

Happy New Year!

We are headed into a new year and typically this is the time many of us begin to set personal goals focusing on the things we would like to accomplish over the next 12 months. While this past year has been anything but typical, a new year is a great time to think about ways we can continue to incorporate good health habits into our daily schedule. Self-care should be a priority for all of us! We can't take care of others if we don't take care of ourselves.

According to the American College of Sports Medicine (ACSM) the benefits of exercise keep our bodies fit and increase the immune system, which is especially important during the current pandemic. Richard Simpson, Ph.D., is quoted in an ACSM article from March 2020 as saying, "Not only can exercise have a positive direct effect on the cells and molecules of the immune system, but it is also known to counter the negative effects of isolation and confinement stress on various aspects of immunity". Physical activity along with good nutrition and adequate rest are essential to staying well.

In this newsletter you will see a variety of programs the Healthpark offers that provide resources and support to help you continue healthy lifestyle choices. With some of the restrictions we have experienced during the pandemic, we continue to offer both virtual and in person educational opportunities for members and patients with our team of experts. Also included in this edition of our newsletter is a healthy recipe and facility updates. As we move into 2021 don't forget we are here to help. Our Healthpark team members look forward to providing you the support you need body, mind and spirit.

Collette Carter,
Director of the Healthpark

Simpson, R. March 30, 2020, Exercise, Immunity and the COVID-19 Pandemic



Enrollment Special!

\$21

Enrollment for Primary
& Associate members!

January 1-31

Must be 18 years or older.

MEMBER SURVEY RESULTS:

Thank you so much for completing the annual Healthpark member survey! We value your feedback and appreciate you taking the time to share with us. We received outstanding results and wanted to share them with you!

Survey results listed below are based on a total of 757 Healthpark members surveyed.

99% stated that they were satisfied or very satisfied with the cleanliness of the Healthpark.

99% stated that they were satisfied or very satisfied with the friendliness of Healthpark staff members.

99% stated that they were likely or very likely to recommend the Healthpark to others.

We received multiple requests for email communication from the survey feedback. We are excited about adding this as an additional means of communication. If you have an updated email address that you would like added to your membership record, please provide that information to the front desk. We will begin utilizing email messaging for class communications, holiday hours, new programming, etc. in the coming days.

WEATHER POLICY: Historically, the Healthpark weather policy has followed the cancellation policy of Owensboro City Schools. Due to the virtual learning platform for schools this year, we will no longer be able to be consistent with the school system's "snow day" policy. We will make every attempt to make a decision regarding land, water and education classes the evening before a weather event. Class and program cancellations will be communicated through the local news channels, Owensboro Health Healthpark Facebook page, Owensboro Health website, and via email to Healthpark members.

Patient areas will call if appointments need to be rescheduled due to weather conditions.

Fitness Events & Happenings

TAI CHI

Tai Chi for 2021

Are you looking for a way to improve your balance, stability, reduce your likelihood of a fall or reduce chronic arthritis pain? If so, Tai Chi has been shown to aid improvements in these areas and more. This eight-week series is FREE for members and \$50 for non-members (upon completion non-members may apply the \$50 toward a joining fee). Classes are held on Tuesdays at either 1:00 p.m. or 6:30 p.m. in Studio 3C and are led by Jan Young, Certified Tai Chi Instructor. Space is limited to no more than 12 per class. [Call the front desk today to sign up or for questions contact Jason Anderson at 270-688-4785 or Jason.Anderson@OwensboroHealth.org.](#)

Upcoming Classes: January 5 – February 23 | March 2 – April 20 | April 27 – June 15

FALL PREVENTION

DON'T FALL! Fall Prevention classes can help!

The #1 reason for admission in an emergency department for those age 65 and older is a FALL. Falling does not have to be an inevitable part of aging! Take a moment and think about how you would answer these questions:

- Do you recognize you have lost some strength in your lower body and have difficulty going from a seated to a standing position?
- Do you notice your balance and coordination is not as good as it used to be?
- Do you feel clumsy and are afraid you might fall?

