

Hello Everyone,

Many of us start the new year with goals to improve our well-being in one aspect or another. Whether you want to be more physically active, lose weight or reduce stress, the goals you set address a specific area in your life you feel needs enhancement. One important thing we can all do to impact our health is keep a positive attitude. It's no surprise that being positive is good for our overall well-being. There are numerous health studies that show positive thinking can increase our self-esteem and productivity, lower stress, and strengthen our relationships. Positive thinking can also lower our risk for illnesses.

We all know that negative things and feelings occur, but we have the choice of how we react to the challenges and to redirect our focus.

Learning to be more positive is something that we can perfect with self-awareness and practice. Here are some tips to consider:

1. Make sure your inner dialog is positive, and don't let the negative thoughts get the best of you.
2. Express gratitude by thinking of what you are grateful for every day. Consider writing an expression of your gratitude each morning.
3. Smile more and share your smile with others. It's contagious.
4. Practice mindfulness every day. Be aware of your surroundings and experiences. Do something you enjoy and find your calm.
5. Get enough sleep, eat nutritious foods and be physically active.
6. Recognize your triggers for negativity. Surround yourself with people and circumstances that support building relationships. Learn to have forgiveness and grace with yourself and others.
7. Set goals that support your purpose, integrity and values. Stay focused and redirect when things get you off track from achieving these goals.

Consider adapting one or two tips to encourage increased positivity. Once you master the tips as habit, consider adding additional practices. Another resource to consider for practicing positivity is CredibleMind, a community mental health resource provided by Owensboro Health and RiverValley Behavioral Health at CredibleMind.com.

The Healthpark team of experts can offer support and guidance on any health topic that is important to you! Let's make 2024 the best year yet!



Blessings,

Collette Carter

Director of the Healthpark

Holiday Hours

Monday, January 1 – New Year's Day

Open 7 a.m. – 4 p.m.

Land and water classes will be offered

Playpark will be open 8 a.m. - 1 p.m.,

but Health Resource Center and Cornerstone Café will be closed

MEMBERS CAN REFER A FRIEND FOR MEMBERSHIP AND RECEIVE A CREDIT

Refer a friend to join the Healthpark, and both you and the new member will receive a \$25 credit! Working out with a friend helps with accountability and can help you stick with your workout routine. Plus, you can enjoy time together that offers double the health benefits. **Referral cards are available at the Healthpark front desk or reach out to Membership Services for more information at 270-688-5433.**

VALENTINE'S DAY MASSAGE SPECIAL

February 1-14 | \$10 off a 1-hour massage



FOURTH TRIMESTER SUPPORT GROUP BEGINS JANUARY 16!

Are you a new parent feeling overwhelmed and exhausted after giving birth? You are not alone! Our Fourth Trimester Support Group can offer a safe space to share your experiences, ask questions and connect with other new parents going through a similar experience. Join the Owensboro Health Prenatal Educators at the Healthpark on the first and third Tuesdays each month, from 9:30-10:30 a.m.

- Free to all, up to a year postpartum
- Babies are welcome to attend the support group. Childcare at the Playpark will also be available free of charge. Ensure there's room for your child by calling 270-688-4775 to reserve a space.
- Attend to enter our monthly drawing for a free massage!

RSVP by calling 270-417-5339 or emailing PrenatalEducation@OwensboroHealth.org

Fitness Events & Happenings

FITNESS ASSESSMENTS AVAILABLE TO ALL MEMBERS

Start the year off with a new workout routine. Let our fitness coaches support your wellness goals by developing a personalized exercise program. The process begins with an assessment that looks at cardiovascular fitness, resting heart rate, flexibility, strength and desired goals. Following the assessment, the fitness coach can design a workout plan customized to your needs and interests. If you need to revise your current exercise regimen or want to begin a more formalized program, our expert fitness coaches are here to help. For more information, stop by the front desk to schedule an appointment to get started.

INTRO TO TAI CHI

If you are interested in a group exercise experience focusing on mind-body connection, stress relief, mental focus and more, consider our eight-week Intro to Tai Chi classes. This 8-week series – meeting twice each week – focuses on gentle, flowing movements that improve balance, flexibility and coordination. Classes are held on Tuesdays and/or Thursdays at either 1 p.m. and/or 6 p.m. Registration is required at the member services desk. FREE for Healthpark members and \$50 for non-members.

