIM TEAM. HAVING THE SWIMMERS ON SITE ALLOWS HER TO DEVELOP DYNAMIC PROGRAMS AT THE FACILITY SHE IS MOST FAMILIAR WITH. KRISTY SAYS, "OUR FACILITY IS MORE THAN JUST A GYM. IT IS A COMMUNITY AND A SUPPORT SYSTEM."



# The Center for Fitness and Health Celebrates International Women's Day

To celebrate **International Women's Day**, The Center for Fitness was honored to spotlight Group Exercise Instructor Melanie Taylor! As a recognizable name in the area and perhaps an even more recognizable voice. As a morning radio personality, Melanie is someone that we love to see at the Center. Here's a bit more about Melanie!

## Who is your biggest female influence?

My mom, Ginny Monaghan.

This may sound silly, but it is my Mother. She is one of the most recognized and respected former teachers at Monessen HS where she taught for 36 years. There isn't a moment where I don't hear an amazing teaching story about how she touched someone's life and career. I still do and she retired in 2004!

## What does growing up in the Mon Valley mean to you?

It was like being with a very big family! So much love. As an only child I had so many friends that brought me to so many different families. The many ethnic backgrounds were amazing. Even though many would say it was such a small area, the diversity was amazing and prepared me for the real world.

## Who at the Center for Fitness and Health inspires you?

Well, the amazing fitness trainers who are female there have inspired my confidence (Dana and Kristy) to get NETA certified so I can be a group fitness instructor. I started there in 2016 and still teach. Also my two favorite ladies at the front desk, Karen and Maria. I see them the most. Why do you think I said them? Well, they are the FIRST faces you see sometimes when you walk into the club. They are always smiling and speaking with you and starting off your workout well!

## What is your favorite thing about the Center for Fitness and Health?

The indoor walking track and the group fitness classes. They are the best around! The indoor track is great for the cold months and you can't get the great selection of the classes anywhere like CFH!



Putting your health first.

Center for Fitness and Health





SINGING RIVER HEALTHPLEX PARTICIPATED IN AND SPONSORED THE SINGING RIVER HEALTH SYSTEM 'SUNSET ON CANCER' FUN RUN AND 5K. THE HEALTHPLEX TEAM, COMPRISED OF HEALTHPLEX STAFF AND MEMBERS, WON THE AWARD FOR LARGEST TEAM! SEVERAL HEALTHPLEX 'COUCH TO 5K' PROGRAM GRADUATES WERE AMONG THE FINISHERS. ALL GRADUATES COMPLETED A 12-WEEK COMPREHENSIVE RUNNING PLAN CREATED BY HEALTHPLEX PERSONAL TRAINER LISA NONDORF. RACE PROCEEDS SUPPORTED THE SINGING RIVER HEALTH SYSTEM FOUNDATION CANCER FUND, WITH A PORTION SUPPORTING THE ACS REAL MEN WEAR PINK PROGRAM.



**SINGING RIVER  
HEALTHPLEX**

# Cancer Survivor Event



## HEALTHY PARTNERS COLLABORATION

THROUGHOUT THE YEAR, AS PART OF THE SINGING RIVER HEALTH SYSTEM (SRHS) HEALTHY PARTNERS PROGRAM, SINGING RIVER HEALTHPLEX MEMBERS ENJOY DISCOUNTED AND SOMETIMES COMPLIMENTARY SERVICES AND SCREENINGS FROM SRHS PROVIDERS. SERVICES RANGE FROM HEART SCREENS AND SLEEP STUDIES, TO LUNG SCREENINGS AND MAMMOGRAMS. WE THINK IT'S A GREAT WAY TO SHOW THAT WE'RE MORE THAN A SIMPLE "GYM". THE HEALTHPLEX IS DEDICATED TO BEING A TRUE PART OF THE HEALTH CARE DELIVERY SYSTEM.



