

## Hello Everyone,

The importance of good health is something we hear discussion about. But what does having good health really mean? To each person the definition could be very different. We have the physical metrics we can measure like blood pressure, cholesterol and weight. These measurements can be compared to national standards that define acceptable ranges. To really look at good health we have to go beyond just the physical measurements. There are other things to consider for overall optimal health that include having adequate sleep, reducing stress and having a social support network.

As we go into 2023, I would like for you to consider how you define good health. There are a wealth of resources at the Healthpark with exercise opportunities, educational classes and even a chance to find support by seeing the Lifestyle and Sports medicine physician Dr. Scott Black. Other resources include those found on the Credible Mind website at CredibleMind.com. This mental health resource that includes assessments, videos and educational articles is offered through a partnership with Owensboro Health and RiverValley Behavioral Health. No matter what your individual needs may be, our team is here to connect you with the resources to support you in achieving your health goals!

### Collette Carter

Director of the Healthpark



## UPCOMING DATES



### VALENTINE'S DAY MESSAGE SPECIAL



February 1-14 | \$10 off a 1-hour massage

### WALK WITH A DOC

Tuesday, January 24

5:30 p.m. | Healthpark Lobby

Topic: Pillars of Health and Wellness

Dr. Ravi Alapatti

Owensboro Health Surgical Weight Loss

Tuesday, February 28

5:30 p.m. | Healthpark Lobby

Topic: Heart Month

Provider: OHMG Cardiology

Tuesday, March 28

Noon | Healthpark Lobby

Topic: Benefits of Nordic Walking

Dr. Scott Black

OHMG Lifestyle and Sport Medicine

### DOC IS IN

Tuesday, February 14 at 11:30 a.m.

Featuring Dr. Scott Black

OHMG Lifestyle and Sport Medicine

Topic: The Heart of the Matter

Lunch will be served, for reservations call 270-688-5433. Watch for details

### COOKING CLASS (MARCH)

March is National Nutrition Month. Join our team of registered dietitian/nutritionists to see what they have cooking this month. We promise it will be both healthy and tasty! Recipes will be provided.

Wednesday, March 1, 2023 at 5:30 p.m. in Classrooms A and B | Fee: \$5.00

Space is limited and preregistration is required by February 22, 2023

Call 270-688-5433 to reserve your spot.

### HOLIDAY HOURS

Sunday, January 1 | Noon - 7 p.m.

Looking for tips on how to eat healthier in 2023, join the Healthpark in January and receive a

# FREE 30 MINUTE

SESSION WITH ONE OF  
OUR REGISTERED DIETITIANS  
If you refer a friend or family member and they join the Healthpark, you both will receive a credit of \$25!

For Primary & Associate members only.



# THANK YOU!

### WE APPRECIATE YOUR FEEDBACK!

A big "Thank you" to everyone who completed a member survey during November! Over 1,100 surveys were completed. Our management team is currently reviewing the information. Watch for follow-up from the survey results soon!

# Fitness Events & Happenings

## TAI CHI

### We are growing our Tai Chi program!

As many are aware, we have a FANTASTIC 8 week Introduction to Tai Chi class taught by Jan Young. This evidenced based program has been shown to aid in the prevention of falls, reduce chronic arthritis pain, improve flexibility and balance and help speed recovery from injury and surgeries.

### INTRO TO TAI CHI

- January 3 - February 23 and February 28 - April 20
- Tuesdays and Thursdays at 1 p.m. **OR** 6 p.m.
- FREE for Healthpark Members/\$50 for non-members - **Registration required – no drop ins**
- Classes held in Studio 2A (Limit of 24 per class)

In addition to our Intro to Tai Chi program, we are also introducing some regular Tai Chi classes on our weekly group exercise schedule starting in January!

**BASIC TAI CHI** – This class will be an opportunity for the graduate from the intro class to regularly practice what they learned with the 42 poses. Classes will be taught by newly trained and certified Tai Instructor, Patty Fitzgerald! Classes will be held on Mondays 6:30-7:15 p.m. and Tuesdays from 11:30 a.m. - 12:15 p.m. in studio 3C. Members only.

