

# 2020 Newsletter

## JANUARY, FEBRUARY & MARCH

### *It's time to kick off 2020!*

This is a new year and a new decade. At the Healthpark we have the "perfect vision" for you to set new goals for 2020 and the resources to support in achieving them. While setting yearly goals, it is an opportune time to join a group or program to keep you accountable. Maybe you want to experience a yoga class, start swimming laps or try LifeSteps, a 12-week program that teaches you lifestyle choices that help with weight loss. Now is the time to enroll. Details about information sessions or deadlines to sign up are included throughout this newsletter.

Did I mention that there are a number of great things happening around the Healthpark? You may have noticed the renovations in our racquetball court in the past few weeks, as we transitioned the space to make way for the **Parisi Speed School at the Owensboro Health Healthpark**. Parisi Speed School is a sports conditioning and enhancement program for youth ages 7 - 18. There is nothing like it in the region! A program of this caliber is the type of program we are committed to offering the communities we serve. Plan to attend our grand opening on Saturday, February 15.

One of my favorite quotes is from Ralph Waldo Emerson, "Do not go where the path may lead, go instead where there is no path and leave a trail." This is your year and time to blaze your own way. What works for you in strengthening your body or increasing your endurance may not work for someone else. Our team of experts is here to connect you with the right exercise, education and way to reduce stress. When you are participating in things you enjoy or with someone holding you accountable, you have greater outcomes and more fun!

Focus on the things that mean the most and bring you joy in 2020!

**Collette Carter,**  
*Director of the Healthpark*

Recertified for  
THREE more years!



**January 16 | 5:30 p.m.**  
**Dr. Ravi Alapati**  
Owensboro Health  
Surgical Weight Loss Center

**February 20**  
**5:30 p.m.**  
**Dr. Fady Wanna**  
Owensboro Health  
Medical Group –  
Cardiothoracic Surgery

**March 19 | 5:30 p.m.**  
**Dr. Matthew Biernat**  
**& Dr. Kahira Biernat**  
Owensboro Health Medical  
Group – Family Medicine

**DOC IS IN:**

**Smoking Cessation  
& Vaping**

Tuesday, February 11  
5 - 6:30 p.m.

**Speaker: Panel Discussion**

**Call 270-688-5433 to  
reserve your spot!**



**MASSAGE SPECIAL**  
**\$10 off an hour massage for  
Valentine's Day**

*Purchase from February 1 – 14.  
Gift cards are available.*

### WINTER WEATHER POLICY

In the event that inclement weather affects road conditions, all Healthpark programming, land aerobic and water aerobics classes will follow the Owensboro Public (City) School System. If city schools are CLOSED or have early dismissal due to inclement weather related to road conditions, all Healthpark programming and aerobics classes will be cancelled. If City schools have delayed opening due to inclement weather related to road conditions, all Healthpark programming and classes will operate as regularly scheduled. Multiple consecutive days off will be evaluated based on current conditions. The decision to close the entire facility due to severe weather conditions will be determined on a case-by-case basis with advisory messages communicated as listed below.

**1. App Alerts**

**2. The Owensboro Health Healthpark Facebook Page**

**3. OwensboroHealth.org/Healthpark**

**4. Voicemail on the main Healthpark phone line (270)-688-5433.**

For exercise tips follow us on:



For class information go to:

**OwensboroHealth.org/Healthpark**

# Fitness Events & Happenings



**SPEED SCHOOL** at the Owensboro Health Healthpark

**GRAND OPENING!**  
**SATURDAY, FEBRUARY 15**

9 a.m. – 1 p.m.

RSVP by calling 270-688-4878

Demonstration, education, healthy snacks and more!

## ANNOUNCING.... PARISI SPEED SCHOOL AT THE HEALTHPARK

Parisi Speed School is officially at the Healthpark! We are excited to bring Parisi Youth Training Systems – the leader in safe youth sport performance training – to the Healthpark. The program focuses on improving an athlete's overall athletic foundation – speed, agility and strength – and providing them with programming and certified sports performance coaches to help reduce the risk of injury. This improves performance on the field and increases confidence and self-esteem off of it. Parisi Speed Schools have been in operation for more than 25 years and have collectively trained athletes from middle school through the professional levels, including first round draft picks in every major sport. This program is available for kids ages 7 and up. We also have programming for kids who may not be involved in athletics but recognize the benefits of being physically active.