# HEALTHPLEX



## BE EMPOWERED



**Singing River**

Healthplex

# SRHS Chief Medical Officer Dr. Randy Roth



**HEALTHPLEX**  
BE EMPOWERED  
Singing River  
Healthplex

DR. RANDY ROTH, CHIEF MEDICAL OFFICER AT SINGING RIVER HEALTH SYSTEM TOOK TIME OUT OF HIS BUSY SCHEDULE TO SPEAK TO THE MEMBERS AT SINGING RIVER HEALTHPLEX TO DISCUSS HIS APPROACH TO HEALTH AND FITNESS. TOPICS OF DISCUSSION INCLUDED:

- SETTING REALISTIC EXPECTATIONS AND GOALS
- CONSISTENCY MAKES YOUR ROUTING EASIER
- DIET IN A FAST-PACED LIFE
- HOW TO FEEL GOOD ABOUT YOURSELF IN TODAY'S SOCIETY



# OVER 2,000 PAIRS OF SHOES DONATED



A little over ten years ago, Mission Fitness began an annual food drive to benefit the West Texas Food Bank around the holiday season. To ease the collection of food items, Mission Fitness had a big red box constructed and located in the lobby of the facility as the focal point of the food drive. This turned out to be a great success until the food drive ended and the realization set in that there was no place to store this big red box.

Coincidentally, Mission Fitness had recently been involved with a local running store as part of the organizing committee for a local marathon and learned that this store was collecting gently used running and athletic shoes to support a charity selling these shoes and using the proceeds to fund ongoing reforestation projects in Ghana.

The big red box soon became a year-round shoe collection site and the relationship between Mission Fitness and the MORE Foundation Group was off and running. The last box that was shipped the first week of March included the shoes that helped us surpass the two thousand shoe mark. "I have always believed in serving our community and that our community reached beyond our city limits or state borders. I would have never imagined that used running shoes could have a global impact, but at least four trees are planted for every pair donated," stated John Douthitt, General Manager of Mission Fitness.

It is amazing what a big red box has been able to provide to a developing country. To get involved and partner with the MORE Foundation Group, go to their website [www.morefoundationgroup.org](http://www.morefoundationgroup.org) and click on the "Collect Shoes" link.





# Mission Fitness Welcomes Clinical Coordinator



Mission Fitness is proud to introduce Cynthia (Cindy) Brock as the new Clinical Integration Coordinator. Cindy has vast experience in both medical and exercise science fields. Her goal is to help people pursue a healthier lifestyle creating for themselves a better quality of life.

“Health and well-being are keys to longevity and quality of life. Practicing healthy habits is important in obtaining and sustaining quality as we age. I am an avid fitness enthusiast and I have made it my mission to practice, educate, and promote the pillars of health. I specialize in lifestyle management including nutrition, body weight exercise, functional fitness, stress management, and sleep health,” said Cindy.

Cindy’s initial focus at Mission Fitness will be working with patients completing cardiopulmonary rehab and physical therapy at Medical Center Health System. She will also be providing health coaching to persons who need guidance in navigating their way to a healthier lifestyle.

Bodies in Balance Class with Cindy started in March and is helping members work on muscles for stabilization.

