

Hello Everyone,

Spring is here, and what a great time to begin a new walking program, attend a new exercise class or sign up for a nutrition program. The Healthpark offers many opportunities like these to motivate you to improve your wellbeing.

Motivation is defined as the general desire or willingness of someone to do something. It is the process that inspires us to make a change or to work toward reaching a goal. Understanding there are different types of motivation may help you discover what will ignite action within yourself. Intrinsic motivation is what comes from within and centers on our desire to be better. Extrinsic motivation is influence by rewards, people or other outside forces.

To spark your motivation, here are a few suggestions to consider:

- Set a new goal and begin working toward it in attainable steps, celebrating small successes.
- Move your body. Exercise is a great way to reenergize!
- Read a good book about a topic that interests you.
- Consider journaling.
- Schedule time to spend with a friend or loved-one.
- Learn a new skill; learn to play an instrument, begin to paint, or study a new language.
- Don't procrastinate. Develop a plan to accomplish what you need to get completed and set deadlines.
- Rest your mind and your body. Ensure you are getting enough sleep.

For more ways to get motivated with your wellness plan, speak with one of our experts about resources to help you achieve your goals. Also visit CredibleMind.com for additional resources on motivation and other wellbeing tools.



Blessings,

Collette Carter

Director of the Healthpark



CELEBRATE MOTHER'S DAY & FATHER'S DAY BY PURCHASING A MASSAGE GIFT CERTIFICATE.

For a limited time, get \$10 off a 1-hour massage!

Mother's Day massage special - May 6-11

Father's Day massage special - June 10-15

Gift certificates can be purchased at the Healthpark front desk.



VOLUNTEER AUXILIARY PROVIDES WELLBEING CART FOR HEALTHPARK

The Volunteer Auxiliary recently funded the wellbeing cart for the Healthpark. Beginning in May, the wellbeing cart will make its rounds with several items for guests to choose from.

DOC IS IN: AGING GRACEFULLY

Tuesday, May 14

Watch for more details and how to register for this event!

Medical Fitness Week May 5-12, 2024

Celebrate Medical Fitness Week by participating in the "Move 150" challenge to move 150 minutes or get 10,000 steps per day! The challenge is open to Healthpark members and Owensboro Health team members. Watch for additional details to come.

Memorial Day Hours

Monday, May 27

Fitness Center:

7 a.m. – 4 p.m.

Playpark:

8 a.m. – Noon

No land or water classes.

Fitness

PROGRESSION IN EXERCISE

As we all know, it is so easy to get into a routine and “stay put.” Several of us go by what our coach or trainer says to do and are fine with it. But everything we do in the gym daily allows us room for progression! You could be sticking with your program and doing it consistently, but after a while you could look back and say, “Man, I am still doing the same weight or reps that I’ve been doing for the past couple months!” Well, that’s when progression can fit in. Our bodies adapt to change with whatever we do, especially in the gym. If you want to keep moving forward and challenge yourself, think of these ideas next time you are in the gym.

- Always find a weight that you can lift to meet the prescribed set and rep goal. Once this becomes easier, increase the weight by a small increment. Now meet this new goal with the new, slightly heavier weight.
- Track your heart rate when doing cardio. If you notice your heart rate starting to decline or stay put, now would be the time to increase the effort level (speed, resistance) or duration while in the exercise.
- If you are only exercising a couple of days a week, but you feel like you could do more, simply add another day. Make sure you are giving your body adequate time to rest and recover so the next session can be just as beneficial as the one before!

Always check with our fitness staff with any questions. We can help you calculate a more accurate heart rate and help you with progression on any type of exercise you may be curious about!

For more information, please contact Nick Jones, Fitness Supervisor, at 270-688-4828.

PERSONAL TRAINING CAN OFFER MOTIVATION TO YOUR WORKOUT ROUTINE

Wanting to change the way you approach the gym? Personal trainers have been proven to kickstart or maintain any fitness regimen. The accountability, creativity and expertise are all great ways to keep you going and motivated, while seeing the results you want!

If you are interested, please stop by the front desk for a personal training inquiry or call Nick Jones, Fitness Supervisor, at 270-688-4828.

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

If you are struggling with balance issues or have a fear of falling, please consider our 12-week Fall Prevention/B.A.S.E. program. Participants who complete the program say they have more confidence and less fear of falling!

Upcoming class opportunities for 2024: April 9 – June 27 | July 9 – September 26 | October 8 – December 26

For more information, please contact Jason Anderson at 270-688-4785 or Jason.Anderson@OwensboroHealth.org.

INTRODUCTION TO TAI CHI

Looking for a mindful, slow-flowing class that will reduce stress, improve balance and strength, and even potentially reduce arthritis pain? Please consider our 8-week Intro to Tai Chi program. This program is free for Healthpark members and \$50 for non-members. Registration is REQUIRED to participate.

Upcoming classes are: April 23 – June 13 | June 18 – August 8

For more information, please contact Jason Anderson at 270-688-4785 or Jason.Anderson@OwensboroHealth.org.



