

Hello Members,

Fall is my favorite time of the year. I always enjoy the warm weather days and cooler temperature nights to be outside enjoying a walk or run. Sometimes I choose to sit on the porch and listen to the activity of nature as a way to recharge. Regardless of what you choose to do, it is a great time to be outdoors, be active and see the brilliant colors as the leaves change.

The Healthpark will celebrate our 23rd anniversary at the end of October. Members can expect special activities such as our member appreciation lunch and a chance to be entered into a drawing for fabulous prizes. During November, the annual member survey will begin and we want to hear from you! Our team's goal is to offer you the services and programs you need to stay healthy! Please provide us with feedback on what is going well and any additional programs you would like to see us offer. This year we will again give a t-shirt to those members who complete the survey.

Going into the fall months, we want to express our gratitude for the opportunity to work with you as a member of our facility. Serving the community is a responsibility we don't take lightly. On behalf of our team, thank you for making the Healthpark a part of your life!

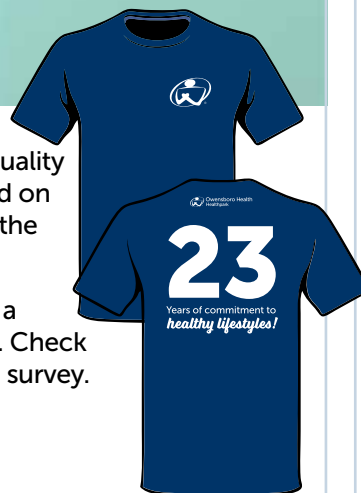
Collette Carter
Director of the Healthpark



We want to hear from our members! Providing quality services to you is important to us. We are focused on being friendly, offering a clean facility and being the type of facility you would recommend to others.

During the month of November, you will receive a survey to tell us how we are doing in these areas. Check your email or ask the front desk for a copy of the survey.

Everyone who completes a member survey by Nov. 30 will receive a free t-shirt!



UPCOMING EVENTS



HEALTHPARK CELEBRATING 23RD ANNIVERSARY

Member Appreciation Week is October 25-29. This week marks our wellness facility's 23rd anniversary. Drawings will be held each day for massages, personal training sessions and metabolic screenings. As part of the celebration, box lunches will be served on Wednesday, October 27 from 11:30 a.m. - 1:30 p.m.

Special enrollment offered during the celebration!

Join the Healthpark during our celebration and take advantage of a \$23 enrollment special for primary and associate members. This special will run from Monday, October 25 through Friday, November 5!

For more information, contact Membership Services at 270-688-5433.

HOLIDAY HOURS

Thursday, Nov. 25 - Closed for Thanksgiving

Friday, Nov. 26 - 5 a.m. to 8 p.m.

(Fitness and water classes taking place)
Playpark open, Health Resource Center and Café are closed

Friday, Dec. 24 - Christmas Eve

Open 5 a.m. to noon *(No classes)*
Playpark, Health Resource Center and Cornerstone Café closed

Saturday, Dec. 25 - Closed for Christmas

Friday, December 31 - 5 a.m. to 6 p.m.

(Classes taking place)
Playpark 8 a.m. - 1 p.m. and Cornerstone Café open, Health Resource Center closed

Saturday, January 1 - 7 a.m. to 7 p.m.

(Classes taking place)

Fitness Events & Happenings

NEW STRENGTH EQUIPMENT IS COMING

We are gearing up for a new year with replacement of our selectorized strength training equipment!

The Matrix Ultra line of selectorized strength training equipment provides the most approachable and non-intimidating resistance training option for inexperienced exercisers. You will be able to use a pin to select the weight resistance for your exercise. The new equipment is super smooth and easy to adjust. You can scan the QR code on the equipment for a tutorial on how to use the equipment and as always, staff will be nearby to answer any questions.

Look for the new equipment in December.



30/20/10 FITNESS CHALLENGE COMING IN NOVEMBER

Are you up for the challenge? Can you commit to completing 30 squats, 20 sit-ups and 10 push-ups EVERY DAY for the entire month of November even including Thanksgiving Day? Sign up at the front desk October 15 - 31 and get started on November 1. The fee to participate is \$10 and participants will be able to track their progress on a leader board in the fitness center. Everyone who completes the challenge (not just signs up for it!) will receive the 30/20/10 challenge t-shirt.