## Bodies in Balance

**Functional Movement**  
**Improve Balance**  
**Gain Muscle Strength**  
**Reduce Fall Risk**  
**Rebuild Confidence**

**Call Today for a Class**  
**432-640-6400**  
(Classes limited to 5 participants)

**Class Schedule**  
**Tuesdays - 2 - 2:30 pm**  
**Wednesday - 2 - 2:30 pm**



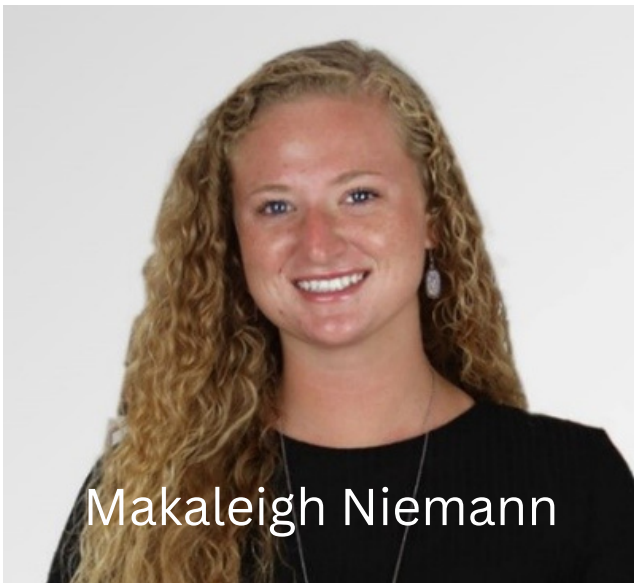


# WATER SAFETY AND SWIM LESSONS

## MISSION FITNESS



Kristina Vujosevic



Makaleigh Niemann



Ysabel Rodriguez



Sierra Bruington

The City of Odessa, through programming at their public pools, have historically offered swimming lessons to the citizens of the community. The recent Covid pandemic, coupled with facility renovations, created a need in the Odessa community that Mission Fitness has worked diligently to meet. Sierra Bruington, Fitness Director of Mission Fitness, quickly developed a wonderful program and established a group of instructors that has more than met this need.

“The local university swim team has proven to be a great resource for qualified and motivated instructors,” said Sierra Bruington, Fitness Director. Through our relationship with the University of Texas of the Permian Basin, Sierra has hired Ysabel Rodriguez, Makaleigh Niemann, and Kristina Vujosevic who, along with Sierra, have created a vibrant and fun program that the kids love and the parents trust.

In 2022, Mission Fitness provided 811 private lessons and is currently on pace to provide more than 1,600 lessons in 2023.



HENRY MAYO  
FITNESS  
AND  
HEALTH

# MAX RICHMAN

In October we added Lifestyle specialist, Max Richman to our personal training team. Max provides a unique approach to functional training that applies athletic principles to all population groups. He has a passion for helping people discover their inner athlete and gain the strength and confidence needed to live their ideal lives.

His interest in the training and strength world grew after his college football career, where Max was named a D3 All-American. He has worked at a medical weight loss facility, physical therapy clinics, and at various private and public gyms with clients of all ages and all fitness backgrounds. Additionally, he gained extensive experience as a sports performance coach while interning with the Seattle Seahawks, and working as a collegiate strength and conditioning coach while in graduate school.

Max graduated with both a B.S. in Exercise Science at the University of Puget Sound, and a Master of Education with emphasis in Coaching and Leadership from Mount Marty University. He is a Certified Strength and Conditioning Specialist through the NSCA. In his spare time, he enjoys walking his two dogs and tending to his freshwater aquariums.



# 2023 CROSSFIT GAMES OPEN AT AHFC



BRYCE BRANNING, FITNESS DIRECTOR AT ANDERSON HEALTH AND FITNESS CENTER

It's that time of the year again! The 2023 CrossFit Games Open is an online qualifier to find the fittest men and women on earth. Each year, there are approximately 300,000 participants trying to see how fit they really are compared to the rest of the world. Out of that number, only 0.15% actually make it to the CrossFit Games where they have a shot at \$310,000.

Here at Anderson's Health & Fitness Center, we have our very own CrossFit box, CrossFit Torment. This is extremely rare to have inside a hospital. Several of our members sign up for the CrossFit Open each year to see just how far up the rankings they can climb. In our history of the Open, we have had four of our members qualify for the next round. This includes Thomas Stephenson, who qualified for the CrossFit Games three years in a row, and recently joined the Navy. The qualifier lasts three weeks, with one grueling workout per week. Each week, the CrossFit committee releases a workout to the public on Thursdays at 12:00pm PT. All athletes must be judged by an official judge. Athlete scores are finalized by 5:00pm PT the following Monday. We always have a great turnout.

