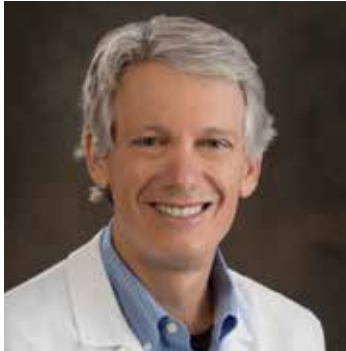


## Setting New Year's Resolutions



Experts say less than 10% of people keep their New Year's resolutions. So what can you do to make it stick? First, it helps if the resolution is genuinely significant to us. If it's not, we are already starting in the hole. It also helps if we choose attainable goals. It is ok to have a challenging goal, but not a nearly impossible one. Let's walk before we decide to run. It can also be beneficial to have some immediate rewards. Too often, we're "giving up" something. Instead, find something

immediately rewarding for the new habit. For example, if your resolution is to walk on a treadmill for 30 minutes each day, a reward might be listening to a podcast or an audiobook during that time. Soon, you might look forward to your time on the treadmill so that you can listen. Finally, join a group. Surrounding ourselves with others who have a shared interest can help seal the deal. They will be there for support when our motivation stalls.

### W. Scott Black, MD

Healthpark Medical Director

Owensboro Health Medical Group Lifestyle and Sports Medicine



Survey  
Results  
are in!

Thank you to all members who participated in the annual membership survey! We appreciate your comments and suggestions and are happy to report that we have exceeded our participation in the survey from 2020! Watch for additional details and follow up from comments.

#### Here are the survey results:

<b>CLEANLINESS</b>	<b>100%</b>
<b>FRIENDLINESS</b>	<b>99%</b>
<b>RECOMMEND CENTER TO OTHERS</b>	<b>99%</b>



## UPCOMING EVENTS



### SUPER SATURDAY GROUP EXERCISE SAMPLER

#### Try something NEW in the NEW YEAR!

One of the best ways to begin and stick with an exercise program is to do it with a friend or group. At the Healthpark, we offer more than 70 classes each week, from cycling to water exercise to body pump to yoga to many more! If you have been thinking about trying a class to learn more, kick off the New Year right by joining us on Saturday morning, January 1. We will be offering 20-25 minute "sample" classes in place of our regular schedule. The following programs will be available for you and a friend if you would like to bring someone (must be 13 years of age or older):

**8 to 8:25 a.m.**

*Cardio Interval with Audrey, Studio 2A*

**8:35 to 9 a.m.**

*Cycling with Hadley, Studio 3A*

**9:10 to 9:35 a.m.**

*Les Mills Body Pump with Lenae, Studio 2A*

**9:45 to 10:10 a.m.**

*Les Mills Body Flow with Kim, Studio 3C*

**10:20 to 10:55 a.m.**

*Zumba with Patty, Studio 3C*

**11:05 to 11:30 a.m.**

*Watercise with Robin, Therapy Pool*

We hope to see you on January 1! Contact Jason Anderson at 270-688-4785 or ask any of our fantastic group exercise instructors for more information!

### HOLIDAY HOURS

**Saturday, January 1 - 7 a.m. to 7 p.m.**

*(Classes taking place)*

## Valentine's Day

Massage Special

February 1-14

\$10 off a 1-hour massage



# Fitness Events & Happenings

## 100K CHALLENGE

It's that time of year again! Are you looking for an incentive to get moving in the new year? Sign up for our 2nd Annual 100K Challenge! This challenge will have you racking up the steps in no time as you work to walk or run 62 miles (100 kilometers = 62 miles) during January. Log your miles daily on our tracking board located on the fitness floor. Once completed, all participants will receive a t-shirt to show off their progress! Sign up at the front desk between December 20 – January 10. The cost for the program is \$10 and is open to all Healthpark members.



## NEW MATRIX STRENGTH EQUIPMENT!

We hope you have had the chance to try out some of our new, state-of-the-art, Matrix strength equipment on the fitness floor. We have heard great things from our members so far and hope you like it! Remember, our team is always available to help if you have any questions.



## PARISI SPEED SCHOOL

Our Parisi Speed School continues to build CONFIDENCE in our young athletes and make them FASTER and STRONGER! We welcomed a new Performance Coach, Zack Main, to the coaching staff in December! There's no better time than now to start gearing up for spring sports and let our Parisi Coaches help you get prepared. It's a no-brainer to get your kids enrolled now!

**Contact Nick Jones, Head Performance Coach, at 270-688-4828 for questions. Ask about our signature Parisi Evaluation as the first step to help your young athlete.**

## PERSONAL TRAINING

Are you getting the results you are looking for from your training and exercise routine? Are you confident you are doing the correct exercises and performing them correctly? Time is too precious to waste, so if your answer to the above questions is "no," maybe it's time to invest in one of our certified personal trainers who can work with you to get the results you desire. We have several different options for training.

