

Spring into fitness!

After the harsh winter weather, the warmer days of spring are a welcome sight. It is a time of renewal as we start to see more sunshine and plants begin to blossom. This is a great time to think about new ways to improve your health. Consider trying a new exercise class or taking a walk outside (weather permitting) with a friend. Engaging in a new type of physical activity can help to re-energize you.

At the Healthpark, we offer over 100 classes on land and in the water that are included with membership. Whether you like to participate in a high-impact class like Body Pump or Zumba Strong, or you want to attend a yoga class, there is something for everyone on the group exercise class calendar. Be sure to check out the latest class schedules.

April is volunteer month and we want to show our appreciation to the great Golden Partners volunteers we have at the Healthpark. They are a valuable part of our team! This past year they provided us with 2,678.5 hours of service.

Perhaps you know someone who volunteers in our community. Be sure to thank them for dedicating their time and talents to support a good cause.

The Healthpark team appreciates you as a member and value the opportunity to serve you. During this time of year, I hope you will find a renewal in the things you enjoy and a continued commitment to health improvement.



Collette Carter, *Director of the Healthpark*



MOTHER'S DAY MASSAGE

If you are looking at a way to celebrate mom this Mother's Day, consider purchasing her an hour-long massage and receive \$10 off. Massage gift certificates are available for 30 minutes or an hour. The offer is available May 1-12. **To purchase a gift certificate or for more details, see the Membership Services staff at the front desk or call 270-688-5433.**



Hours of Operation:

Monday - Thursday.....5 a.m. – 10 p.m.
 Friday..... 5 a.m. – 8 p.m.
 Saturday..... 7 a.m. – 7 p.m.
 Sunday Noon – 8 p.m.

Playpark Times:

Monday - Friday.....8 a.m. - 7 p.m.
 Saturday..... 8 a.m. - 1 p.m.
 SundayCLOSED

In the event of severe weather, Healthpark programming will follow the Owensboro Public School System. Follow us on Facebook for closing information.

Fitness Events & Happenings



walk WITH a
DOC



April 18

Dr. Ravi Alapati
*with the Surgical
Weight Loss Center*

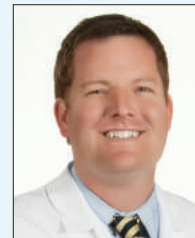
TOPIC:
**Being Fit - Before
and After Surgery**



May 16

Dr. Zach Barnes
*with Owensboro
Health Medical
Group - Plastic and
Reconstructive Surgery*

TOPIC:
**Protecting your
skin against the sun**



June 20

Dr. Jody Mitchell
*with Owensboro
Health Medical Group
- Orthopedics*

TOPIC:
**Heat Related
Illness**

HEALTHPARK STRIDERS WALKING/ RUNNING GROUP

We want you to come out and join us every Thursday night at 5:30 p.m. for a walk or a run. EVERYONE is welcome whether you are a Healthpark member or not and you don't have to go it alone! Routes are provided and are around the streets in the Healthpark neighborhoods. Walking distances can be as little as half a mile up to 2 miles and running routes are typically between 3-5 miles. All levels are welcome but please know we do not all run or walk together as paces and speeds vary. Entice a friend to come along with you and then make friend with others in the group.



For any questions, please contact Jason Anderson at 270-688-5433.

LOCKER RENTAL

Are you tired of taking your bag back and forth from home to the Healthpark? Then you might consider renting a permanent locker. Full-length lockers are available for rent at the Healthpark for just \$19 per month. Locker rental includes a personalized nameplate and laundry service.

For more information, inquire at the Healthpark front desk or call 270-688-5433.

Fitness Events & Happenings



2019 KIDS TRIATHLON

Owensboro Health Healthpark is proud to partner with Owensboro Parent to offer the 2019 Kids Triathlon Saturday, July 27! Stay tuned for more information.

MEDICAL FITNESS WEEK CHALLENGES

During the week of May 6 to 12, the Healthpark will be celebrating Medical Fitness week with **two challenges** that encourages physical activity.