This year, our athletes placed in the following divisions:

Doug Hawkins: 24th out of 115 in the Men's Multi-Extremity Adaptive Division

Davin Mancini: 256th out of 25,532 in the Men's 40-44 year old Division

Ryan Hull: 1,041st out of 9,341 in the Men's 50-54 year old Division

Reva Coate: 9,737th out of 24,816 in the Women's 35-39 year old Division

Whether the athletes are competing or not, they are cheering on the person next to them. The Open is definitely a bonding experience and momentum builder here at CrossFit Torment and throughout the CrossFit community!





# HEALTHWORKS CHRISTMAS CRAFT FAIR



HealthWorks hosted our first ever Community Christmas Craft Fair on December 2nd with 14 vendors participating. There were goods that included custom cutting boards, Christmas ornaments, candles, handcrafted soaps, handmade crafts, and more. Four Points Coffee Cart was on hand to make sure everyone had their favorite Christmas lattes and treats. Our local Campfire Girls got involved by offering hand-painted Christmas ornaments and decorations. Money raised from their sales went towards buying gifts for children in the community. We had an amazing turnout with over 200 people coming in to be involved and shop!





# HEALTHWORKS FITNESS CENTER CELEBRATES 20 YEARS OF BUILDING A HEALTHIER COMMUNITY

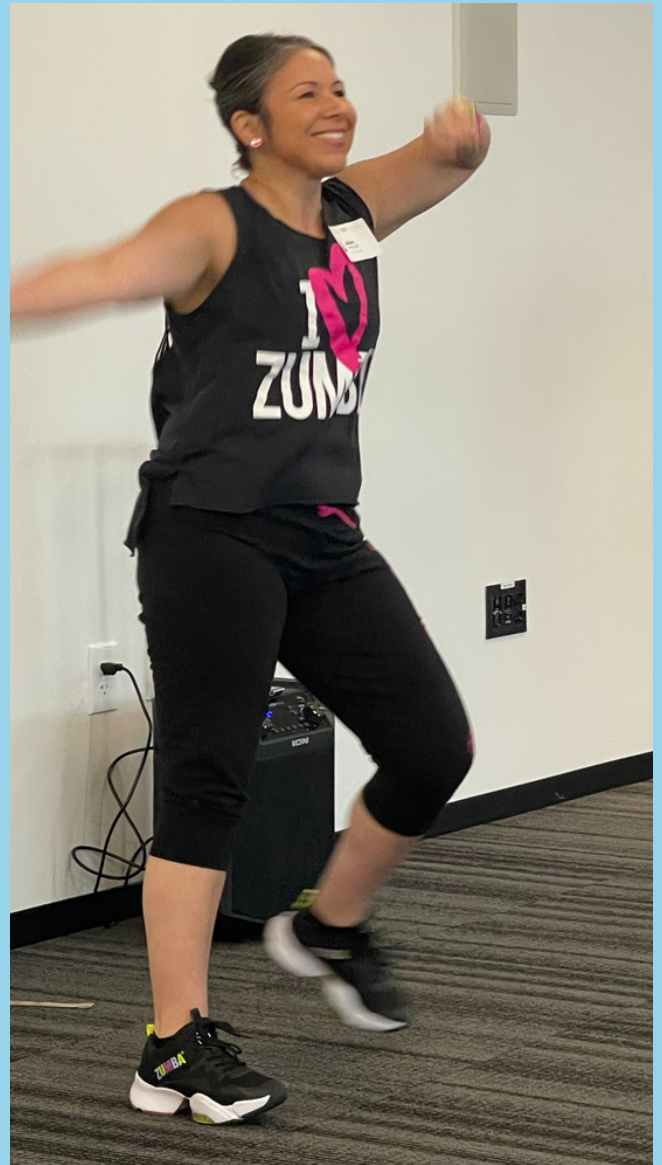
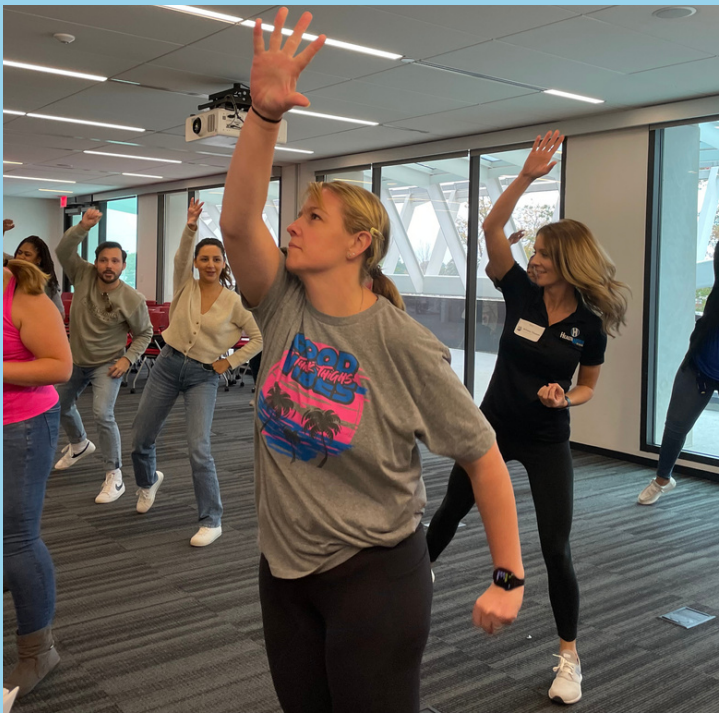