**Contact Nick Jones, Fitness Supervisor, at 270-688-4828 to discuss what program would be right for you!**

## GROUP EXERCISE

### **New Fall Prevention (B.A.S.E) classes begin January 11**

Are you experiencing frequent falls? Loss of balance and coordination? A sense of being unsteady on your feet? If so, our Fall Prevention program - called B.A.S.E (Balance Awareness Stability Everywhere) - was created for you. This 12-week small group class uses exercises to improve your strength, balance, stability, coordination, agility and walking gait. Classes are Tuesdays and Thursdays from 10:45-11:45 a.m. starting January 11.



**To learn more about this program, please contact Jason Anderson, Manager of Health and Fitness, at 270-688-4785.**



## FITNESS COACH SPOTLIGHT

Meet Michael Robertson, one of our very own fitness coaches and personal trainers here at the Healthpark! Michael works closely and excels within our Exercise Is Medicine program – helping members on their journey to better health and wellness. You can catch Michael here daily, opening the facility and helping things run smoothly on our fitness floor. Originally from Owensboro, Michael has 20+ years of experience coaching basketball and is the head girls coach at Owensboro Catholic High School. He has accrued numerous district and regional championships with the girl's program and has even added three All-A State Championships with the latest being in 2019. When not busy with the Healthpark and coaching, Michael loves to spend time with his lovely wife Kelli and their two daughters, Harper and Sloane.

## LIFESTEPS® WEIGHT MANAGEMENT PROGRAM

If you have New Year's goals that include better nutrition and ways to establish better health habits, you will want to enroll in the Healthpark's Lifesteps weight management program. Our registered dietitians and fitness coaches lead this 14-week program.

To find out more about this program, plan to attend one of the information sessions.

### Information sessions:

Tuesday, January 4 or Tuesday, January 11 at 5:30 p.m., Healthpark classrooms A and B (Program begins January 25)

Tuesday, March 9 or Tuesday, March 16 at 5:30 p.m., Healthpark classrooms A and B (Program begins March 30)

**Preregistration is required for the information sessions. Reserve your seat today by calling 270-688-4804 or by emailing us at [LifeSteps@OwensboroHealth.org](mailto:LifeSteps@OwensboroHealth.org).**

## FREEDOM FROM SMOKING

If you are ready to stop smoking and looking for support to assist you, the American Lung Association's Freedom From Smoking program is a proven cessation program. In January, we will offer the program in person with limited capacity and social distancing.

**To learn more about the upcoming class beginning January 11, register to attend the January 4 information session by calling 270-688-3263 or 270-688-3291. Inquiries can also be submitted on our website by visiting [Owensborohealth.org/Freedom](http://Owensborohealth.org/Freedom).**



## Slow Cooker Turkey Vegetable Soup

### Ingredients

- 1 bag frozen vegetable soup vegetable mix
- 1/2 pound ground turkey, cooked
- 1 can low-sodium canned kidney beans (drained if desired)
- 2-3 cups low sodium tomato juice
- 1 beef bouillon cube (add 1 cup water) or 1 cup beef broth
- Spices: salt, pepper, garlic powder, onion powder, chili powder, cumin, cayenne pepper

### Directions

1. Add ingredients to the slow cooker as desired.
2. Cook on high for 4 hours or low for 6-8 hours.

**NUTRITIONAL INFORMATION: (Amount per serving.)**  
*Serves: 4; Calories: 263; Fat: 4g; Cholesterol: 40 mg; Sodium: 447 mg; Potassium: 234 mg; Carbohydrate: 34g; Fiber: 11g; Protein: 22g; Vitamin A 51%; Vitamin C 63%; Calcium 8%; Iron 17%.*

# WELCOME TO THE TEAM!

The Healthpark is proud to welcome a new staff member to our team.

**LUKE CAMP**  
*Membership Services*



## AQUATICS: LIFEGUARD CLASSES

### **Blended Learning Certification Courses**

April 15-17 and May 20-22

Friday 4-8 p.m., Saturday 9:30 a.m. - 5:30 p.m., and Sunday 12-5 p.m.

\$130 for Members/\$150 for Non-Members

### **Recertification Courses**

March 27 and June 12

Sunday 12-8 p.m.

\$100 for Members/\$125 for Non-Members

**To sign up or for questions please contact Aquatics Supervisor, Mackenzie Morris, at 270-688-4772 or email [Mackenzie.Morris@OwensboroHealth.org](mailto:Mackenzie.Morris@OwensboroHealth.org)**

### **Why is showering off before swimming so important?**

According to [theswimguide.org](http://theswimguide.org), chlorine kills harmful bacteria and germs such as E. coli in swimming pools and hot tubs. Chlorine is highly effective, but it doesn't work on everything or immediately. Showering before swimming removes sweat, lotions, bacteria and other organic matter that chlorine may not. Please be cautious and always take this step to improve the health and safety of yourself and others.

## Golden Partners

Van service continues to run Monday through Friday 8 a.m. to 3 p.m. and by appointment.

**Watch for exciting news coming in 2022!**

## Don't forget to register for your group exercise class in the Healthpark app!

As we move through winter with colder temperatures and shorter days, group exercise classes will begin to fill up. Be sure that you are securing your space by registering in the Healthpark app. If you do not have the app installed or would like some help, our membership services team will be happy to help at the front desk.



For exercise tips follow us on:



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

For class information go to:

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