

ISSUE 2 VOLUME 2

JULY 2023

HEALTHPLEX HAPPENINGS

A MEDICAL FITNESS MAGAZINE

EXERCISE IS
MEDICINE



Your leader in Wellness and Fitness

HEALTHPLEX ASSOCIATES

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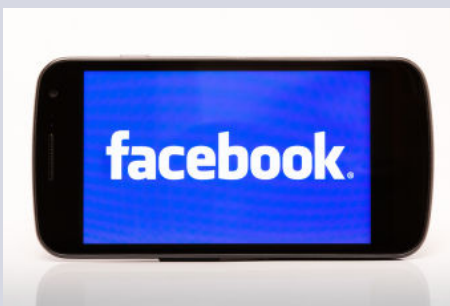
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NEW PODCAST

EVERYTHING MEDICAL WELLNESS



Don Doyle, Senior Vice
President-HPA



Ryan Barr, Assistant
Vice President-HPA

HEALTHPLEX ASSOCIATES LAUNCHES PODCAST

As a national leader in wellness, HPA is constantly looking for opportunities to provide information to the healthcare community to educate provider and promote lifestyle management.

Recently our team launched the [Everything Medical Wellness Podcast](#). Podcasting allows individuals or companies to get their message out to a broad audience. One of the most appealing things about podcasts is how easy they are to enjoy. Most podcasts, are free and can be listened to at home, at work or on the go. Through a simple search, virtually anyone can find a podcast that covers topics that appeal to them for personal or professional likes and interests.

For many years, HPA has been committed to sharing our knowledge and expertise with the Healthcare community as part of our core mission. In the past, we hosted “in person” seminars, which became “webinars”. Podcasting is the next generation of outreach because it is so easy and convenient for the listener.

Our main goals have always been to share industry trends and insight, discuss operational issues and solutions, and to engage with people who are interested in medical wellness. The HPA library of podcasts includes discussions with some of the leading experts in the medical fitness industry from our own leadership team as well as outsiders. We have tackled topics on operations such as membership sales, improving member engagement, customer service and the importance of measuring member satisfaction. We have also covered broader topics such as the future of healthcare, implications of the changes in reimbursement and the importance of EMR's (Electronic Medical Records) in the wellness system.

HPA understands that hosting industry leaders and promoting the sharing of best practices builds a more positive and collaborative environment for everyone. As the medical wellness industry continues to change and evolve, these conversations will allow HPA to continue to help expand our growing industry. There is a saying “a high tide raises all boats”. HPA's vision for the podcasts is to share valuable insight and hopefully stimulate our industry's growth.

I have no doubt that the great minds in our company will continue to share innovative concepts through our future podcasts!

SUPER SUMMER FUN FOR KIDS!

Beginning in June, The Wellness Center began offering super summer swimming for kids ages 6-10, led by Madison Conlan, a Swim University accredited instructor. Swimming is a fun method to keep children active and healthy all year round. While most individuals know swimming is a terrific low-impact cardiac exercise, it also offers a whole lot of other health benefits, like enhancing endurance, balance, strength, flexibility, and more! We are proud to be able to offer this program to our community.



Now Offering Cold Stone Massage

THE WELLNESS CENTER OF URMCC



The Wellness Center now has a popular new service. Cold stone massage therapy involves chilling smooth stones on ice and then gently placing or rolling them over the face. When the stones are placed on the face, it causes blood vessels to narrow. Once the stones are removed, the blood vessels will then dilate resulting in new blood and oxygen in the area along with increased circulation. Cold stone massage can help to alleviate migraine or severe headaches, sinus and allergy issues, boost circulation system, help decrease high blood pressure, assist with the reduction of TMJ pain, fatigue, stress, anxiety, and depression.

THE WELLNESS CENTER OF URMCC

Member Spotlight, Highland Roberts



Member (and perhaps future staff member!) Highland Roberts offers his views of the URMCC Wellness Center: “I became a member of The Wellness Center in early 2019 after begging my parents for a membership for Christmas. They were leery of whether I would utilize it, but claim now that it was the best gift they could have ever given me. I fell in love with training and the idea of getting better every day, but was soon injured playing football and was forced to take a year off. During this time I studied, researched, and documented physical training and exercise. I returned to the gym with new goals, implementing a slow and methodical approach. I now participate in the sport of strongman, which tests functional strength, and one which I hope to share with others. Recently I competed in and won my division at Central Georgia’s Strongest Man and will travel to San Francisco, CA in July to compete at America’s Strongest Teen. I currently attend the University of Georgia, majoring in kinesiology with hopes of eventually attending physical therapy school. Physical health and wellness has become a major part of my life and The Wellness Center has been instrumental in that.”