HealthWorks is an agency of SHARE Foundation, a non-profit organization. It was in the spirit of building on what El Dorado already had in place that SHARE and the YWCA came together. In 2002, after several months of negotiations, the YWCA transferred its fitness facility and assets to SHARE. In 2003-2004 a \$5.4-million-dollar renovation and expansion project was completed and SHARE named the facility "HealthWorks Fitness Center".

HealthWorks isn't just a gym, we are South Arkansas's premier fitness center focusing on building a healthier community. We celebrated our 20th anniversary with an open house and member appreciation party. Several of the original committee members that brought the YWCA and SHARE together were on hand to be a part of our celebration. We look forward to many more years of helping our community achieve optimal health through the power of exercise and wellness.



# HEALTHWORKS AND MURPHY USA WORKING TOGETHER TO ENCOURAGE CORPORATE WELLNESS



Murphy USA hosted HealthWorks Fitness Center during their annual benefits open enrollment to promote health and wellness to their employees. Murphy USA, located only a block from HFC, encourages all of their employees to be active by paying half of their membership fees. HFC Leadership Team offered group fitness classes that included XTS, Zumba, and Yoga, which challenge everyone in attendance. All employees received a free pass to HFC as a part of the event.





This is a picture of the youth flag football combine that was set up to foster each skill. There were four stations such as sprinting, catching, flag pulling, and throwing. After each participant was ranked, the coaches drafted each child on a specific team!

**Youth flag football combine kicked off in February 2023 this year and games will continue to go through to the end of April.**

## EQT YOUTH FLAG FOOTBALL

The youth flag football season kicked off at the beginning of March and we will continue to have games until the end of April. Youth flag football ranges from school year K – 6th! We have 118 kids participating and it is high energy this season. Learning plays, understanding the basics of the game, and fostering teamwork, this is a great way for the children in the community to stay active!



# THE EQT REC CENTER

RECREATION

EDUCATION

COMMUNITY

## Greene County Memorial Hospital Foundation

EQT REC CENTER

### ADULT FLAG FOOTBALL GAMES BEGIN IN APRIL

EQT also has an adult football league that starts in April!

