

## Hello Everyone,

You've heard the saying "the good ole summertime." Summer offers an excellent time to be outside, working and playing. Being outdoors promotes increased physical activity, social interaction and time for reflection.

Did you know there are documented health benefits of spending time in nature? I recently heard a physician speak on how the great outdoors can boost mental and physical health in numerous ways. It got me thinking about ways to ensure I get my daily minutes of sunshine and exercise. The most extensive advice I have heard or read is to take time to enjoy nature regularly.

### Here are some helpful tips on being in nature:

1. Plan to take a walk in your neighborhood or local park for exercise
2. Schedule time to leisurely enjoy green spaces within your community for visiting with friends or family. This area has fantastic local parks and the Greenbelt to enjoy.
3. Take advantage of local parks and recreational facilities to try a new activity like pickleball, frisbee, golf, or fishing.
4. Find a space that provides you with an environment to rest and recharge. Consider that park bench near the river or even your backyard, where you have a place to sit quietly.

If you are interested in learning more about the benefits of nature, numerous articles and podcasts outline the mental and physical benefits of being outside. Be sure to visit [HealthyMind.CredibleMind.com](https://HealthyMind.CredibleMind.com) for access to these resources.

Take the opportunity to make time for yourself and provide regular doses of being outdoors and enjoying nature!

### Collette Carter

Director of the Healthpark



## PREGNANCY WELLNESS

Pregnancy can be a wonderful time, yet many physical, mental and emotional changes require support from conception to delivery.

**This FREE class is open to pregnant people at any stage in pregnancy! To sign up, visit [OwensboroHealth.org/Baby](https://OwensboroHealth.org/Baby) or call 270-417-5303.**



## UPCOMING DATES

### ADD-ON SERVICES NOW AVAILABLE FOR MESSAGES

Paige Hicks, LMT, now offers add-on skin treatments to your massage service, including a salt scrub and dry brush. Each treatment is \$30 and will add a half hour to your massage.

**Schedule your massage at the front desk on your next visit to the Healthpark or call 270-688-5433.**

### HOLIDAY HOURS

**Monday, September 4 (Labor Day Holiday)  
7 a.m. - 4 p.m.  
No land or water classes  
Playpark is open from 8 a.m. - Noon**

## RUN FOR YOUR LIFE EVENT PLANNED

The **Run for Your Life 5k road race and Kids' Fun Run** will be held on **Saturday, September 23**.

The 5k race begins at 8 a.m., and participants must register by August 11 for guaranteed shirt size.

The Owensboro Health Foundation sponsors the free Kids' Fun Run, which 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, a finisher medal, and a chance to win a new bike! Kids' Fun Run participants can also register to earn a \$500 wellness grant for their school.

**Registration opens on July 15 at [OwensboroHealth.org/Race](https://OwensboroHealth.org/Race).**

# Run FOR Your Life.

FREE KIDS' FUN RUN  
**Run FOR Your Life**

Events presented by:



# Fitness Events & Happenings

## Questions about your workouts? Want to try something new?

Our Fitness Team holds NCCA-accredited certifications in personal training, and several hold a bachelor's degree in Exercise Science. Please do not hesitate to ask us for tips and new ideas for your workout! That's what we are here for! As a friendly reminder, every member receives a fitness assessment and exercise consultation. With this, you can sit down with a staff member to go over current fitness levels, goals, etc. – all for you to achieve the maximum benefit from your membership and start your journey to a better you!

## Do you need to have your Blood Pressure checked?

Do you know your blood pressure? Some of you may not have ever had it checked, or it has been a while since you did. Blood pressure is the force of blood pushing against our blood vessel walls. High blood pressure means the pressure in your arteries is higher than it should be, also known as hypertension. Although there are several factors that we can't control – there are just as many as we can. Obesity, unhealthy diet, sedentary lifestyle and smoking are all several things we can control – and should act on now. The scary thing is nearly half of the American population has high blood pressure and doesn't even know it! Swing by the fitness floor and ask one of our certified staff members to provide your blood pressure reading and offer prevention information or other resources if needed.

**Don't forget the Healthpark App to register for your favorite group exercise classes! It's the only way to ensure your spot. For help downloading or using the app, please see anyone in Member Services at the front desk.**



## FALL PREVENTION / B.A.S.E. CLASSES

Do you or someone you know struggle with a fear of falling? Balance or stability issues? Falling does not have to be an inevitable part of the aging process. The Healthpark offers a 12-week program to address these and other concerns in our Fall Prevention/B.A.S.E. (Balance and Stability Everywhere) program. A doctor's referral is required for participation.