This challenge is open to everyone, but if you need a modified version of any of these exercises, our fitness team is here to help.

PARISI SPEED SCHOOL

As fall sports wind down for the year, the winter months are a great time to condition for next year's season! The Parisi Speed School at the Healthpark is where your young athlete can develop their speed, agility and vertical and horizontal power.

It's more than just exercises – we teach these athletes about proper body mechanics, body positions and drills to help them get to the next level in their sport.

Contact Nick Jones, Head Performance Coach, at 270-688-4828 or Nick.Jones@OwensboroHealth.org to learn more and ask about the Parisi Evaluation!



AQUATICS

The 12 Days of Swimming Challenge

Participants will receive a laminated card with 12 workouts to be completed over 12 days during the month of December. You and the lifeguard on duty will initial each completed workout to get credit. Once you have completed all 12 activities, turn the card in at the front desk to receive a prize! The cost to participate in the program is \$10.

Lifeguard Recertification

The Healthpark will hold a lifeguard recertification class on Sunday, December 12 from noon to 8 p.m. You will start in the natatorium to train for your hands on water skills and CPR certification, then move to the classroom for lecture and exam.

If interested in Aquatics programs, please contact Mackenzie Morris at 270-688-4772 or email Mackenzie.Morris@OwensboroHealth.org.

LIFESTEPS® WEIGHT MANAGEMENT PROGRAM

LifeSteps® Weight Management Program is a lifestyle change program that offers proven results. Led by registered dietitians and exercise physiologists, our evidence-based program will provide the support you need to meet your health and weight goals. For less than \$13 a week, what have you got to lose...besides the weight? The LifeSteps® program classes are offered in person at this time.

Start your new year off right and join us for one of the free information sessions.

Tuesday, Jan. 4 at 5:30 p.m. | Tuesday, Jan. 11 at 5:30 p.m.

For more information, please email us at LifeSteps@OwensboroHealth.org or call 270-688-4804 to register for an upcoming session.

TOBACCO TREATMENT SPECIALISTS

Let one of our Tobacco Treatment Specialists help you kick the habit. These specialists meet one-on-one with participants to discuss triggers, concerns and previous attempts at quitting. They will help you set attainable goals and offer routine follow-up visits to monitor progress. The Healthpark is one of several Owensboro Health locations that have these specialists available to the community. Sessions can be held in-person, virtually or by phone.

For more information or to meet with a Tobacco Treatment Specialist, please call 270-417-7564.

DIABETES EDUCATION

Individuals living with diabetes are at a higher risk for serious health problems, including heart disease, stroke, kidney failure and COVID-19 related complications. The Health Resource Center has registered dietitians and nurses specially trained in diabetes management. These professionals can help you learn the skills and strategies to manage your diabetes and cope with the emotional effects of the disease so that you can live your best life with diabetes. This service is often covered by insurance. Speak to your healthcare provider and ask for a referral to diabetes education at the Owensboro Health Healthpark.

DIABETES PREVENTION PROGRAM

88 million American adults - more than 1 out of 3 - have prediabetes, a serious health condition that places them at risk for type 2 diabetes, heart disease and stroke. If you have prediabetes, consider this program offered at the Healthpark. Our CDC-recognized lifestyle change program, the Diabetes Prevention Program, can help participants with prediabetes lower their risk of developing type 2 diabetes by as much as 58% (71% if you are over the age of 60). The program is led by trained lifestyle coaches and focuses on promoting weight loss and increasing physical activity, the keys to lowering the risk of developing type 2 Diabetes. **Eligible Medicare B beneficiaries may participate in the program at no cost.*

Information sessions: Monday, Oct. 11 at 5 p.m. & Monday, Oct. 18 at 5 p.m. | Classes start Monday, Nov. 1, 2021.

For more information on the diabetes prevention programs please call 270-688-4804 or email Shelby.Shelby@OwensboroHealth.org to sign up for a free information session.