5V5 - 8 PLAYER  
PER TEAM MAX

Team registration fee includes  
t-shirt and Championship Trophy

Register here by  
March 17th

[www.eqtrecenter.com/teamsideline](http://www.eqtrecenter.com/teamsideline)

For more info: [mnicolai@eqtrecenter.org](mailto:mnicolai@eqtrecenter.org)

724.627.2739, EXT. 109

The REC Center has it's first  
golf outing in May!

EQT REC CENTER GOLF

20

23

SCRAMBLE

MAY 13, 2023



Rohanna's Golf Course

7:30 AM Registration

4-man Scramble \$300.00

SAVE THE DATE

Register now: [www.teamsideline.com/eqtrecenter](http://www.teamsideline.com/eqtrecenter)

For more information:  
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For more information:  
Meghan Ricciuti  
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724-627-2739, EXT. 109





THE EQT CHEERLEADING TEAM HAS ATTENDED TWO RECENT COMPETITIONS IN SLIPPERY ROCK, PA AND WON 1ST PLACE AT BOTH! THE TEAM ALSO WON BEST CHOREOGRAPHY AND BEST SHOWMANSHIP!

**EQT**  
**REC**  
**CENTER**

Greene County Memorial  
Hospital Foundation

# SBH Healthplex



The Healthplex at SBH is one that is a unique departure from any other hospital-owned wellness center in the country. Unlike those others, it is located in the heart of an urban area that has some of the highest poverty and crime rates as well as significant health issues among the area residents. The Center is an excellent example of how fitness and the promotion of healthy living can make a difference in a community of significant needs.

While the Healthplex has only been open for around two years (due in part to high rates of serious Covid infections), the HPA crew has been able to use demonstration grants to provide assistance to medically at risk children and adults, as well as to aid in social issues facing teens. With our early successes, there has been a great deal of attention from both the City and State of New York. Several prominent members of the political establishment have visited the site in recent months to learn more about our efforts and to determine how the model can be used elsewhere. We've also been able to connect with a number of local social agencies to expand our programs and strengthen our case for additional new grant funding.

We are proud to help make the case that fitness is a true part of the healthcare continuum.



# Zumba Awareness



The Wellness Center at St. Barnabas frequently hosts awareness and holiday (Zumba) class-events that prompt the participation and interaction from our members. This month we had a Birthday Weekend Zumba party for our instructor Migdalia Capeles. Two Days of Non-Stop Mandatory Good Vibes. These classes which took place on March 4th and 5th brought in over 25 people who joined in on the fun.

All the members who have participated in this weekend Zumba event have had nothing but great feedback on all of these events. One of the members who attended both days described it as “Non-stop fun over the past two weeks. We don’t have anywhere else in this neighborhood where we can take classes like this for this price. It’s the best”. A hospital employee had so much fun that she brought over flyers, brochures and class schedules for her entire department just to spread the word of how great these classes and services are. We are glad to have such an incredible instructor who is passionate about bringing awareness to these causes and can also provide a great healthy and fun exercise environment.



# The Use of the SECA Scale Within our Medical Fitness Facility

The Healthplex (HPA) at SBH plays an instrumental role in the development and successful completion of grant-funded programs that have helped adolescents; adults; and geriatric populations struggling to control severe diseases by facilitating healthier lifestyle-choices through individualized and medically-based fitness programming.

Various sets of data are needed to support grant-funded initiatives. Typically, the medically pertinent data is first collected and tracked by a team of doctors our staff works closely with. Our staff of trainers then use our EMR-compatible SECA impedance machine to collect the other set of data used to develop our unique programs.