**Upcoming classes: July 11 – September 28 | October 10 – December 28**

**Cost: \$120. Registration limited to 12 per class. For more information, please call Jason Anderson at 270-688-4785.**

## INTRO TO TAI CHI

As many know, we have a FANTASTIC 8-week Introduction to Tai Chi class taught by Jan Young. This evidenced-based program has been shown to aid in preventing falls, reducing chronic arthritis pain, improving flexibility and balance and helping speed recovery from injury and surgeries faster.

**Upcoming class dates: August 15 – October 5 | October 10 – November 30**

**Tuesdays and Thursdays at 1 p.m. OR 6 p.m.**

**FREE for Healthpark Members / \$50 for non-members**

**Classes are held in Studio 2A**

**Limit of 24 per class. Registration at the Healthpark front desk is required – no drop-ins.**

## AQUATICS

### Red Cross Lifeguard training scheduled in August

There will be one more American Red Cross lifeguard certification course of the year on August 11-13 (Friday-Saturday).

**If you are interested, please contact Mackenzie Morris at 270-688-4772 or [Mackenzie.Morris@OwensboroHealth.org](mailto:Mackenzie.Morris@OwensboroHealth.org).**

### Area swimmers will compete in the season Audubon Swim Championships

Coming Wednesday, July 12, we will have around 50 Healthpark Heatwave swimmers competing in the Audubon Conference Swimming Championship here at the Healthpark at 5:30 p.m. Good luck to our Sun Rays and Solar Power group of Heatwaves as they compete against teams across the tri-state. These teams include the Owensboro Country Club, Madisonville Bluewaves, Henderson County YMCA and the Calvert City Country Club Orangewaves! Good luck and swim fast, Healthpark Heatwaves!

### High school swim season 2023 begins mid-October

High school swim teams will return and practice at the Healthpark in October! The season will go through February 2024. If you are interested in being on the lap lane schedule email list to stay in the loop on daily lane availability for members, **please call 270-688-4772 or email [Mackenzie.Morris@OwensboroHealth.org](mailto:Mackenzie.Morris@OwensboroHealth.org).**

## LIFESTEPS IMPACTFUL TO A LOCAL FAMILY

When Roger and Pat Humphrey decided it was time to eat better and lose some weight, they made it a family affair. They enrolled in the LifeSteps program with their son, Morgan.

Pat participated in the program and lost 17.7 pounds and 7.5 inches in total. She also decreased her BMI by 2.6 points and improved her overall fitness. She continued her success by joining the Exercise is Medicine program. "The program helped me. They were my buddies in crime during the program and provided a strong support system," Pat said of the LifeSteps program.

Roger already exercised but found new motivation while in the Lifesteps program. He focused on increasing the duration and intensity of his cycling workouts. By increasing his fitness level and attending the Lifesteps classes, Roger lost 15.2 pounds and 7.125 inches total. He also decreased his BMI by 2 points. "It is well worth the money spent with all of the resources you receive at the Healthpark, including access to the fitness facility, recipes, and a manual with information," said Roger.

Morgan's success included losing 12.2 pounds and 6.5 inches total. He also improved his systolic and diastolic blood pressure and overall fitness. He even joined Exercise is Medicine.

LifeSteps is a 14-week group program that focuses on lifestyle and behavior changes. Led by a registered dietitian with support from a fitness coach, the program includes education and discussion on healthy eating habits, exercise, behavior change strategies, and ongoing group support.

"LifeSteps really helps you assess not only what you eat, but how and why you eat," said Lexi Wright, RDN, LD. "It aims to help program participants reach their health and weight loss goals and maintain their achievements long-term."

The Humphreys says Lexi, the leader of LifeSteps, was a significant contributor to their success. "She was wonderful and even attended exercise classes with us," said Roger.