– Highland Roberts



Greene County Memorial Hospital Foundation

The EQT REC Center now has a Hydromassage bed! HydroMassage is a therapeutic technique involving the use of water and pressurized jets to help massage muscles and other soft tissues in the body. HydroMassage is a great way to reduce stress and anxiety. It's a relaxing treatment that helps soothe the mind and body. In addition, the massaging action of the water jets helps release the tension and stress built up over time. A HydroMassage session can help our members feel more relaxed, calmer and happier.

We have had great feedback from our member base and already have members signed up for our tiered packages!



EQT REC Center

explore on | **QWQED**



The EQT Center has recently received funding from a local TV station to establish a special learning center for children. WQED is the nation's first community supported television station and affiliated with PBS. WQED received funding from the EQT Corporation to provide the EQT REC Center with a new “Learning Neighborhood!” The funding we have been given will help us create a fun and innovative space for the children's creativity to flourish. We hope to reach many kids in the area to provide a safe, positive, and challenging learning center.



The EQT REC Center is teaming up with the University of Pittsburgh to incorporate a new fitness program called "On the Move". "On the Move" is a real-world testing of previously studied group exercise programs. This includes walking and stepping patterns and strengthening exercises to improve walking skills. The length of the classes will be one hour, twice a week, for 12 weeks. The participants must be 60+ years old, have enough mobility to walk household distances and not have any unstable medical conditions. The University of Pittsburgh will certify our staff on how to properly conduct classes. Participants can sign up as it is a voluntary program, and they will be compensated for their time through the University. Once the participants have been chosen, our certified trainers will conduct classes with the participants for the next 12 weeks. After this 12-week (about 3-month) period, the participants will choose from a variety of exercises to do on their own for the next 12-week period. Once the 6-month study is completed, participants will be asked to give their feedback between both sections of the study. This will show how the funded program has transformed the participants versus just the participants doing their own exercises. Once the experimental period is over, we will continue to hold this class for the Department Of Aging at the EQT REC Center.



Over 20 children had the opportunity to join in on the fun when Swim and Gym Camp returned to KidWorks on March 23, 2023!

The “Gym” segment of camp started with Soo Bahk Do lessons from Master Jimmy Bennett. Soo Bahk Do is a Traditional Korean Martial Arts class offered for both children and adults at HFC. The energy was kept alive as the group transitioned to Zumba Fun with instructor, Alisha Yarbrough. She then slowed things down a bit with Rainbow Yoga.

Everyone was excited to start the “swim” segment of camp with pool rules, swim tests, and lifejacket fittings. Aqua Stand Up Paddle Board was an instant hit. Slides and water fun lasted until everyone was exhausted. A make your own trail mix snack bar and relaxing movie wrapped up camp fun.

Camp was considered a great success and will return for a week-long session in July.





NATIONAL SENIOR HEALTH AND FITNESS DAY CELEBRATED AT HEALTHWORKS FITNESS CENTER

National Senior Health & Fitness Day is an annual health and wellness event for more than 100,000 participants senior adults across the country. The goals are to promote the importance of regular physical activity, and to show what local organizations are doing to improve the health of older adults in their communities.

HealthWorks hosted our annual Senior Health and Fitness Day for all seniors in the community on Thursday, May 18, 2023. Dr. Brian Jones, SHARE Foundation President and CEO, kicked off the event at 9 A.M. with breakfast and an engaging talk about life in your zip code.

Members and guests got involved in fitness classes designed for seniors with HFC Group Fitness Coordinator, Rhonda Sayers, and Aquatics Instructor, Beth Lemke. Members and guests had an opportunity to participate in Water in Motion, Aquacise, and Senior Strength and Yoga. The Silver Kickers, local seniors' line dance group, also performed. MCSA Café 870 offered complimentary lunch for everyone attending the event.

Numerous local businesses and organizations also set up booths to provide additional support for our seniors. Booths at the event included the El Dorado Fire Department, Champagnolle Landing, First Financial Bank, Kinslow Eye and Laser Center, LifeTouch Hospice, Medical Center of South Arkansas, Oak Ridge Health and Rehab, South Arkansas Home Health, South Point Dermatology, Spa on Main and Turning Point. HealthWorks' membership team was on hand to share information about the center and take guests on tours of the facility.