**TAI CHI STRONG** – This class will be a practice of basic poses learned in the intro class but we will incorporate some strength movements to help improve pose stability. Class will be taught by Jan Young and held on Wednesdays from 11:30 a.m. - 12:15 p.m. (studio 3C). Members only. Use the app to reserve your space.

**To participate in these weekly classes, you must have taken the Introduction class first.**

**For more information about “anything Tai Chi”, contact Jason Anderson at 270-688-4785.**



## FALL PREVENTION

### Fall Prevention/B.A.S.E. Classes

Do you or someone you know struggle with a fear of falling? Balance and/or stability issues? Falling does not have to be an inevitable part of the aging process. The Healthpark offers a 12 week program to address these and other concerns in our Fall Prevention/B.A.S.E. (Balance and Stability Everywhere) program. Doctor/Provider referral required for participation.

Cost: \$120 (Registration is limited to 12 per class)

**UPCOMING CLASSES: January 10 - March 30 | April 11 - June 29**

**For more information, contact Jason Anderson at 270-688-4785.**



## REMINDER TO REGISTER FOR CLASSES

Don't forget the Healthpark App to register for your favorite group exercise classes! It's the only way to ensure your spot, and you know the first of the year is always extra busy! For help in downloading or using the app, please see anyone in Member Services at the front desk.

## AQUATICS

### LIFEGUARDING CLASSES

Would you or someone you know be interested in being American Red Cross Lifeguard Certified? The Healthpark will be having Lifeguard Certification and Recertification classes starting in February through September of 2023.

**If you have any questions about specific dates and times of these classes please contact the Aquatics Supervisor, Mackenzie Morris, at 270-688-4772 or [MacKenzie.Morris@OwensboroHealth.org](mailto:MacKenzie.Morris@OwensboroHealth.org)**

### BENEFITS OF SWIMMING

When considering what to incorporate into your exercise program for 2023, you might include water exercise into your routine. Most people think a fitness resolution mostly includes working out on land: walking on the treadmill, riding a bike, using the weight machines, free weights, etc. For some, these activities might not be as realistic because of certain injuries to their body or past injuries they are trying to prevent from coming back. Did you know that utilizing the Owensboro Health Healthpark pool will help you reach your fitness goals while also relieving the pain to some of your problem areas such as your knees, feet, back, and shoulders? Swimming is one of the lowest impact activities that will decrease the wear and tear of your body while also strengthening every muscle at once.

## LIFESTEPS® WEIGHT MANAGEMENT

Have you resolved to be healthier in 2023? Looking for a lifestyle change and not just another “diet”? Our comprehensive program will help you assess not only what you eat, but how and why you eat. Plus, you will gain the skills needed to lose weight and improve health by creating your own personal plan. Classes are led by registered dietitians and exercise physiologists, and on-going support is available after completion.

Register for one of the free information sessions to learn more. Classes starting in January and March.

### UPCOMING INFORMATION SESSIONS:

Tuesday, January 10 or 17 at 5:30 p.m. | Wednesday, March 22 or 29 at 5:30 p.m.

**For more information, please email us at [LifeSteps@OwensboroHealth.org](mailto:LifeSteps@OwensboroHealth.org) or call 270-688-4804 to register for an upcoming session.**

## DIABETES PREVENTION PROGRAM

Prediabetes: Could it be You? Ninety-six million American adults have prediabetes, yet 8 out of 10 do not know they have it. The Healthpark’s Diabetes Prevention Program is a lifestyle-change program with proven results. In fact, those with prediabetes may lower their risk of developing type 2 diabetes by as much as 58% (71% if you are over the age of 60).

