

Hello Everyone,

It's a great time to consider a walking program. Did you know that walking is a fitness activity that anyone can do anywhere regardless of fitness level? According to the American College of Sports Medicine (ACSM), walking can boost your physical activity level and benefit overall health. **Here are some things recommended by ACSM to begin a walking program:**



- Get a pair of well-fitting, supportive shoes and comfortable clothes.
- Choose a well-lit area with pathways conducive to walking. Neighborhoods with sidewalks or local parks are always a good choice.
- Schedule a time each day to walk. Work up to 30 minutes per day or 150 minutes per week. If you have a hard time setting aside 30 minutes, try shorter times to equal 30 minutes throughout the day.
- Wear a pedometer or device to track your steps.
- Invite a friend or family member to join you on your walk. Having someone as a partner can provide social time with the exercise.
- Always consult your physician before beginning any exercise program, especially if you have risk factors or have been inactive

More tips and information are available at www.acsm.org or speak with one of our Healthpark experts. One of our fitness coaches is available to talk with you. Consider some of the programs mentioned in this newsletter edition to help you "spring" forward into better health. We are here to support and partner with you.

Collette Carter
Director of the Healthpark



The Healthpark is again hosting the opportunity for facility members and anyone from the community to participate in this year's Medical Fitness Association Week activities. **During the week of May 9 through 15, log your steps.** Strive to achieve a goal of 10,000 steps a day or a moving goal of 150 minutes. To participate, pick up a log sheet at the front desk. Participants can turn in completed log sheets at the end of the tracking period. All participants will be eligible for a prize drawing, including a 30-minute massage, 1-month membership, etc.

For additional information, see the front desk staff.

UPCOMING EVENTS



HEALTHPARK GIFT CERTIFICATES ARE ALWAYS A GOOD FIT!

If you are looking for a unique gift for Mother's Day or Father's Day, consider a Healthpark gift certificate. You can purchase gift certificates for any service, including membership, personal training and massage. You might consider taking advantage of our upcoming massage specials.

Massage Special

May 2-8 \$10 off a one-hour massage

Father's Day Massage Special

June 13-19 \$10 off a one-hour massage

Anyone can purchase a gift certificate at the Membership Services Front Desk.



WALK WITH THE DOC

Tuesday, May 24 at 5:30 p.m.

Exercise is a Vitamin

Dr. Scott Black
Owensboro Health Healthpark

Tuesday, June 28 at 5:30 p.m.

Topic TBD

OHMG Hospitalists
Moreland Park

**The Healthpark will
be closed in observance
of Easter on
Sunday, April 17.**



Fitness Events & Happenings

PARISI SPEED SCHOOL

Parisi Speed School? Now is the time!

Spring is the perfect time to start working on becoming a better athlete. If you are an athlete or know an athlete who wants to work on getting quicker, faster, stronger and build injury resiliency, look no further. Our team of experts is here to help you on your journey! For more information or to schedule your athletes' signature Parisi evaluation, **please contact Head Performance Coach Nick Jones at 270-688-4828.**

PERSONAL TRAINING

This is no April Fools!

Healthpark members (and new personal training clients) can take advantage of a great special offer in April – three 25-minute personal training sessions for \$89! Personal training is not a luxury but can mean so much more! Long time Healthpark member and personal training client, Jerry Morris, recently shared his story with us.

In 2013, as part of a routine physical exam, a rising PSA level caused Jerry and his doctors to be concerned about possible prostate cancer. Wanting to strengthen himself for the potential fight, he began personal training with Bobby Grant at the Healthpark. A biopsy in March 2014 confirmed the existence of prostate cancer, but it had been caught early. Jerry had 44 radiation treatments in 2014, and his cancer has not presented since.

"Personal training with Bobby helped me get in the best shape that I had been in for 20 years," Jerry said. "You can achieve results in 30 minutes with a personal trainer that you cannot do on your own in 90 minutes. I had always been pretty active, but I learned new workout movements and routines that I could apply on my own every day while getting radiation therapy. I actually returned from cancer treatments in better overall physical shape than when I left ten weeks earlier. This training and support helped me maintain strength and a positive outlook during this challenge."

