

## Hello Everyone,

Summer typically means sunny days, warm temperatures and the opportunity to enjoy activities and events outside. There are a variety of events and programs in and around Owensboro. With these sunny days, we need to take time for prevention as we head out to the great outdoors. The American Cancer Society recommends wearing sunscreen with a minimum of 30 sun protection factor (SPF). It is also essential to read the sunscreen label to know if it's broad spectrum and water-resistant. Here are some additional recommendations from the American Cancer Society when being outside:

- Consider wearing clothing that covers the skin and a wide brim hat.
- Be sure to wear sunglasses that block 99% of UV light.
- Limit exposure from 10 a.m. to 4 p.m. when the sun is the most intense.
- Re-apply sunscreen if you are in the water or sweating every two hours.

The Healthpark offers a chance to beat the heat to exercise or attend an upcoming program. In July, our dietitians will be hosting an in-person cooking class and having information sessions for another LifeSteps Weight Management program. The diabetes educators will also host an information session on the Diabetes Prevention Program (DPP). If you need assistance staying committed to your exercise, consider personal training. Our team will also attend the Owensboro Health-sponsored Farmers Market event on July 9. In September, the Healthpark will host our Run For Your Life event along with our partners for the 5K, the Junior League of Owensboro and Owensboro Health Foundation for the Kids' Fun Run. Registration is now open online.

We hope to see you at the Healthpark and in the community!

### Collette Carter

Director of the Healthpark



# Run FOR Your Life. SATURDAY, SEPT. 24



The Run for Your Life 5K road race is sponsored by Owensboro Health and the Junior League of Owensboro. **The race begins at 8 a.m. and participants must register by August 1 for guaranteed shirt size.**

The FREE Kids' Fun Run is sponsored by the Owensboro Health Foundation and begins at 9 a.m. Advance online registration is required. Open to the first 300 kids. No race day registration.

Kids' Fun Run participants will receive a free t-shirt, finisher medal and will be placed in a drawing to win a new bike! Kids' Fun Run participants can also register to earn a \$500 wellness grant for their school.

**Register for Run for Your Life 5K or the Kids' Fun Run at**  
[OwensboroHealth.org/Race](https://OwensboroHealth.org/Race).

## UPCOMING EVENTS

### BACK TO SCHOOL IN '22

#### Enrollment Special:

**Join the Healthpark August 1 through 31 for only \$22!**

*You must be 18 to join. Members can refer a friend and receive a credit to their account.*

### MASSAGE NEWS

Welcome Paige Hicks, our new massage therapist at the Healthpark! Paige joined our team in June and is eager to provide massage therapy services to our members and the community. She received her training at the Bodyworks Massage Institute in Evansville and specializes in all types of massage, including Swedish massage, deep tissue massage and trigger point work. Schedule appointments at the Healthpark front desk by calling 270-688-5433.



### WALK WITH A DOC

**Tuesday, July 26 at 5:30 p.m.**

**Topic: Diabetes and Exercise**

Dr. Mary DeCroos  
Owensboro Health  
Medical Group Endocrinology  
Owensboro Health Regional Hospital  
Walking Trail

**Tuesday, August 23 at 5:30 p.m.**

**Topic: Pregnancy As a Window to a Woman's Future Cardiac Health**

Dr. Kiesha Benn, Maternal-Fetal Medicine  
Legion Park

**Tuesday, September 27 at 5:30 p.m.**

**Topic: Prostate Cancer Prevention/Awareness**

Dr. Corey Johnson  
Dr. David Warburton  
Dr. Chris Riney  
Owensboro Health Medical Group Urology  
Owensboro Health Healthpark



### Labor Day

**Holiday Hours: 7 a.m. - 4 p.m.**

**No land or water classes**

**Playpark open 8 a.m. - Noon**

# Fitness Events & Happenings

## PARISI SPEED SCHOOL

### Sports Performance Training for Your Young Athlete

If you have a young athlete (as young as 7 yrs. through high school) who would like to develop speed, agility, strength, and build a base of injury resiliency, check into our Parisi Speed School. Parisi Youth Training Systems is the leader in safe youth sports performance training with a focus on an athlete's overall athletic foundation.