Senior Health and Fitness Day was a successful day with more than 125 members and guests attending.



HEALTHWORKS FITNESS CENTER



**BOOM
TOWN
5K**

SATURDAY, APRIL 15TH, 2023
5K RUN // 2 MILE WALK



REGISTER ONLINE
OR AT THE FRONT DESK

BOOM TOWN 5K



Saturday, April 15th was another exciting day at HealthWorks Fitness Center. 137 runners and walkers joined together in the 4th annual HealthWorks Boomtown 5k Run & 2 Mile Walk. The proceeds of the race will benefit the Rock Steady Boxing program, which is a non-contact boxing-based fitness program designed to fight the progression of Parkinson's Disease.

The footrace began and finished at HealthWorks with a huge celebration for completing a challenging uphill route. Our businesses, athletes, and citizens from El Dorado and the tri-state area made this event a huge success. The last Boomtown 5K Run & 2 Mile walk was a virtual event in 2020. Therefore, it was exciting to bring this event back after such a long period. Having such an amazing turnout at this event was inspiring to HealthWorks and to the community.



On June 14 the United States of America celebrates Flag Day. It was established to commemorate the adoption of the US Flag on June 14, 1777 by the Second Continental Congress. Unfortunately, on June 14, 2023 the staff at the Center for Fitness and Health woke up to a broken flag pole, and their American flag hanging low to the ground.

While this was a disappointing sight, Fitness Director, Chad Vorderbrueggen, saw it as an opportunity to educate some members of the Belle Vernon High School Football Team. The Center for Fitness and Health's flag is too large for just two people to fold, so Mr. Vorderbrueggen recruited some of the players who were working out to help him fold the flag for transport to a local VFW. In the process of folding the flag, the players learned all the steps to take care of the US flag, and how to honor the US and its symbol of freedom.

The Center for Fitness and Health is in the process of repairing the broken flag pole in order to fly a new flag at the entrance of the facility. Of the experience, Chad said, "We are lucky to live in USA, and I am proud to teach anyone how to honor the flag and everything it represents."



Center for Fitness and Health Members Participate in Pittsburgh Marathon Weekend

Numerous members and staff participated in the Annual Pittsburgh Marathon Weekend. The center had a great showing as over 25 members/staff participated. Many of the members are part of the CFH running club and trained together for the race. As true champions, the center had 2 teams that raised over \$1000 for the local food bank. Pictured here are staff member Don Doyle and his future daughter-in-law McKenzie Popatak and members Beau Morgan and Jayln Brown.





Athletic Performance

YOUTH SPORTS CONTINUES TO GROW AND DEVELOP ALL ACROSS AMERICA. THE CENTER FOR FITNESS AND HEALTH IN BELLE VERNON HAS TAKEN NOTICE, AND THEIR TRAINERS HAVE SEEN A DRASTIC INCREASE IN THE DEMAND FOR YOUTH ATHLETIC PERFORMANCE. TRAINERS TIM LIVINGSTONE AND SEAN BOYLES HAVE BOTH HAD SUCCESS WITH THE LOCAL HIGH SCHOOL SPORTS TEAMS THAT THEY WORK WITH.

TIM LIVINGSTONE SERVES AS THE STRENGTH AND CONDITIONING COACH FOR THE BELLE VERNON FOOTBALL AND BASKETBALL TEAMS. RECENTLY, THE FOOTBALL TEAM WON A PENNSYLVANIA STATE FOOTBALL CHAMPIONSHIP, AND THE BASKETBALL TEAM HAS DEVELOPED INTO A PERENNIAL PLAYOFF CONTENDER. THESE ATHLETES SPEND TIME IN THE WEIGHT ROOM AT THE SCHOOL AND THE CENTER FOR FITNESS AND HEALTH. TIM TRAINS MANY OF THESE ATHLETES THROUGHOUT THE YEAR. CURRENTLY, LIVINGSTONE WORKS WITH ATHLETES WHO PARTICIPATE IN FOOTBALL, GOLF, BASKETBALL, AND WRESTLING. LIVINGSTONE SAYS, "WORKING WITH THESE YOUNG ATHLETES DRIVES MY PASSION FOR FITNESS. THESE ATHLETES' SKILLS ARE CONSTANTLY PUT TO THE TEST. I KNOW THAT I HAVE AN OPPORTUNITY TO HELP THEM TO FOCUS, DEVELOP AND IMPROVE THEIR GAME."