The **first challenge is the Walk 10K** and is focused on encouraging participants to walk 10,000 steps a day (equivalent to walking five miles). Log sheets will be available at the front desk prior to May 6. Participants can turn in their completed sheets for a chance to win a fabulous prize.

The **second challenge is the Move 150** that will track minutes of exercise for the week. According to the American College of Sports Medicine the average minutes per week recommended for physical exercise is 150. This challenge will include a tracking card to log your exercise for the week.

Participate in one or more of these challenges for a chance to improve your health and be included in a drawing for the following:

- 3 month membership
- 3 month locker rental
- 5 pack of 25 minute personal training sessions

Drawing will take place at the end of the challenges. Winners will be notified.

PLAYPARK IS AN ASSET FOR HEALTHPARK FAMILIES

The Playpark offers a safe and nurturing environment for your children to enjoy (for up to a two-hour visit) while you are utilizing the Healthpark. The Playpark is available to children ages 6 weeks to 12 years old. To provide a safe environment, our Playpark staff is certified in CPR and first aid and we ensure a safe staff-to-child ratio. A daily visit is \$3.50 for two hours. There are also monthly and punch cards available.

To make a reservation call 270-688-4775.

Hours: Monday to Friday, 8 a.m. to 7 p.m.;
Saturday, 8 a.m. to 1 p.m.; Closed Sunday



"Make a Splash" Aquatics News

READY YOUR KIDS FOR SUMMER POOL TIME WITH SWIM LESSONS

Don't wait until the summer months to get your children enrolled in swim lessons. Beat the crowd and sign up NOW! Private swim lessons are available with our Healthpark swim instructors. Beginning in April, we will launch our Swim Lesson University! Watch for more details on this exciting instruction. Adult lessons are also available.

Contact Katie Duncan, Aquatics Supervisor, at 270-688-4772 for details on swim lessons.

LIFEGUARD CLASSES

Get your lifeguard certification now at the Healthpark! American Red Cross Lifeguard Certification classes will be offered in April and May. Class candidates must be at least 15 years of age. The certification price is \$100 for Healthpark members and \$125 for non-members.

Contact Katie Duncan, Aquatics Supervisor, at 270-688-4772 for details on lifeguard classes.

SUMMER SWIM LEAGUE ON THE STARTING BLOCKS AGAIN

Heatwaves are coming (and we're not just talking about the temperature)! The Healthpark Heatwaves is a competitive summer league swim team that focuses on fun and learning. Practices begin on May 29, and end July 10, with the Audubon League Summer Swim Championship meet. Cost is \$75 for Healthpark members and \$90 for non-members. The league offers enrollment for ages 4-18.

Sign up at the Membership Front Desk or contact Aquatics Supervisor Katie Duncan at 270-688-4772 for additional details.

WATER SAFETY TIPS

Being in the aquatics world my entire life, I have always taken water safety very seriously. Whether you are relaxing in a lazy river, swimming in your backyard or tackling the rapids while whitewater rafting, safety should always be your number one priority. With summertime quickly approaching, it is more important than ever to review basic water safety with your children. So here are some good summer safety tips:

1. There should always be a responsible adult watching over all swimming activities.
2. Ensure that your pool is completely enclosed by a fence and that your gate is always latched.
3. NOBODY should ever swim alone.
4. If your child cannot swim, make sure they are wearing a U.S. Coast Guard-approved life jacket. If you're on a boat, everyone should be wearing a life jacket at all times.
5. Always stay within arms' length of children in the pool, and always be attentive to what they're doing.
6. There is so much safety equipment for any aquatics area. Always have equipment near the pool and know how to use it.
7. There should always be a safety orientation for everyone who swims in your pool.
8. Ensure everyone is wearing sunscreen with at least SPF 15.
9. Consider enrolling your child in swim lessons BEFORE the start of summer. Of course, swim lessons are not drown-proofing, but your child will learn how to remain calm and rescue themselves.