Our SECA scale has been instrumental in the development of unique programming to serve our patient populations. It provides 20 critical data points used by the staff to tailor the programming that has helped the patients to achieve improvements in BMI. When decoded properly and used in conjunction with the client's/members' individual medical history, these data provide our staff with the information needed to program and target the needs of the individual and the chronic conditions they face. The SECA Scale even allows for some real-time modifications - as these data changes occur- which has greatly benefitted our clients. The ability to track trend lines with our secured (and EMR-friendly) data storage system, and the updated analytics that are provided by doctors allows our team of dedicated professionals to create the most impactful and beneficial fitness programming for those served by the Healthplex.

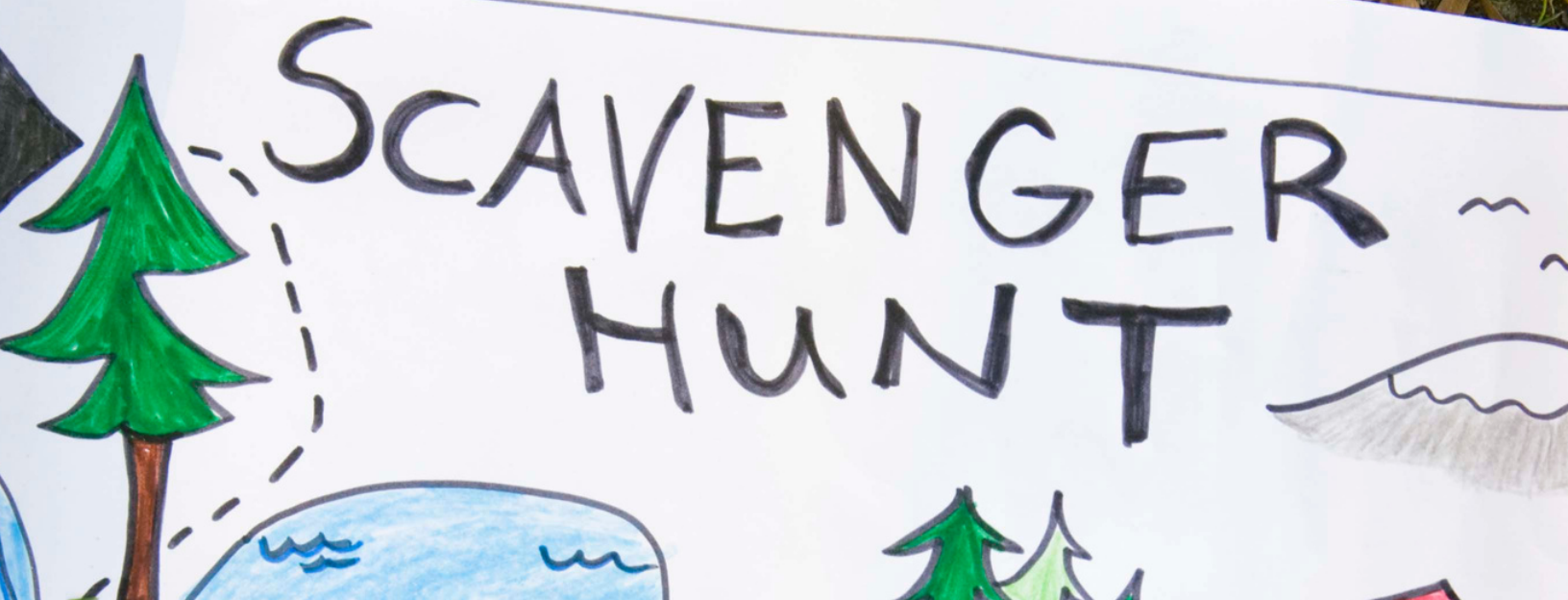
Another set of data collected by HPA includes performance-based metrics. These data are collected through a battery of tests that are performed 3 times during the duration (Pre, Mid, and Post) of programs. This empowers our staff and the SBH doctors to achieve, predict and track impressive results such as those found on the charts below:

Biometric Data						
Participants	Pre (BMI)	Post (BMI)	Pre (BW in lbs)	Post (BW in lbs)	Total Weight loss (lbs)	Total Fat Loss (lbs)
1	41.1	39.7	257.8	248.5	9.3	13
2	30.8	29.6	183.9	176.8	7.1	5.3
3	47.8	45.7	283.7	271.4	12.3	9.7
4	38.3	37.5	246.4	241.3	5.1	3
5	37.8	35.9	246.5	234.4	12.1	11.8
6	44	41.4	322	303.4	18.6	9.4
7	40.3	39.4	209.9	202	7.9	5
8	42.7	42.2	346.5	341.9	4.6	5
9	30.2	29.1	166.3	160.5	5.8	5.6
10	30.6	30.1	187.5	184.1	3.4	3.4
11	32.5	32.3	173.4	172.5	0.9	4.1
AVERAGE WEIGHT LOSS / FAT LOSS (5 WEEKS)					7.91 lbs of weight loss	6.85 lbs of fat

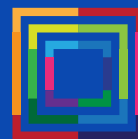
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As an example, a 55-year-old was plagued with a variety of health issues related to lung, heart, and metabolic ailments. After completing the 5 week program, she was able for the first time in a decade pass all of her pulmonary function tests. After finishing the program, she continued working out and after just 12 weeks of consistent training, her health prognosis continues to drastically improve. She is even in discussions with her PCP as they are considering taking her off some of her blood pressure and diabetes medication. Stories like this are what make the Healthplex at SBH one of a kind.





# KEEPING IT FUN



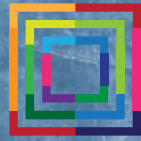
MONTAGE  
Wellness Center

In addition to hosting top-rated classes, new fitness equipment, and superb aquatic facilities, the goal at the wellness center is to provide a unique fitness experience for the members. Often this includes engaging in activities that don't necessarily have a fitness component. Recently the staff promoted theme-based scavenger hunts in which members receive a prize for simply finding one of the special items hidden in the facility. In December, the Club had a "12 days of Christmas" scavenger hunt. Each day over 10 small presents were hidden throughout the facility. Members that located the presents were able to collect a gift at the front desk. Some of the gifts included water bottles, t-shirts, gym bags, and headphones. MWC even gave away some personal training sessions and a 1-month membership. In March, the Clubs are introducing a St. Patrick's Day "Pot of Gold" themed scavenger hunt with the same type of rewards. Find a pot of gold hidden in the facility and win a prize! Members have thoroughly enjoyed these promotions and appreciate how the fitness facility is more than just a gym



# CREATIVE TOUCH: A COMMENT FROM

CHRIS RANGE



MONTAGE  
Wellness Center

**As a general manager, I tell our staff that people need 3 basic things. They need somewhere to go, something to do, and to be acknowledged by others. Related to these needs, if we do 3 basic things every day, we will be successful. These 3-items include; 1) keeping the facility clean; 2) maintaining the working order of the equipment and replacing worn-out equipment; and 3) providing a friendly atmosphere including using members' first names. Basically, we provide a safe friendly environment for our members to enjoy by making it feel like home. Expanding this experience, one of our staff, Rachel Butler has gone well-above expectations by providing a unique artistic flavor to our community. Each month Rachel has used her artistic arts-and-crafts talent to create vibrant and unique displays at our front desk. Members enjoy the monthly themes and 3-dimensional artwork that often has an interactive component. In November, Rachel designed a Thanksgiving theme in which members submitted small messages that answered the question, "what are you thankful for?" In February, she designed a valentines themed tree that included heart shaped "tree leaves" made of construction paper. Members were asked to submit the first names of their significant others and one they love to fill the branches of the tree. Members enjoy the artwork and interactive component and are very impressed with Rachel's creativity. They look forward to seeing the new display each month.**





# HPA Services

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