ADDITIONALLY, TRAINER SEAN BOYLES HAS STEPPED IN AS THE STRENGTH AND CONDITIONING COACH FOR THE BELLE VERNON GIRLS' SOCCER AND SOFTBALL TEAMS. THIS IS THE FIRST YEAR THAT BOYLES HAS WORKED WITH THE SOFTBALL TEAM THAT WON THE WESTERN PENNSYLVANIA CHAMPIONSHIP BEFORE LOSING IN THE STATE PLAYOFFS. NOT TO BE OUTDONE, BOYLES' WORK WITH THE SOCCER PROGRAM HAS HELPED THEM TO MULTIPLE PLAYOFF RUNS. BOYLES SAYS, "HELPING THESE ATHLETES UNVEIL THEIR POTENTIAL IS REWARDING AND FULFILLING. WATCHING AN ATHLETE AVOID INJURY OR USE THEIR AGILITY ON THE FIELD IS A MAJOR MOTIVATING FACTOR FOR ME."



Tips for Preventing Neck Pain

Have you ever had pain in your neck after looking down at your phone or working on your computer too long? One of the most common causes of neck pain is from improper posture while using a smartphone or laptop.

When you bend your head down, the angle determines the amount of force being applied to your neck. When you stand up straight, the weight of your head falls directly over your neck, exerting about 10 to 12 pounds of force on the neck as it maintains balance. Flexing your head forward, the demands on the muscles increase tremendously. For every 10 degrees forward, the force on the neck increases by 10 pounds. At a normal texting position, the neck is fully flexed, which creates roughly 60 pounds of force. This can also result in more rounded shoulders, reduced mobility, and headaches. When using your smartphone or laptop at work, maintaining proper alignment can prevent pain in the neck, upper back, and shoulders.

To help prevent excessive neck flexion and stress, think about the height of your phone or laptop. Raising the phone up to eye level can help take stress off your neck. When using a laptop or tablet, consider using a standing desk or platform that gives you the ability to look at the device at eye level.

The same concept applies when you're working out: having consistently poor posture can cause further stress on your neck. Using the right posture can help with rounded shoulders, and avoid further stress placed on the neck and musculature around the shoulders.

There are basic stretches that can be done throughout a normal day to relieve or proactively prevent neck pain. Examples include rolling the head in a circular motion, flexing, extending, and side-bending your neck to help maintain full range of motion. Backward shoulder rolls and chin tucks can also help establish good strength within the deep neck flexors, ultimately preventing muscles from fatiguing early due to gravity pulling you forward.

Other tips to consider include placing a lumbar roll behind your low back, sitting on a yoga ball as you work, and taking frequent breaks from your computer to prevent your neck from being in a stressed position.



Chris Lanning
Clinical Integration Coordinator at Indianapolis Healthplex

SONYA YODER-BEERY

MEMBER
SPOTLIGHT



I HAVE BEEN A MEMBER OF THE HEALTHPLEX FOR ABOUT 2 YEARS, BUT I HAVE PRETTY MUCH ALWAYS BEEN A PART OF A GYM AND STAYED ACTIVE BECAUSE I AM VERY MOTIVATED TO BE HEALTHY. I ESPECIALLY LOVE PERSONAL TRAINING, YOGA, AND GROUP CLASSES WITH KELLY, LORI, AND INNA. THIS IS MY FAVORITE GYM I HAVE EVER BEEN A PART OF, BECAUSE THE PEOPLE ARE JUST FANTASTIC, BOTH THE STAFF AND MEMBERS. I HAVE MADE SO MANY FRIENDS, AND EVEN THE STRANGERS ARE INCREDIBLY FRIENDLY! MY DAUGHTERS (HAZEL, AGE 13 AND RUTH, AGE 17) FEEL VERY CARED FOR AND SUPPORTED TOO, WHICH SPEAKS VOLUMES ABOUT THE KIND OF WELCOMING PLACE THAT THE HEALTHPLEX IS. I REALLY LOVE HOW IT IS SUCH A MIX OF PEOPLE OF ALL AGES, RACES, AND ABILITIES WORKING OUT TOGETHER. THAT'S HOW A GYM SHOULD BE.