By: Katie Duncan
Aquatics Supervisor

Most important of all, always have fun! Swimming is a great form of exercise and allows for everyone to get together and have a good time!

LIFESTEPS

Want to lose some weight? Take a step in the right direction toward managing your health and weight and join LifeSteps®. It is a comprehensive weight management program that offers proven techniques to help you lose weight and keep it off. Let our LifeSteps® nutrition experts guide you, step by step, to a healthier weight, all for just \$11 a week.



Classes start regularly. For more information, email us at LifeSteps@OwensboroHealth.org or call 270-688-4804.

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 each day for optimal weight loss?

Each person has their own unique metabolism. Metabolic testing will determine your specific daily caloric needs, which can be key to successful weight management.

Tip the scale in your favor with metabolic testing. This non-invasive, simple 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 help you reach your goals.



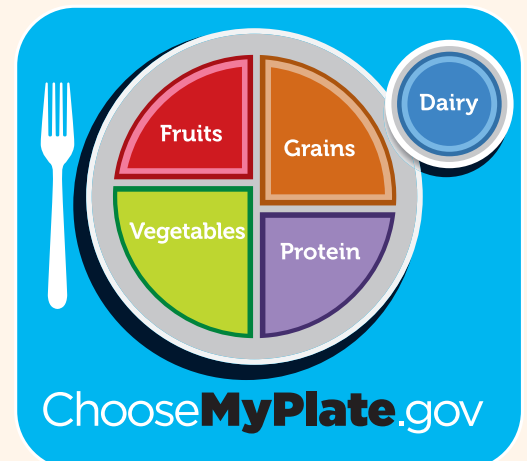
For more information or to schedule your metabolic test, call 270-688-4828.

A FOCUS ON HEALTHY EATING

During March, we celebrated National Nutrition Month® here at the Healthpark. Our dietitians found interactive ways to show that healthy eating can indeed be simple and fun with our Tasty Tuesday samples and Ask the Registered Dietitian booth.

While the National Nutrition Month® campaign is promoted each year in March, we like to encourage healthy eating and lifestyle habits year round. Here are some simple tips for you taken from this year's National Nutrition Month® campaign:

1. Include a variety of healthful foods from all of the food groups on a regular basis.
2. Select healthier options when eating away from home.
3. **Be mindful of portion sizes. Eat and drink the amount that's right for you. Learn more about healthy portion sizes at MyPlate.gov.**
4. Keep it simple. Eating right doesn't have to be complicated.
5. Find activities that you enjoy and be physically active most days of the week.
6. Consult the nutrition experts. **Registered dietitian nutritionists** can provide sound, easy-to-follow and personalized nutrition advice to meet your lifestyle, preferences and health-related needs.



Education

COMMUNITY EDUCATION CLASSES - UPCOMING DATES

Shelby Shelby, RDN, LD; Kelci Murphy, RDN, LD; and Gus Johnson, RN, CDE are presenting educational classes which are free and open to the community.

▶ **April 4: Diabetes and Nutrition – 9:30 a.m. & 5:30 p.m.**

June 27: Meal Preparation – 9:30 a.m. & 5:30 p.m.

Cost: FREE | Location: Classroom B, space is limited

Call the Healthpark at 270-688-5433 to reserve your seat.

NUTRITION COUNSELING

Enjoy better health with nutrition counseling services at the Healthpark. Our dietitians can provide one-on-one counseling or a wide variety of conditions for people of all ages. You'll get personalized guidance when our dietitians help you create an individualized meal plan and set goals for a healthier lifestyle.

You may benefit from nutrition counseling if you:

- Are overweight or underweight
- Experience an eating disorder
- Have high blood pressure or high cholesterol
- Train for a marathon or another athletic event
- Suffer from food allergies or intolerance
- and much more

Ask your healthcare provider for a referral to nutrition counseling. For more information, call 270-688-4804.