**To find out more, including how to get a pass to a FREE class to try, contact Nick Jones, Head Performance Coach, at 270-688-4828.**

## PERSONAL TRAINING

### You Don't Have to Figure It Out on Your Own

The Healthpark fitness professionals are here specifically for YOU! As a member, the exercise area can be daunting with so many choices and pieces of equipment. Our staff on the second floor – degreed, certified personal trainers – can help you take the guesswork out of knowing how to exercise correctly – and it's all included in your membership. If you need assistance with an exercise program, or maybe just confirmation that you are using a piece of equipment correctly, please don't hesitate to ask the team member on the fitness center floor for help. We are always glad to lend a helping hand!

### Personal Training Promo Becomes Regular Membership Offering

Over the past couple of months, we offered a special for Healthpark members new to personal training. We had such a good response we have decided to make this an ongoing opportunity! For any Healthpark member new to personal training, \$89 gets you three 25-minute personal training sessions!

**For more information on how personal training can help you or to get started with a trainer, please contact Nick Jones at 270-688-4828.**

## GROUP EXERCISE

**Brand new Les Mills Body Pump and Body Balance launch Saturday, July 2! If you have not tried a Les Mills class – there is no better time!**

### Group Exercise Classes:

#### How/Why/When We Schedule ... or Don't!

We are excited to get feedback from our annual member survey! We appreciate the feedback from over 700 members and always get multiple responses on group exercise classes. Here is how we address these requests.

The three significant factors we consider when looking to offer a class are:

- Do we have the space? Based on our existing class schedule, do we have the studio availability for the requested class?
- Do we have an instructor? Do we have an instructor available to teach the class regularly?
- Do we have the membership attendance to support the class? Will we have enough members who want the class to have consistent attendance?

When all three of these factors are a 'yes' – we are glad to add the class to our schedule. However, if any answers are 'no,' we are prohibited and cannot add the class.

Space can be a big issue when it comes to the more popular class times, such as weekdays between 8–10 a.m. and 4:30–6:30 p.m. Instructors can also be a challenge. We have AMAZING instructors, but there is a limit on how much one instructor can teach. We are always looking for new instructors to add to our incredible team. Lastly, member support of a class is of critical importance as well. Without consistently having at least 5-6 members (preferably more) attending a class, it becomes tough to continue to offer that class.

### What can you do to help?

1. If you like a class, support it by giving it your regular attendance. Recruit your friends and invite fellow members to attend. This way, class numbers will stay up, and the class will be more fun!
2. Have you ever thought about becoming an instructor? Many of the best instructors were regulars taking a particular class who decided to become an instructor. It's not for everyone, but if you would be interested in learning more about how to become certified, please talk to your favorite instructor or see the manager of health and fitness to learn more.

Please know our desire is always to say 'yes' to class requests, but we wanted to make you aware of the factors we consider when planning our schedule.

**If you want to know more about becoming an instructor, please contact Jason Anderson, Manager of Health and Fitness, at 270-688-4785.**

## TOBACCO CESSATION PROGRAMS – OFFERED AT NO CHARGE

### Freedom from Smoking

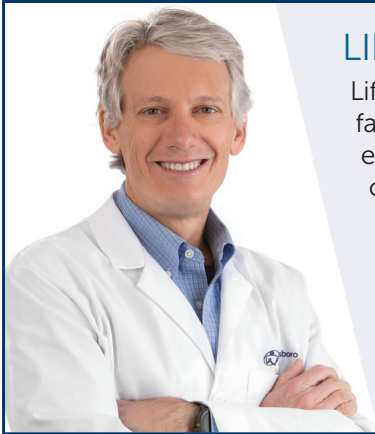
The American Lung Association's Freedom From Smoking® program has been ranked as one of the most effective cessation programs in the country and has been helping people quit smoking for more than 35 years. The Freedom From Smoking® program, offered at the Healthpark, will help participants learn how to quit smoking.