Nine years later, and approaching age 67, Jerry still trains with Bobby. "He'll push you and it's not always easy – but it's worth it," Jerry said.

If you are ready to get started with personal training or want to know more, contact our fitness supervisor Nick Jones at 270-688-4828.

GROUP EXERCISE

New class in April with Jan – POWER UP!

Power Up is a class that focuses on the three components of stretching, balance, and strength. The course incorporates stretches, balance drills, and strength exercises to keep you POWERED UP for life and your day-to-day activities. Low to moderate intensity.

Monday and Wednesday 10:30–11:15 a.m. in Studio 2A, taught by Jan Young.

To ensure your space in any group exercise class, we strongly recommend registering for each class using the Healthpark App or signing up online. Registering is the only way to guarantee your space in class. If you need any help with the app or this process, please see the member services team at the front desk.



FALL PREVENTION UNDERGOES NAME CHANGE TO BASE (BALANCE, AWARENESS, STABILITY, EVERYWHERE)

Falls are the number one reason for admission in hospital emergency rooms annually for the 65+ population. Balance and our walking gait are components of overall fitness that can diminish as we get older.

The Fall Prevention Program has helped dozens of folks improve their strength, stability, balance, coordination, and walking gait over the years. It's also helped to alleviate fears of falling and build confidence. We have undergone a name change, but it's still the same great program! If you are experiencing balance issues or know someone who is, please get in touch with Jason Anderson at 270-688-4785 to see if this program would be appropriate for you. Our next class will begin on April 12, with the next class opportunity on July 12.



TOBACCO CESSATION PROGRAMS – OFFERED AT NO CHARGE

Freedom from Smoking

The American Lung Association's Freedom From Smoking® program has been ranked as one of the most effective cessation programs in the country and has been helping people quit smoking for more than 35 years. The Freedom From Smoking® program, offered at the Healthpark, will help participants learn how to quit smoking.

Join us for a free information session on Tuesday, May 3, 2022. A light snack will be served.

Call 270-688-3263 or 270-688-3291 or email Emily.Galloway@OwensboroHealth.org for more information or to register.

Tobacco Treatment Specialists (TTS)

Let one of our Tobacco Treatment specialists help you kick the habit. One-on-one meetings with these specialists will help participants identify triggers, discuss concerns and set attainable goals. Routine follow-up visits are provided to monitor progress and offer ongoing support.

For more information or to meet with a TTS at the Healthpark, call 270-688-3263 to register.



DIABETES EDUCATION

Have you or a loved one recently been diagnosed with diabetes? Maybe you are living with diabetes but struggling to manage it. Wherever you are in your journey with diabetes, the Healthpark's team of Diabetes Care and Education Specialists are here and ready to help you. These registered dietitians and nurses, specially trained in diabetes management, will teach you the skills and strategies to manage your diabetes and cope with the emotional effects of the disease, helping you live your best life. This service is often covered by insurance. Speak to your healthcare provider and ask for a referral to diabetes education at the Healthpark. **For more information, call 270-688-4804.**

NUTRITION COUNSELING WITH A REGISTERED DIETITIAN NUTRITIONIST

Good nutrition plays a role in the prevention of chronic diseases and can improve overall health and wellbeing. But nutrition information is everywhere and can be complex, confusing and complicated. Registered dietitian nutritionists are the real nutrition experts who can guide you through the nutrition misinformation while providing easy-to-follow, sound nutrition advice. Whether you need help managing a medical condition, want to assess your eating style or need some tips and inspiration, nutrition counseling with a registered dietitian nutritionist at the Healthpark is a recipe for success.

Ask your health care provider for a referral to nutrition counseling at the Healthpark. For more information, call 270-688-4804.



LIFESTYLE AND SPORTS MEDICINE

Lifestyle medicine is the prevention, treatment and often reversal of diseases caused by lifestyle factors. It focuses on educating and motivating patients to develop healthy eating habits, effectively manage stress, increase physical activity, get adequate sleep, acquire supportive social connections and avoid substance abuse.