**For more information, please contact Head Coach and Parisi Project Manager Seth Sharp at 270-688-4878.**

## TAI CHI

Tai Chi is a program for better living! This evidence-based program has been shown to aid in the prevention of falls, reduce chronic arthritis pain and improve flexibility and balance, while also reducing recovery time from injury and surgery. This 8-week class series will offer new sessions beginning on January 7, March 3 and April 28. FREE for Healthpark members. \$50 for non-members.

**For information or to register, please call 270-688-5433.**

## FALL PREVENTION

The Fall Prevention series helps those who have fallen or have a fear of falling. Do you recognize you are not as strong in your lower body as you used to be? Do you find yourself losing your balance or feeling "clumsy?" If so, this 12-week program is for you. It will improve your strength, balance, agility and coordination, as well as your walking gait for prevention of the possibility of a fall. Upcoming classes start January 7, February 11 and April 7. The cost for the 12-week series is \$60 per person.

**For more information, please contact Jason Anderson, Manager of Health and Fitness at 270-688-4785.**

## ADVANTAGES OF GROUP PERSONAL TRAINING

If you've thought about personal training but aren't sure if it's for you, consider the opportunity to train with a friend. This training can double your chances for fitness success, plus offer camaraderie and extra fun.

Benefits of group training:

- Work-out with an exercise partner or friend
- Having someone you work out with provides a powerful combination of support, accountability, motivation and healthy competition!

Packages for group training can be with 2 and 3 clients.

**For additional information, contact Nick Jones, Fitness Supervisor at 688-4828 or fill out the attached interest questionnaire and Nick will contact you!**

## DIABETES PREVENTION AT THE HEALTHPARK

Did you know 84 million American adults have pre-diabetes? That is one out of every three adults, yet 90% of people with pre-diabetes don't know they have it. Pre-diabetes puts people at an increased risk for type 2 diabetes, heart disease and other serious health problems.

Lifestyle changes such as losing weight, eating healthy and being more active can prevent or delay type 2 diabetes. The Healthpark is here to help you implement those changes with our CDC-recognized Diabetes Prevention Program, Prevent T2, which has been shown to reduce new cases of diabetes by 58%. For those over age 60, their risk of developing diabetes may be cut by 71%.

Starting in 2020, qualified Medicare beneficiaries may participate in the program at no cost. Financial assistance may also be available for those who qualify.

**Join us for one of the upcoming FREE information sessions to learn more and see if you qualify for the program:  
January 6 at 5:30 p.m. | January 7 at 10 a.m. | January 13 at 5:30 p.m. | January 14 at 10 a.m.**

**Call 270-688-4804 to register. For more information call Amy Turley, RN, CDE, at 270-688-4459 or email at [Amy.Turley@OwensboroHealth.org](mailto:Amy.Turley@OwensboroHealth.org).**

## DIABETES SUPPORT GROUP

Come learn more about managing your diabetes while meeting and sharing with others living with diabetes. The diabetes support group meets on the third Tuesday of each month at 5:30 p.m. at the Healthpark.

**For more information call Gus Johnson, RN, Certified Diabetes Educator, at 270-688-1227.**

## LIFESTEPS

Did you resolve to lose weight in the new year? If so, you don't have to do this alone. Let the nutrition experts at the Healthpark lead you, step-by-step, to your goal weight and a healthier you in 2020.

Our comprehensive LifeSteps program is led by nutrition professionals and incorporates diet, physical activity and behavior changes to lose weight and keep it off. For just \$11 a week, what have you got to lose... besides the weight?