I WAS DIAGNOSED WITH STAGE 4 METASTATIC BREAST CANCER IN AUGUST OF 2021, BUT MY FIRST CANCER DIAGNOSIS WAS IN 2014. I TRY TO EAT A VERY HEALTHY PESCATARIAN DIET, STAY HYDRATED, MEDITATE AND PRAY, FOCUS ON MY RELATIONSHIPS, AND FOLLOW THE ADVICE OF MY TEAM AT SIMON CANCER CENTER. I AIM TO MAKE MY BODY AS INHOSPITABLE TO CANCER AS POSSIBLE. I KNOW THAT WORKING OUT AND DOING ALL THE HEALTHY THINGS I CAN HAS MADE ME RECOVER QUICKER FROM CHEMO, WHICH I GET EVERY OTHER WEEK. I CAN FEEL MY BODY GETTING STRONGER FROM THE EFFORT THAT I MAKE. I AM TRYING TO CHEAT THE GRIM REAPER EVERY DAY. WE ALL HAVE TO DIE SOMETIME, BUT IF I GO TOMORROW I KNOW I HAVE LIVED MY LIFE EXACTLY THE WAY I SET OUT TO DO. I FOCUS ON POSITIVITY, GRATITUDE, AND LOVE.

IT IS HARD TO PUT INTO WORDS HOW MUCH JEREMIAH HAS GIVEN ME AS A PERSONAL TRAINER. TRAINING WITH HIM HAS BEEN A HUGE BOOST TO MY LIFE. HE WORKS ME HARD, BUT HE KNOWS EXACTLY HOW MUCH TO PUSH EACH TIME BASED ON HOW I AM FEELING THAT DAY. SOME DAYS I COME IN DRAGGING AND JEREMIAH KNOWS HOW TO ADAPT— HE IS CONSTANTLY ADJUSTING. BUT HE ALSO KNOWS THAT I WILL ALWAYS GIVE MY ALL, IT'S JUST THAT MY ALL LOOKS DIFFERENT ON DIFFERENT DAYS. SOME DAYS PAIN, NAUSEA, OR EXHAUSTION ARE MAJOR FACTORS AND SOME DAYS I COME IN FEELING REALLY STRONG. JEREMIAH GETS THAT EXTRA LITTLE BIT OUT OF ME EITHER WAY. I FEEL VERY BLESSED THAT HE IS MY COACH, MENTOR, AND FRIEND. HE IS AN INCREDIBLE PERSON.



WHEN I AM NOT AT THE GYM I AM USUALLY FOCUSED ON MY RELATIONSHIPS WITH MY FAMILY AND CLOSE FRIENDS. I LOVE TO HIKE, CAMP, SWIM, GARDEN, READ, AND BE OUTSIDE. I ALSO ENJOY TRAVELING WHEN I CAN, USUALLY WITH MY OLDER SISTER GRETA (MY DAY ONE) OR MY FAMILY. HIGHLIGHTS THIS YEAR HAVE BEEN GOING TO HAWAII AND JAPAN. BEFORE I HAD TO RETIRE FOR MEDICAL REASONS I WAS A SPECIAL NEEDS PRESCHOOL TEACHER, AND I DO MISS MY LITTLES. THEY BROUGHT ME A LOT OF JOY. I LOVE MUSIC AND PERSONALLY PLAY THE VIOLIN AND SING, OFTEN AT MY CHURCH OR FOR FRIENDS' WEDDINGS. I LIVE A VERY HAPPY AND FULL LIFE. I AM VERY TOUCHED BY THIS HONOR AND GIVE ALL THE CREDIT TO THOSE AROUND ME WHO KEEP ME COMING BACK.

THE MURPH



Every Memorial Day, CrossFit athletes around the globe participate in a workout called Murph. The workout is in memory of Navy Lieutenant Michael P. Murphy, who was killed in action during Operation Red Wings on June 28, 2005. He received the Medal of Honor and Purple Heart for his bravery. The workout consists of a mile run to start, one hundred pull-ups, two hundred push-ups, three hundred squats, followed by another mile run at the very end. All of this, while wearing a 20lb vest for men and a 14lb vest for women. It doesn't look too bad on paper, but it is one of the most grueling CrossFit workouts to mentally and physically complete.