**The upcoming information sessions for LifeSteps are on August 22 and 29  
5:30 p.m. | Healthpark Classroom A**

**For more information, please email us at [LifeSteps@OwensboroHealth.org](mailto:LifeSteps@OwensboroHealth.org), or call 270-688-4804 to register for a free information session. Classes will start in September.**



## FOOD FREEDOM FOR LIFE PROGRAM

Are you tired of fad diets and living by strict food rules? Do you long for a diet and lifestyle that is flexible, maintainable, and allows you to eat for enjoyment and health simultaneously? If so, check out our Food Freedom for Life program. Led by registered dietitians, this group program teaches you how to eat intuitively and nourish a healthy relationship between your mind, body, and food. Participants will learn to challenge unrealistic food rules, honor their hunger and fullness, cope with emotions without using food, and much more.

**Upcoming information session: September 11  
5:30 p.m. | Healthpark Classroom A**

**For more information, please contact Lexi Wright (Phone: 270-688-4764; Email: [Lexi.Wright@OwensboroHealth.org](mailto:Lexi.Wright@OwensboroHealth.org)) or call 270-688-4804 to register for a free information session. Classes will start in September.**

## COOKING CLASS: SCORE BIG WITH HEALTHY FOOD IDEAS

It's sports season, everyone! Join our team of registered dietitian nutritionists to see what tasty tailgating treats they're cooking up this season. Whether you're a sports fanatic or prefer to sit on the sidelines, we guarantee you'll love these delicious recipes! Recipes and samples will be provided.

**Upcoming date: Wednesday, September 6  
5:30 p.m. | Healthpark Classrooms A & B  
Cost: \$7**

**Space is limited, and pre-registration is required by August 29. Call 270-688-5433 to reserve your spot.**

# Diabetes Prevention

## DIABETES PREVENTION PROGRAM

Ninety-six million American adults have prediabetes, yet about 80% do not know they have it. The Healthpark's year-long Diabetes Prevention Program is a lifestyle change program with results proven to help significantly reduce a person's risk of developing type 2 diabetes.

**Information Sessions on August 24 and 31 | Class starts in September 2023**

**For more information email [Jenny.Young@OwensboroHealth.org](mailto:Jenny.Young@OwensboroHealth.org) or call 270-688-4804.**

## THE RIGHT STUFF

Learn what it takes to prevent Type 2 diabetes. THE RIGHT STUFF is a one-time FREE class that teaches healthy diet and activity principles to reduce the risk of developing Type 2 diabetes. The class size will be limited to 20 people.

**August 1 at Noon or 5:30 p.m. | Classroom B  
Registration required. Call 270-688-4804.**

## DIABETES EDUCATION

The Healthpark's team of Diabetes Care and Education Specialists are 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 to a diabetes education at the Healthpark.

**For more information, call 270-688-4804.**

## NUTRITION EDUCATION AND COUNSELING

We are often bombarded with nutrition information which can be confusing and misleading. Let our team of registered dietitian nutritionists at the Healthpark, the actual nutrition experts, guide you through the 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.**

## DIABETES SUPPORT GROUP

Join others with diabetes for this free monthly meeting and learn more about managing your diabetes. A variety of topics are offered, including healthy eating, medication management and self-care with diabetes. The group meets monthly on the third Tuesday at noon in Classroom B at the Healthpark.

**Upcoming dates: July 18, August 15 or September 19  
For more information, call 270-688-1227.**



## Connections

### Healthpark members eligible for Connections memberships

Any Healthpark member 55 or older can enroll in a Connections membership. This program is a wellness program focused on aging. Resources provided through membership include educational opportunities, discounts and travel.

**For additional information, contact the Connections office at 270-688-4855 or email [Connections@OwensboroHealth.org](mailto:Connections@OwensboroHealth.org).**

## DON'T "FORGET" ABOUT ALZHEIMER'S

Join us for this informative session with Dr. Aziz Mehrzad, a geriatrics specialist, as he shares the latest research on care and treatment for Alzheimer's disease. Alzheimer's disease is the most common cause of dementia, a brain disorder that causes impairment in cognitive function, including memory, judgment and behavior. To qualify for a diagnosis, the symptoms must be severe enough to interfere with activities of daily living. Age is the most common risk of developing the disease, affecting 6.2 million people over sixty-five in the United States. The risk of developing the condition only increases to 35% in those eighty-five and older. It is prudent for those over 65 who are experiencing impairment of cognitive function to discuss options with their healthcare provider and family members.

**Friday, September 15 | 1 p.m.  
Healthpark Classrooms A & B**

**Call the Connections office to register at 270-688-4855.**

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)**