**Join us for one of our FREE upcoming information sessions:  
January 7 at 5:30 p.m. | January 14 at 5:30 p.m. | March 18 at 5:30 p.m. | March 25 at 5:30 p.m.**

**For more information, email us at [Lifesteps@OwensboroHealth.org](mailto:Lifesteps@OwensboroHealth.org) or call 270-688-4804.**

## FREEDOM FROM SMOKING

The Healthpark offers the Freedom From Smoking program for individuals who are ready to quit smoking. This program focuses on helping participants learn how to quit smoking. Since it was first introduced more than 25 years ago, the American Lung Association's Freedom From Smoking Program has helped hundreds of thousands of Americans end their addiction to nicotine and begin new smoke-free lives. Join us for an information session to take your first step.

**Upcoming information sessions:**

**January 14 at 5:30 p.m.**

**Classes are FREE and start January 21 at 5:30 p.m.**

**For more information call 270-688-3291 or email [Shiloh.Fisher@OwensboroHealth.org](mailto:Shiloh.Fisher@OwensboroHealth.org).**

## METABOLIC TESTING

Are you struggling to lose weight? Have you ever wondered how many calories you burn in a day? Do you know how many calories you should be eating for optimal weight loss?

Tip the scale in your favor with metabolic testing. This simple non-invasive test takes less than 20 minutes and calculates the number of calories you burn at rest. Our health and wellness professionals will help you interpret those results and assist you in developing a plan to reach your goals.

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

## BIRTHDAY PARTIES AT THE HEALTHPARK

Birthday parties can be scheduled at the Healthpark. The cost is \$125/members and \$150/non-members. Parties are 2 hours (1 hour in the pool and 1 hour in the party area). Must be scheduled at least 2 weeks in advance. The Healthpark does not provide food or decorations. There is an additional \$25 fee for more than 25 swimmers. Lifeguard is provided. [Email Katie Duncan at Katie.Duncan@OwensboroHealth.org](mailto:Katie.Duncan@OwensboroHealth.org) for more information.

## PRIVATE SWIM LESSONS

Offered for all ages! Packages of four 30 minute lessons are as follows:

**Ages 17 & under** - \$80/members and \$96/non-members | **17 & over** - \$100/members and \$135/non-members

Lessons are one-on-one and scheduled based on instructor availability.

[For more information, contact Katie Duncan, Aquatics Supervisor at 270-688-4772.](#)

## LAZYMAN TRI

The Lazyman Triathlon is back at the Healthpark by popular demand. The challenge runs from February 1 - 28, with registration beginning January 1. The challenge is a complete Ironman distance of swimming 2.4 miles, running 26.2 miles and biking 112 miles.

Participants can sign up at the Membership front desk. Cost for the program is \$8 per person and a t-shirt is given upon completion of the challenge.

[For more information call 270-688-5433 and ask for Nick Jones or Katie Duncan.](#)

## WELCOME NEW STAFF!

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

*ROWAN JONES, FITNESS TECH*

*MARIAH EARNHART, FITNESS COACH*

*JANINE VINCENT, FRONT DESK RECEPTIONIST*

*KATELYN WIMSATT, PATIENT REGISTRATION*

## HEALTHPARK EXPERT SPOTLIGHT: MEET SETH SHARP, HEAD COACH & PROJECT MANAGER



Seth Sharp is no stranger to the Owensboro Health Healthpark, but is new to his role as Head Coach and Project Manager for the Parisi Speed School. Seth is a seasoned trainer who has participated in organized sports for 20 years, including playing two seasons for the Kentucky Wesleyan baseball team. He has a degree in Exercise Science and Kinesiology, a personal training certification with National Exercise Trainers Association (NETA) and is a certified coach with Parisi.

Sharp says that training develops athlete's responsibility, self-confidence, respect and humility. "Being a part of advanced training for so many years helped me achieve one of my personal goals of playing a sport in college," Sharp said. "The countless hours spent on the field and in the gym with coaches is what developed me into the athlete I am today."

Parisi Speed Schools are well known across the US for offering advanced training programs and the latest research on speed and performance training from young athletes to professionals. "I am excited to deliver this training to young athletes who aspire to be successful on and off the field," said Sharp.

## Golden Partners



Golden Partner members should have received an annual membership renewal letter. Your Golden Partner membership benefit includes a discount on your Healthpark dues, travel opportunities and other services.

If you're 50 or above and aren't yet a Golden Partner member, please contact Melinda Cornell at **270-688-4857** for more information.