Here at CrossFit Torment, we have gathered together on Memorial Day for twelve straight years to pay tribute, not only to Michael Murphy, but to all those who have bravely sacrificed their lives for our country. There are hundreds of hero workouts that are equally as difficult as Murph in their own torturous way. Every week we have what we call "Freedom Friday" where we have a workout named after a fallen soldier, police officer, firefighter, etc. We try to program the named hero workouts as close to the specific date each man or woman gave the ultimate sacrifice. We are proud of the turnout and effort each CrossFit Torment member gave at this year's Murph and we hope even more will join us next year.





HEELS FOR HEARTS: CARDIAC WELLNESS SOCIAL



In May of this year, Anderson Regional Medical System partnered with Cardiovascular Institute of the South and hosted a free event called Heels for Hearts. This event was a free "Cardiac Wellness Social" and provided information to local women regarding heart health. This event included a heart healthy dinner, presentations by local experts, a live Q & A session, interactive games and door prizes. The aforementioned experts who provided presentations and participated in the Q&A included Dr. Jennifer Rodriguez (Interventional Cardiologist), Bonnie Early (Nurse Practitioner), Rhonda Carney (Registered Dietician Nutritionist) and our very own Reva Coate (Certified Personal Trainer and Women's Coaching Specialist.)

Reva was very excited for the opportunity to share the stage with such talented women. "It was a joy to take something that I am so passionate about and educate fellow women on how to improve their health and the benefits of it."



MONTAGE

Wellness Center



FAMILY WELLNESS DAY

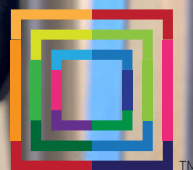
Montage Wellness Center, located in Salinas, CA hosted a Family Wellness Day on Saturday, April 15th. The event was a collaboration with several organizations including Montage Health, Blue Zones Project, and Kids Eat Right. The combined event to promote health and wellness included over 15 vendors, activities, group fitness classes, and other health-related activities. One unique activity included a modified exercise bike adapted to use pedal power to create art projects and blend fruit smoothies. Montage Wellness Center fitness instructors conducted ZUMBA class alongside the event. The kids loved the dancing and so did our instructors. In addition, the Salinas Public Library brought its mobile learning truck. All attendees were also provided an opportunity to fill a large bag of fruits and vegetables grown in the Salinas Valley. A wide variety of fresh healthy food included multiple varieties of lettuce, onions, peppers, carrots, potatoes, green beans, apples, oranges, and many more. All attendees were entered into a raffle to win Monterey Bay F.C. soccer game tickets and many other prizes. Over two-hundred people attended the event and toured the Montage Wellness Center.

MONTAGE WELCOMES PEDRO VALENCIA

OUR MONTAGE WELLNESS CENTERS (MARINA AND SALINAS) ARE PROUD TO ANNOUNCE THAT PEDRO VALENCIA HAS BEEN NAMED THE NEW FITNESS DIRECTOR. PRIOR TO COMING TO HPA/PWM, PEDRO HAS OVER 10 YEARS OF EXPERIENCE IN THE ROLES OF PERSONAL TRAINER, PRIVATE CORPORATE TRAINER, ASSISTANT GENERAL MANAGER, AND GENERAL MANAGER OF SEVERAL ANYTIME FITNESS LOCATIONS IN MONTEREY COUNTY, WORKING WITH HUNDREDS OF CLIENTS.

PEDRO HOLDS A BACHELOR'S DEGREE FROM SAN DIEGO STATE UNIVERSITY IN KINESIOLOGY WITH AN EMPHASIS IN HEALTH AND FITNESS. HE ALSO HAS MULTIPLE CERTIFICATIONS INCLUDING AMERICAN COLLEGE OF SPORTS MEDICINE, BARBELL REHAB, AND A FOOD AS MEDICINE CERTIFICATE FROM STANFORD. HE WAS ALSO A FORMER COLLEGIATE RUGBY PLAYER AND COMPETITIVE ROAD RUNNER.

ON THE PERSONAL SIDE, PEDRO AND HIS WIFE JAQUI ARE THE PROUD PARENTS OF TINSKANI (TEENS-KA'-KNEE) WHO WAS BORN JANUARY 18TH 2022.



MONTAGE
Wellness Center



HENRY MAYO
FITNESS
— AND —
HEALTH



Keili Butler has spent the last two summers with Henry Mayo Fitness and Health as an intern and returned this year with her B.S in Kinesiology with an emphasis on Movement and Exercise Science from Westmont College. She has been hired on as a Lifestyle Specialist and will begin working directly with our Cardiac Rehabilitation program. Keili has her NASM-CPT certification and along with training at Henry Mayo Fitness and Health, she will be the assistant head coach for cross country at Trinity Classical Academy.