*\*Eligible Medicare B beneficiaries may participate in the program at no cost to you.*

**To see if you qualify, join us for one of our free Information sessions.**

February 2 or 9 at 5:30 p.m. | Classes start February 23

**Register by calling call 270-688-4804 or emailing [Jenny.Young@OwensboroHealth.org](mailto:Jenny.Young@OwensboroHealth.org)**

## DIABETES EDUCATION

The Healthpark’s team of Diabetes Care and Education Specialists are here and ready to help you if you are living with diabetes. These registered dietitians and nurses, specially trained in diabetes management, will teach you 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.**

## LIVING WITH DIABETES SUPPORT GROUP

Come learn more about managing your diabetes and meet others living with diabetes in our FREE monthly support group. The group meets on the 3rd Tuesday of each month at 5:30 p.m. in the Healthpark Classroom.

**UPCOMING CLASSES: January 17, February 21 & March 21**

**For more information call Gus Johnson, RN, CDCES, at 270-688-1227.**

## NUTRITION COUNSELING WITH A REGISTERED DIETITIAN/NUTRITIONIST

We are often bombarded with nutrition information that can be confusing and misleading. Let our team of registered dietitian nutritionists at the Healthpark, the real nutrition experts, 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 just need some tips and inspiration, nutrition counseling with a registered dietitian nutritionist at the Healthpark is a recipe for success. Ask your healthcare 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 healthful eating habits, effectively manage stress, increase physical activity, get adequate sleep, develop 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](http://OwensboroHealth.org/Black).**



## FITNESS TEAM SPOTLIGHT

**Cody Jackson** recently joined our team as a fitness coach. Originally from Michigan, he moved down to Owensboro to play baseball at Kentucky Wesleyan College. During his time at KWC, his team won the conference championship and was named all-conference as a catcher.

Cody graduated from KWC in 2018 with a BS in Fitness and Sports Management.

Cody likes to spend his free time being around family and friends, watching sports, playing video games, and being in the weight room.

## JANUARY 100K CHALLENGE

Do you need some motivation in your fitness program? It's back again! The 100K Challenge! During the month of January, you will be challenged to accumulate 100 kilometers (62 miles) either by running or walking. It may sound like a lot but consistently getting in an average of 2 miles per day will get you there.

Log your miles for all to see on the tally board in the fitness area on the 2nd floor. This is a challenge for members only and the cost is \$12 and includes a t-shirt. To get in on the fun, you must register at the front desk no later than January 10.

**Any questions, contact Nick Jones at 270-688-4828.**

*\*Miles accumulated MUST be intentional "exercise miles" above your regular steps per day.*



## NEW YEAR – NEW ME: RESOLUTIONS

by Nick Jones, Fitness Supervisor

We all know that January 1st, year after year, is the day that all of us want to change certain behaviors. But did you know that all these resolutions that we make for ourselves are well known for their high failure rate? Here are some tips that can help you make the changes that you shoot for – and keep them going for the long run!

- Pick a change that you actually want to make. Not something that you "should" do, but something that you really want to do for yourself.
- Keep it realistic. Sure we would like to lose 25lbs in the first month – but that is not realistic. Break it down into smaller bits, and eventually that will add up over time.
- Plan it out! Set dates on your calendar, put notes around the house, reminders on your phone – anything that will hold you accountable and keep you on schedule.
- Replace an old habit with a new one. We are all creatures of habit, so what is something that we need to break? Snacking during television? Replace the snack with something healthier. Like to sit around and relax during a break? Take your break – but go on a walk or hit the gym during your time away.
- If you get into a workout funk, try chatting with one of our Fitness Coaches on the fitness floor. Their expertise and experience might trigger some new ideas and keep your workouts fresh!



## Connections

Are you 55 or older and a member of Connections? If so, watch for the first quarter 2023 Connections Newsletter coming very soon to your mailbox. Many activities have been planned for your enjoyment. If you are not a Connections member but want to receive the newsletter, stop by Connections at the Healthpark today and complete the membership form so that you can be added to our mailing list. Healthpark members who are eligible receive a membership to Connections.

**For additional information, contact the Connections office at 270-688-4855 or email [Connections@OwensboroHealth.org](mailto:Connections@OwensboroHealth.org).**



For exercise tips, follow us on:



**Healthpark | 1006 Ford Avenue, Owensboro, KY 42301**

For class information go to:

**[OwensboroHealth.org/Healthpark](https://OwensboroHealth.org/Healthpark)**