**Call 270-688-3263 or 270-688-3291 or email [Emily.Galloway@OwensboroHealth.org](mailto:Emily.Galloway@OwensboroHealth.org) for more information or to register.**

### Tobacco Treatment Specialists (TTS)

Let one of our Tobacco Treatment Specialists help you kick the habit. One-on-one meetings with these specialists will help participants identify triggers, discuss concerns and set attainable goals. Routine follow-up visits are provided to monitor progress and offer ongoing support.

**For more information or to meet with a TTS at the Healthpark, call 270-688-3263 to register.**



## 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 healthy eating habits, effectively manage stress, increase physical activity, get adequate sleep, acquire 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).**

## DIABETES EDUCATION

The Healthpark's Diabetes Care and Education Specialists team is 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 the 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 for diabetes education at the Healthpark. **For more information, call 270-688-4804.**

## DIABETES PREVENTION PROGRAM

The Healthpark is proud to offer the Diabetes Prevention Program, a CDC-recognized lifestyle change program. Participants are led by trained lifestyle coaches to gain the skills needed to lower their risk of developing Type 2 Diabetes. Those with prediabetes may reduce their risk of developing Type 2 Diabetes by as much as 58% (71% if you are over 60).

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

**Join us for one of our free information sessions listed below. Register by calling 270-688-4804 or emailing [Jenny.Young@OwensboroHealth.org](mailto:Jenny.Young@OwensboroHealth.org)**

**July 14 at 3 p.m. & 5 p.m. | July 21 at 3 p.m. & 5 p.m. | Classes start in August 2022**

## NUTRITION COUNSELING WITH A REGISTERED DIETITIAN NUTRITIONIST

Nutrition information is everywhere and can be complex, confusing and complicated. The team of registered dietitian nutritionists at the Healthpark are the real nutrition experts who can help you avoid 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 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.**

# WELCOME TO THE TEAM!

PAIGE HICKS, LMT - MASSAGE THERAPIST

DARCI DAVIS, RDN, LDS - OUTPATIENT DIETITIAN



## FITNESS COACH SPOTLIGHT - NATHAN TAYLOR

Nathan Taylor is a fitness coach and personal trainer at the Healthpark. He is also a Performance Coach for the Parisi Speed School. He graduated from the University of Kentucky with his BS in Kinesiology in 2019 and is finishing his Masters of Science in Applied Physiology and Kinesiology from the University of Florida. In his free time, Nathan enjoys spending time with his family and friends, golfing and lifting weights.

## IN-PERSON COOKING CLASSES ARE BACK!

### Cooking Classes

Looking for creative ideas on how to cook summer produce? Look no further! Join the Healthpark Registered Dietitians for a live cooking class as they prepare recipes that are farm-to-table. We will provide tasty samples and recipes.

**Thursday, July 28 at 5:30 p.m. in Classrooms A and B | Fee: \$5**  
**Space is limited—Call 270-688-5433 to reserve your spot.**

## LIFESTEPS® WEIGHT MANAGEMENT

### Information Sessions

It's not just another diet; it's a lifestyle change. Our comprehensive program will help you assess what you eat and how and why you eat. Plus, you will gain the skills needed to lose weight and improve your health by creating your personal plan. Registered dietitians and exercise physiologists lead the classes, and ongoing support is available after completion.

**Join us for one of the free information sessions on**

**Tuesday, July 19 at 5:30 p.m. or Tuesday, July 26 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.**



## METABOLIC TESTING

Each person has their own unique metabolism. Metabolic testing will determine your specific daily caloric needs, a key to successful weight management. This non-invasive, simple test takes less than 20 minutes and calculates the number of calories you burn at rest. Our registered dietitians will help you interpret those results and develop a plan to help you reach your goals. For more information or to schedule your metabolic test, call 270-688-4804.



Connections

## DID YOU KNOW ABOUT THIS MEMBERSHIP BENEFIT?

Membership to Connections, our program for people 55 & older, is a benefit perk for Healthpark members. That's right – if you are a Healthpark member, there is no cost for you to join Connections – stop by the Connections office to pick up a brochure or get more details!

**For additional information, contact the Connections office at 270-688-4855 or at [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](http://OwensboroHealth.org/Healthpark)**