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MEDITATION WORKSHOP

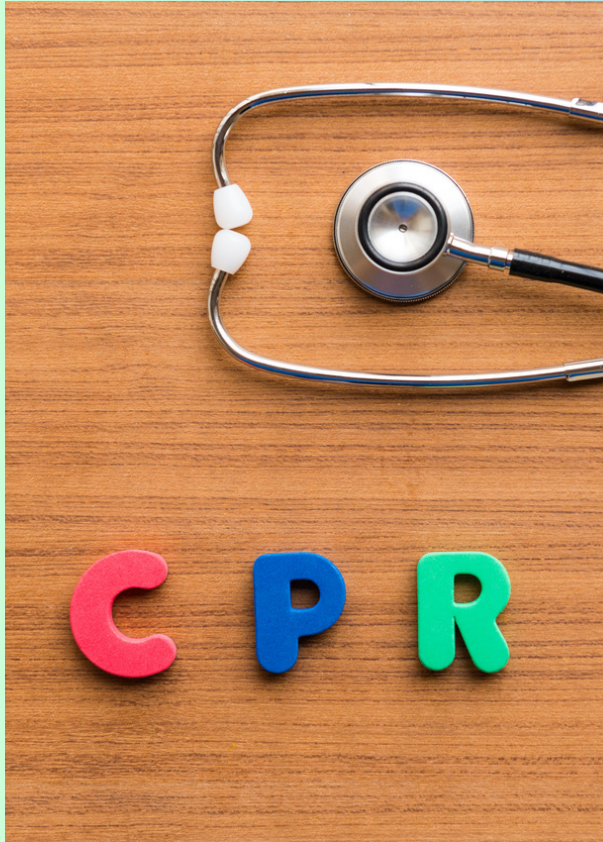


Henry Mayo Fitness and Health's yoga instructor Susan Chapman holds her Master degree in yoga studies along with several yoga therapy certifications. Recently she taught and a meditation workshop for both members and the surrounding community.

This workshop explored the powerful tool of meditation and its ability to help reduce stress and promote good health. The workshop included a discussion for chronic stress and its effects on both the body and mind, as well as light stretching and simple meditation techniques that can be incorporated into a daily routine. These included:

- Mindfulness meditation
- Mantra meditation
- Breath meditation
- Walking meditation
- Body scan for relaxation

MISSION FITNESS CPR TRAINING



About twenty members of the staff of Mission Fitness recently completed certifications and recertifications in Cardiopulmonary Resuscitation (CPR), choking and proper use of the Automated External Defibrillator (AED). Unfortunately, only a small portion of the United States population is trained in CPR, but survival from Sudden Cardiac Arrest is dependent on the quick response of people, not only calling 911, but also starting CPR and using an AED as quickly as possible.

Mission Fitness, along with our other Healthplex Associates managed facilities, takes CPR/AED certification seriously as a medically based fitness facility. According to the Center for Disease Control, currently, about 9 in 10 people who have cardiac arrest outside the hospital die. If performed within the first few minutes of cardiac arrest, CPR can double or triple a person's chance for survival, per the American Heart Association's "CPR Facts and Stats". "Being affiliated with Medical Center Hospital and managing a facility that works hand in hand with Cardiac/Pulmonary Rehabilitation, we have always taken a proactive approach to ensuring our staff are up to date on their certifications," added John Douthitt, GM of Mission Fitness.





National Fentanyl Awareness Day was observed on May 9th. To address this growing issue in our community, Medical Center Health System, Odessa Fire Rescue, and the Medical Examiner's office presented lifesaving information to about 45 participants in Mission Fitness's Classroom.

A local firefighter who has grown alarmed by the number of overdose calls started the ball rolling, wanting to address our community about what fentanyl is, what an overdose looks like, and how to use Narcan to help a victim until EMS arrives. He shared that it is important to know that good Samaritans will not be prosecuted if they call 911 and stay with the victim. It is common for adolescents to get scared and leave the victim in order to save themselves.

"When used by a doctor in a controlled situation Fentanyl is an effective medication. Unfortunately, fake Percocet, Xanax and Adderall pills have been laced with fentanyl and are being sold in our community, often to adolescents. It is hard to determine which are the fake pills when laid next to the pharmaceuticals," said Payton Adams, Odessa Fire Rescue.