NUTRITION COUNSELING

Nutrition plays a key role in the management of good health and the prevention of chronic disease. Whether you want to overhaul your eating style completely, fine-tune your food choices, manage a medical condition or get tips and inspiration for healthier eating, nutrition counseling from a registered dietitian at the Healthpark can help you get started in the right direction.

Ask your healthcare provider for a referral to nutrition counseling at the Owensboro Health Healthpark. For more information, please call 270-688-4804.

METABOLIC TESTING

Each person has their own unique metabolism. Metabolic testing will determine your specific daily caloric needs, a key to successful weight management. This non-invasive, simple test takes less than 20 minutes and calculates the number of calories you burn at rest. Our health & wellness professionals will interpret results and assist you in developing a plan to help you reach your goals.

For more information or to schedule your metabolic test, please call 270-688-4804.

WELCOME TO THE TEAM!

The Healthpark is proud to welcome new staff members to our team.

CAROLINE DAYSON – *Exercise is Medicine Coordinator*

EVAN DEATON – *Front Desk Receptionist*

MATT LEACH – *Personal Trainer*

ZACK MAIN – *Fitness Coach*

SONIA MALANI – *Yoga Instructor*

NOAH TAYLOR – *Swim Instructor*

LEXI WRIGHT – *Registered Dietitian*

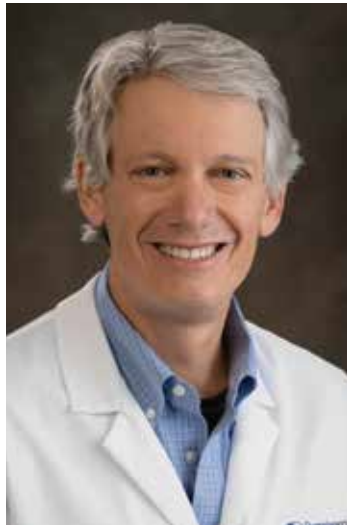
CARDIOMETABOLIC HEALTH PROGRAM

The Healthpark is proud to introduce a new program designed to address cardiometabolic health. Many chronic health conditions, such as cardiovascular disease, heart failure, stroke, chronic kidney disease and type 2 diabetes can be managed with lifestyle modifications.

This program is directed by Owensboro Health Lifestyle and Sports Medicine's practice provider Dr. Scott Black. It incorporates many of the Healthpark's wellness services and the initial evaluation includes assessments by a medical provider, registered dietitian and fitness coach. These experts help patients develop the skills they need to help better manage their health conditions related to cardiometabolic function. Treatment is individualized and includes a care plan specific to each patient's needs and readiness to change.

This structured program consists of eight visits throughout 16 weeks.

For more information, please contact Owensboro Health Lifestyle and Sports Medicine Clinic at 270-688-2110.



HEALTHPARK EXPERT SPOTLIGHT: MARIAH EARHART, FITNESS COACH

Meet Mariah Earhart, a fitness coach and personal trainer at the Owensboro Health Healthpark, who also works closely with the Exercise is Medicine program. Originally born and raised in Montana, the state continues to hold a special place in her heart. Since moving to Kentucky, she has been transitioning into her new home as she and her husband raise their family of two children here. Mariah has a degree in health and human performance from the University of Providence in Great Falls, Montana, where she also ran cross country and track and field. In addition to working at the Healthpark, you can find Mariah coaching cross country and track at the Hancock County elementary, middle and high schools during the school year. In her spare time, you will most likely find her outside with her family running, biking or exploring new places. One little-known fact about Mariah is she dislikes the taste of coffee but can always be bribed with cake!



Golden Partners

Van service continues to run Monday through Friday 8 a.m. to 3 p.m. and by appointment.

Don't forget to register for your group exercise class in the Healthpark app!

As the weather cools down and it gets dark earlier, group exercise classes will begin to fill up. Be sure that you are securing your space by registering in the Healthpark app. If you do not have the app installed or would like some help, our membership services team will be happy to help at the front desk.



For exercise tips follow us on:



Healthpark | 1006 Ford Avenue, Owensboro, KY 42301

For class information go to:

OwensboroHealth.org/Healthpark