If you answer yes to any of these questions the Fall Prevention program is for you! Fall Prevention is a 12-week class meeting twice each week on Tuesdays and Thursdays at either 10:45 a.m. or 11:45 a.m. The classes are limited to no more than 12 participants. In these classes, we guide you with exercises to increase your strength and improve your balance, coordination and agility. We will even help with improving your posture, walking gait and talk about ways to "fall proof" your home. Participants who have completed this program report they have increased confidence that they will not fall as a result of how they have improved and from what they have learned. [The cost for this program is \\$60. For more information contact Jason Anderson at 270-688-4785 or Jason.Anderson@OwensboroHealth.org.](#)

Upcoming Classes: January 5 – March 25 | April 6 – June 24

YOUTH SPORTS PERFORMANCE TRAINING

Parisi Speed School at the Owensboro Health Healthpark approaching one-year anniversary!

It's hard to believe but in February we will celebrate 1 year of our amazing Parisi Speed School at the Healthpark! We currently have over 50 active athletes in the program who are getting faster and better with each training session. Equally as exciting, we are hearing how these athletes have also grown in their CONFIDENCE and BELIEF IN THEMSELVES which translates in all areas of life! We have had many great testimonials from parents like this one below ...

"Thank you for making it so fun for her. This is the first time in her life that she's loved working out or even moving this much. Her confidence is skyrocketing and I can't thank you enough for that." -- Samantha Tooley on daughter, Larkin

We could not have success without our supportive parents and hard - working athletes. [If you would like to know more about our Parisi Speed School please contact Head Coach and Project Manager Seth Sharp at 270-688-4878 or Seth.Sharp@OwensboroHealth.org.](#)

WARNING: YOU'RE ATHLETE MAY GET FASTER AFTER JUST ONE TRAINING SESSION!

Golden Partners

Are you 50 or older? If yes, are you a member of Golden Partners? Golden Partners is a wellness program for people age 50 and older. We provide educational and social programs as well as health screenings throughout the year. Healthpark members who join Golden Partners receive a monthly discount to their Healthpark fees*. Golden Partners is currently closed due to COVID 19, but you can still join and enjoy the benefits of the discount and any virtual opportunities that we offer. Stop by the Healthpark front desk for a Golden Partners brochure.

**Only one discount per person.*

LIFESTEPS® WEIGHT MANAGEMENT PROGRAM

If you are tired of fad and failed diets, check out the Healthpark's LifeSteps® weight management program. LifeSteps® is not a diet or another New Year's Resolution, but rather a lifestyle change program that offers proven results. Led by registered dietitians and fitness coaches, 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 will be offered in person with social distancing and limited capacity. Ask us about our virtual options. **To learn more, join us for one of the upcoming free information sessions.**

Wednesday, January 6 & 13 - 5:30 p.m. | Tuesday, March 16 & 23 - 5:30 p.m.

You must pre-register due to space limitations by calling 270-688-4804. For more information, email us at LifeSteps@OwensboroHealth.org or call 270-688-4804.

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 Healthpark is proud to offer the Freedom From Smoking® program to help participants learn how to quit smoking.

We will offer in-person class in the New Year with social distancing and limited capacity. Virtual options also available. To learn more, join us for a light snack and an information session. Upcoming information session dates:

Upcoming Classes: January 12 | March 23

Classes are free but participants must call to reserve space. To register or for more information, call 270-688-3291 or email Shiloh.Fisher@OwensboroHealth.org.

TOBACCO TREATMENT SPECIALISTS

Let one of our Tobacco Treatment specialists help you kick the tobacco habit. These specialists meet one-on-one with participants to discuss triggers, concerns and previous attempts at quitting. They help the participant set attainable goals and continue to have follow-up visits to monitor progress. The Healthpark is one of several Owensboro Health locations that have these specialists available. They can also have sessions virtually or by phone.

For more information or to meet with a TTS, 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 Healthpark 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 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 a diabetes educator at the Healthpark.

For more information, call 270-688-4804.

NUTRITION COUNSELING

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

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

VIRTUAL COOKING CLASSES

Coming in 2021. For more information call 270-688-4804



Awesome Granola

Ingredients

- 3 cups uncooked oats
- 1/2 cup shredded coconut, unsweetened
- 1 cup pecans, chopped
- 1/4 cup honey
- 1/4 cup margarine (liquid)
- 1-1/2 tsp cinnamon
- 2/3 cup raisins

Directions

1. Heat oven to 350 F. Combine all ingredients except raisins in a large bowl, except raisins and mix well.
2. Bake in 13x9 inch baking pan for 25-30 minutes or until golden brown. Stir every 5 minutes.
3. Remove from oven and stir in raisins. Cool thoroughly. Store in tightly covered container.