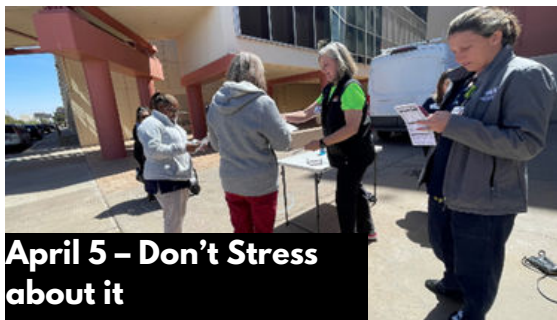
MISSION FITNESS COMMUNITY EDUCATION



WELLNESS WALKS ON WEDNESDAY -- MCH IS MOVING...MOVING...MOVING

EACH WEDNESDAY THROUGHOUT THE MONTH OF APRIL, MISSION FITNESS STAFF MET AT MEDICAL CENTER HEALTH SYSTEM TO HELP FACILITATE WALKS WITH THE HOSPITAL EMPLOYEES AROUND THE CAMPUS.

THE FOUR THEMES FOR THE WEDNESDAY WALKS WERE:



Walking relieves stress. Employees were encouraged to walk the MCH walking path and find "helpers" along the way to make it less of a stressful day! Mission Fitness had a stretching station to help work out the kinks.



Walk the MCH walking path with your brown bag and collect all the items needed for a healthy lunch. Walkers who joined us were able to gather lunch items. Lunch included fruit, turkey wrap, chips and bottled water.



The Great Eight; Mission Fitness Clinical Coordinator, Cynthia Brock, RN presented a lunch and learn on the importance of getting a good night's rest.



Participants enjoyed a 15-20 minute break outside getting exercise. At each stop along the trail they were given a playing card. The best hand of cards won a door prize.

HEALTHPLEX



BE EMPOWERED



Singing River

Healthplex

2023 Heart Walk

I WALK TO SAVE LIVES



Singing River



In partnership with
Ochsner



Singing River Healthplex showed its commitment to our community's heart health by helping break fundraising and attendance records at this year's Jackson County Heart Walk, sponsored by Singing River Health System.

Singing River raised well over \$15,000 to help fund lifesaving research, advocate for healthier communities, improve patient care, and equitable health for all people. With 384 walkers across 35 teams, the Singing River family showed outstanding community engagement, as employees, family members, and community members participated in the event.

We're proud to have had such a presence at the Jackson County Heart Walk 2023, as our employees' participation is a testament to their dedication to improving the health and wellbeing of the community we serve!

SINGING RIVER HEALTHPLEX



CHAIR YOGA

Going strong for over 10 years, the Chair Yoga class at Singing River Healthplex is a favorite among members. Focusing on movement, breathing, and how the body is reacting to the exercise creates a kind of moving meditation that promotes relaxation, reduces stress, and improves mental clarity. Like other forms of exercise, seated yoga may also help improve mood, confidence and relieve anxiety and depression. Some of our members have been taking the class for all 10 years!!



Using the InBody 770 Body Composition Tool to Support Data-Driven Healthcare



INBODY CHALLENGE SINGING RIVER HEALTHPLEX

Recently Singing River Healthplex acquired an Inbody body fat analyzer, a body composition analysis tool that measures body metrics and provides a detailed, yet easy to understand report that includes weight, total skeletal muscle mass, total body fat, total body water and a full segmental muscle and fat analysis. Using the new analyzer, the Healthplex conducted its first Inbody Challenge for Health System employees designed to promote overall health improvement. The challenge was to find the male and female employee who improved their Inbody Score the most in 30 days. The winners were awarded prizes such as free massages and personal training sessions. There was also a consolation prize for the Hospital department that had the greatest improvement.

HEALTHPLEX



BE EMPOWERED



Singing River

Healthplex

MASSAGE THERAPY



Singing River Healthplex has been a leader in revolutionizing healthcare with their groundbreaking applications of EMR (electronic medical records) in the fitness center. In their latest effort, they've set up a referral program for massage therapy. With the click of a button on Epic (their electronic medical records system), physicians can now seamlessly refer their patients for therapeutic massage, paving the way for a more holistic approach to healthcare. Patients can now experience the benefits of massage therapy, including reduced pain and stress, improved circulation, and increased range of motion.



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