Sports medicine seeks to prevent illness and injury in active people and restore function in injured patients to get them moving again.

Owensboro Health is proud to have Dr. Scott Black offering Lifestyle and Sports Medicine right here at the Healthpark. Dr. Black is accepting new patients for lifestyle and sports medicine. **For more information or to schedule an appointment, call 270-688-2110 or visit OwensboroHealth.org/Black.**

WELCOME TO THE TEAM!



SAM COUCH - LIFEGUARD

Sam is a junior at Owensboro Catholic High School, where he is also on the swim team. We are excited to have Sam on the Lifeguard team! If you're going for a swim or want to stop into the natatorium, please give Sam a big welcome!



HEATHER DURALL - FITNESS COACH/PERSONAL TRAINER

Heather is our newest fitness coach and personal trainer. She holds a Bachelor's Degree in Exercise Science and certifications from the American Council on Exercise in Personal Training and Health Coaching. She has nearly ten years of experience in exercise and fitness. We welcome Heather to our Healthpark team!

AQUATICS

Summer Swim Team – Heatwaves about to get warmed up!

On May 23rd and 24th at 6–7 p.m., we will be holding evaluations for anyone that wants to join the Heatwaves Swim Team (ages 5-18). Swimmers will be asked to swim one lap of freestyle or backstroke as a minimum requirement for participation. After the evaluations, your child will either be placed in Solar Power or Sun Rays group. Solar Power is our more advanced group and for our older swimmers. Sun Rays is for our younger swimmers who need more stroke development. Once placed in that group, practice will start on June 1 at either 8:30 a.m. (Solar Power) or 9:30 a.m. (Sun Rays). Practice will be M-F with three meets included, all on Wednesday nights. If you are interested in this seven-week program, **please get in touch with Mackenzie Morris at Mackenzie.Morris@OwensboroHealth.org or dial 270-688-4772.**



FITNESS COACH SPOTLIGHT - AARON MAGAN

Meet Aaron Magan, a fitness coach and personal trainer at the Healthpark. Aaron works closely with the Exercise is Medicine program and graduated from Western Kentucky University with a degree in Exercise Science. In his free time, he enjoys spending time with his fiancé and their three dogs, going to the gym and being outdoors as much as possible. Aaron can be found assisting members on the fitness floor and is ready to help you get started with your exercise program.



Owensboro Health

Connections

CONNECTIONS OFFERS BENEFIT TO THOSE AGE 55 AND ABOVE

If you are 55 and over and ready to find new resources and programs that assist you in making healthy lifestyle choices, you will want to enroll in Connections. This program is offered to Healthpark members who are age-eligible as a value added to their membership. The program provides targeted health information, social events and travel opportunities. In addition, there are other discounts and benefits.

For additional information, contact Melinda Cornell, Connections Supervisor, at 270-688-4857 or at Melinda.Cornell@OwensboroHealth.org.

AGING GRACEFULLY

**Tuesday, May 10 Classrooms A & B
11 a.m. - 12:30 p.m. or 5-6:30 p.m.**

In honor of Older Americans Month, we are happy to bring back our Doc Is In program with Aging Gracefully– Balancing Life and Health. Aging Gracefully starts by maintaining a healthy lifestyle. Our experts will talk about Safe Exercises at Home, Cooking for 1 or 2, and Balancing Life & Health.

A light lunch or dinner will be served using a menu put together by our very own dietitians. Recipes will be provided as well as other informational brochures. This program is free, but you must pre-register as seating is limited. **(270) 688-4855**

Program Speakers:



Scott Black, MD



Beth Cecil
RDN, LD



Sarah Renschler
RDN, LD



Jan Young
Certified Group
Exercise Instructor

For exercise tips follow us on:



Healthpark | 1006 Ford Avenue, Owensboro, KY 42301

For class information go to:

OwensboroHealth.org/Healthpark