DIABETES EDUCATION AND SUPPORT

Over 30 million Americans have diabetes today and diabetes is the seventh leading cause of death nationally. The Healthpark's InBalance Diabetes Education Program is here to help you successfully manage your diabetes and make it less likely that you will develop complications from diabetes. Our InBalance team consists of certified diabetes educators. Through education and support from these caring professionals, you will gain the knowledge and skills you need to live healthier and manage your diabetes.

Please ask your doctor for a referral for diabetes education and support. Many insurance plans will cover the cost of diabetes counseling. Call 270-688-4804 for more information.

▶ 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. in Healthpark Classroom A.

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

FREEDOM FROM SMOKING

The Healthpark offers the Freedom From Smoking® program for individuals who are ready to quit smoking. Our program focuses on helping participants learn how to quit smoking. Since it was first introduced over 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 at the Healthpark for an information session on May 6 at 5:30 p.m. Classes are free and start May 13. For more information call 270-688-3291 or email Shiloh.Fisher@OwensboroHealth.org.

CONTINUING OUR TRADITION OF EXCELLENCE

The 2019 Golden Partners Travel Brochure is now available online and at the Golden Partners office. There are lots of exciting trips planned for the coming year. Day trips are also part of the schedule. If you ever considered traveling but haven't had the opportunity to book a trip, this year may be the time to start. So pack your bags and get ready to travel!

Visit OwensboroHealth.org/GoldenPartners to download your copy of the travel schedule or stop by the Golden Partners desk Monday through Friday from 8:30 a.m. – 4 p.m.

GOLDEN PARTNERS, A HEALTHPARK WELLNESS PROGRAM FOR PERSONS 50 & OLDER, PRESENTS

AGING GRACEFULLY

STAYING YOUNGER BY STAYING FIT

FREE!

AT THE HEALTHPARK
TUESDAY • MAY 14
8 - 11:30 A.M.

8 - 10 a.m. Information booths & activities

10 a.m. Expert panel presentation

- Beth Cecil, RDN, LD
- Jason Anderson, CSCS/CPT, CFL1
- Jody Mitchell, M.D., Sports Medicine

Call 270-688-4855 to sign up for the event.

Event includes screenings, activities and education.

Golden Partner membership sign ups available, receive a special gift if you sign up during the event.

Office Hours are. Monday – Friday 8:30 a.m. – 4 p.m.

For more information, call the Golden Partners office at 270-688-4855.

WELCOME NEW STAFF!

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

ALLISON TRUETT, GROUP EXERCISE INSTRUCTOR
HAROLD HOLCOMB, LPCC. EAP COUNSELOR
MELISSA DUVALL, LPCC, EAP COUNSELOR
JONATHAN POWELL, LIFEGUARD



Chickpea Salad

INGREDIENTS

- 1 avocado
- 3/4 cup fresh green pepper, diced (1 small pepper)
- 1/2 fresh lemon
- 1/4 cup olive oil
- 1 can chickpeas, drained
- 2 tablespoons red wine vinegar
- 1/4 cup red onion, diced
- 1/2 teaspoon cumin
- 2 cups grape tomatoes, sliced
- 1/4 teaspoon salt
- 2 cups cucumber, diced
- 1/4 teaspoon pepper
- 1/2 cup fresh parsley, chopped

DIRECTIONS

1. Combine olive oil, vinegar, cumin, salt and pepper in a small bowl. Whisk to combine. Cut avocado into cubes and place in a large bowl. Coat with lemon juice and stir. Add remaining vegetables and parsley, pour dressing over, and toss to combine. Refrigerate for at least 1 hour.

NUTRITIONAL INFORMATION: (Amount per 1/2 cup serving) Serves: 12, Calories: 115, Fat: 2g, Carbohydrates: 10g, Sodium: 57mg, Fiber: 3g, Protein: 3g



Wendell Foster 1/2 Marathon support from our Healthpark team!

Healthpark, 1006 Ford Avenue, Owensboro, KY 42301

For exercise tips follow us on:



For class information go to:

OwensboroHealth.org/Healthpark