NUTRITIONAL INFORMATION: (Amount per serving) Serves: 12, Calories: 231, Fat: 13g, Saturated Fat: 3g, Cholesterol: 0mg, Sodium: 37mg, Protein: 4g, Carbohydrates: 27g, Fiber: 3g, Sugar: 11g, Added sugar: 6g, Protein: 4g, Potassium: 190mg.

WELCOME NEW STAFF!

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

KEALEY COUCH – LIFEGUARD

ISABELLE VELEZ – FRONT DESK RECEPTIONIST

WHAT AM I GOING TO DO TO STAY ACTIVE?

COVID pandemic or not, the need for regular exercise is a respecter of no one. That need does not go away based on the circumstances of our lives and the facts more than prove how beneficial – and necessary – it is for not just our physical health but our mental health as well. Now with the cold weather upon us and less daylight for activity outside in the afternoons/evenings most of these outside workouts are now in hibernation. Normally, this is when we would see an increase in members coming back indoors to continue their exercise routines, but now there is a “new normal” with the pandemic to which we all are doing our best to adjust. It also can mean many are weighing the decision about how to stay physically active. One of the biggest questions many are asking is, “Will I be safe if I go back to the gym?” To that question, I would say the answer depends on your indoor exercise environment. What precautions, protocols and processes have been put in place to ensure the highest level of safety for the facility members?

While no environment is 100% risk-free, as our members we want you to know that we place health and safety as a top priority. The mission of Owensboro Health is to “heal the sick and improve the health of the communities we serve.” Our team doesn’t take the responsibility of our mission lightly and we focus on creating the safest environment possible. If you are still weighing the decision about whether to come back to the Healthpark and reactivating your membership, we want you to be aware of things we are doing to ensure your safety:

Here are the proactive steps we are taking to provide for the safety of our members:

- Temperature checks at the main entrance for anyone who enters the facility
- Volume limits to ensure physical distancing on the fitness floor, group exercise classes and aquatics area
- Required mask wearing by all staff at all times
- Requiring anyone using the Healthpark to mask in all common areas
- Cleaning inside lockers after each use
- Extra cleaning stations and hand sanitizing stations throughout facility
- Increased amounts of disinfectant wipes in multiple areas throughout fitness floor and in studios
- Encouraging members to clean before and after each use of equipment
- Staff making extra rounds with separate cleaner for equipment wipe down
- Increased rounding by Environmental Services Staff to clean everything more frequently
- Fitness equipment marked off for physical distancing on fitness floor

Make Personal Training a Family Affair

Health and Wellness begins at home. This is where we eat, hang out and connect. We want to practice “healthy” habits at home so we can teach our children how to live their life to its fullest! You may already do these things at home but what about venturing out to the Healthpark to keep it going? Getting your family involved with a personal trainer may help you stick to your habits and keep you on the right track! You can learn some new fitness routines to keep you and your family healthy throughout these colder months – all while having a great time! **If you are interested or have any questions – reach out to Nick Jones, Fitness Supervisor, at 270-688-4828.**

Join us in these upcoming competitions to keep you focused on your fitness.

JANUARY

100K CHALLENGE

Accumulate 100K (62 total miles) in either walking or running for the month of January! Whether you walk a couple of miles daily, or save the activity for every other day is totally up to you! Mark your mileage progress on the display board for all to see and challenge your friends to get involved! The board will be located on the fitness floor. Sign-ups will be at the front desk. Complete this challenge and receive a t-shirt for all your hard work! The program is \$8 to participate.

Sign up at the front desk

FEBRUARY

LAZYSMAN TRI

It’s getting to be that time of year again. Our 3rd annual Lazyman triathlon will be taking place starting in February. Complete and log daily workouts to achieve the grand distance of an Iron Man triathlon, without having to actually compete in one! All members registered and who have completed the program will get an official Lazyman triathlon shirt for all their hard work! Be on the lookout for signups starting in January 2021. The program is \$8 to participate.

Sign up at the front desk

MARCH

KNOW YOUR NUMBERS

Wanting to know what your Blood Pressure readings? Curious to find out how hard you are actually exerting yourself during exercise? Stop by our Information station located on the fitness floor to chat with one of our Fitness Coaches to learn more!

Tuesdays/Thursdays 9 - 10 a.m. and 5 - 6 p.m. for the month of March!

No registration required.

For exercise tips follow us on:



Healthpark | 1006 Ford Avenue, Owensboro, KY 42301

For class information go to:

OwensboroHealth.org/Healthpark