THE RIGHT STUFF

Learn what it takes to prevent Type 2 diabetes! Nearly 98 million American adults—more than 1 in 3—have prediabetes, yet more than 80% don't know they have it. Prediabetes puts you at increased risk of developing Type 2 diabetes, heart disease and stroke.

THE RIGHT STUFF is a one-time FREE class that provides an overview of prediabetes. Participants will learn how healthy eating diet and physical activity can improve their health and reduce the risk of developing Type 2 diabetes.

UPCOMING DATES: June 4, 2024

Classes are held in Healthpark Classroom B

Classes are offered at both Noon and 5:30 p.m. every other month. Pick the time that's most convenient for you! Space is limited. Register online at OwensboroHealth.org/DiabetesPrevention or call 270-688-4804.

DIABETES EDUCATION

The Healthpark's team of Certified Diabetes Care and Education Specialists are here and ready to help you if you are living with diabetes. Our team is specially trained in diabetes management and will teach you the skills and strategies to manage your diabetes and cope with the emotional effects of the disease to help 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.

OUTPATIENT NUTRITION COUNSELING

The Healthpark's team of highly trained registered dietitians, the real nutrition experts, are here to help you develop a plan that best meets your unique nutritional needs.

Whether you want to assess your eating style, are seeking tips and inspiration, or need help managing a medical condition, 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.

MONTHLY DIABETES SUPPORT GROUP

If you or someone you love is living with diabetes, join us for this free monthly meeting. Learn more about managing diabetes while making new connections, learning tips from others, and finding emotional support. Topics include healthy eating, medication management, monitoring and coping with diabetes.

The group is now meeting monthly on the third Tuesday of each month at Noon in Classroom B at the Healthpark.

Upcoming 2024 dates: April 16 | May 21 | June 18

For more information, go online to OwensboroHealth.org/Patient-Visitor/Support-Groups or call 270-688-4804 to register.

Coming in June! PEEP: PREDIABETES EDUCATION AND EXERCISE PROGRAM

If you are looking for ways to reduce your risk of developing Type 2 diabetes, this class is for you! Our newest program, PEEP, is designed and led by Healthpark diabetes educators, dietitians, and exercise physiologists. The 12-week class will focus on strategies to reduce the risk of prediabetes, including healthy eating, maximizing sleep and reducing stress. Plus, you'll get the benefits of group support and 30 minutes of guided physical activity during each class!

Classes start June 6 at 4:30 p.m.

For more information or to register, contact us at DiabetesEducation@OwensboroHealth.org or 270-688-4804.

WELCOME TO THE TEAM!

Ethan Book, *Certified Personal Trainer*
Katie Dubree, RDN, LD, *Outpatient Dietitian*
Leauna Lacefield, *Guest Relations Representative*
Lisa Phelan, *Private Swim Instructor and Lifeguard*
Ann Simmons, RDN, LD, *Diabetes Educator*
Cloe Tucker, *Guest Relations Representative*
Jen Wooten, *Office Support Representative*

AQUATICS

2024 AMERICAN RED CROSS LIFEGUARD CLASSES

Are you, or anyone you know, interested in being certified as an American Red Cross lifeguard? If so, there is still time to get registered for an upcoming course.

Certifications: May 17-19 and Aug. 2-4 | Recertifications: May 10-11, June 7-8 and Sept. 20-21

For more information, contact Mackenzie Morris via email at Mackenzie.Morris@OwensboroHealth.org or call 270-688-4772.

NEW! SCUBA CLASSES NOW AT THE HEALTHPARK

Scuba classes are now being offered at the Owensboro Healthpark through Dive Supply Indy.

April 12-14, May 3-5, June 28-30, July 12-14, Aug. 23-25 and Sept. 13-15

Please contact Mike Mizell at 317-897-2822 or TitanVol97@gmail.com for more information and/or to register.



HEATWAVES GEAR UP FOR SUMMER SEASON 2024

The Healthpark Heatwaves season is around the corner and we want you to be a part of it! If you have a child that's between the ages of 5 and 18, they can participate in this 7-week fun summer swim program. Evaluations/group placement dates will be on May 20, 21 and 22 from 6-7 p.m. in the pool area.

After being placed in a group, you will register at the front desk. If you are a Healthpark member or on the Marlins Swim Team, the rate for this program will be \$100. If you are a Marlins swimmer who will just be participating in the swim meets then the rate will be \$55. The non-member price for this program is \$125. The first day of practice will be on Monday, June 3.

For more information, contact Mackenzie Morris at Mackenzie.Morris@OwensboroHealth.org or call 270-688-4772.



Owensboro Health

Connections

You will receive a renewal form from the Connections office. The renewal is for you to update your information only – it is a free benefit because you are a Healthpark member, but we do ask that you update your information yearly.

For additional information, contact the Connections office at 270-688-4855 or email Connections@OwensboroHealth.org.

For exercise tips, follow us on:



Healthpark | 1006 Ford Avenue, Owensboro, KY 42301

For class information go to:

OwensboroHealth.org/Healthpark