Upcoming class series is January 2 – February 22, February 27 – April 18, and April 23 – June 13.

For more information, contact Jason Anderson at 270-688-4785.



FALL PREVENTION/B.A.S.E. IMPROVE YOUR BALANCE AND PREVENT FALLS!

Do you or someone you love struggle with balance issues? Do you feel that you are no longer as agile, stable and secure as you once were? Are you afraid of falling? If this is you, we have a program to address these issues. Fall Prevention or B.A.S.E. (Balance, Awareness, Stability, Everywhere) is a 12-week program that addresses improving strength, balance, coordination, agility, and decreasing the likelihood of suffering an injury resulting from a fall.

Upcoming classes will begin on January 9 and April 9.

For more information about this opportunity, please contact Jason Anderson at 270-688-4785.



GROUP EXERCISE

Use the Healthpark app to sign up for group exercise classes!

If you are a member and participate in group exercise classes, please make sure you have downloaded and are using the app to register for the classes. The first of the year is a very busy time, and we have limited space in each of our classes for participants. Using the app reserves your space and guarantees you will be able to participate. Without doing so you run the risk of showing up and not being able to take your favorite class. Also, if you have registered for the class and something happens and we have to cancel, we will contact you and let you know. For help downloading and using the app, please see a member of our membership team at the front desk!

The group exercise team is excited to welcome new cycling instructor Melissa Austin and Allison Robinson as our new yoga instructor.

PHOTO: If you haven't tried a group exercise class, consider attending one of the 70 plus classes offered weekly that provides varied formats to help you improve your physical activity goals. *Featured in this photo are part of the expert team that has over 25 years of experience. Left to right are Kim Belcher, Dana Armstrong, Patti Fitzgerald, Jan Young, Robin Shelton and Cathy Robertson.*





Community Education

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.

Attend our "The Right Stuff" class and learn how healthy diet and activity can improve your health and reduce your risk of developing Type 2 diabetes. Classes are FREE and offered at 12 p.m. or 5:30 p.m. Space is limited.

UPCOMING DATES: February 6 and April 2, 2024. Classes are held in Healthpark Classroom B.

Register online at OwensboroHealth.org/Diabetes or call 270-688-4804.

OUR EXPERTS CAN OFFER SUPPORT FOR MANAGING DIABETES

The Healthpark's team of diabetes care and education specialists is ready to help you learn how to live with diabetes. They will teach you 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.

ENHANCE YOUR HEALTH WITH NUTRITIONAL COUNSELING

Kicking off the New Year often means resolving to eat healthier. This year, let the Healthpark's team of highly trained registered dietitians, the real nutrition experts, 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 for improved well-being. Topics include healthy eating, medication, monitoring and coping with diabetes.

The group is now meeting monthly on the third Tuesday of each month at 12 p.m. in Classroom B at the Healthpark.

Upcoming 2024 dates: January 16 | February 20 | March 19

For more information call 270-688-4804, or register online at OwensboroHealth.org/DiabetesPrevention.

LIFESTEPS® WEIGHT MANAGEMENT PROGRAM

Small changes and proven results are the foundation of our LifeSteps® weight management program. It's the perfect way to step into 2024. This comprehensive lifestyle-change program will help you assess not only what you eat, but how and why you eat. Weekly group classes led by our registered dietitians and exercise specialists will give you the skills needed to meet your health and weight loss goals, and maintain them for the long term. Ongoing support is available after the program ends.

Upcoming information sessions: Wednesday, January 10 & 17, at 5:30 p.m. | Tuesday, March 5 & 12, at 5:30 p.m.

For more information, please email us at LifeSteps@OwensboroHealth.org, or call 270-688-4804. Register online at OwensboroHealth.org/lifesteps for a free information session.

BODY STAT™ ANALYSIS AT THE HEALTHPARK

Knowledge can be powerful and inspirational when it comes to making positive health and lifestyle changes. Body Stat™ analysis goes way beyond the bathroom scale by measuring your body composition, estimating your at-rest energy needs, and assessing your overall health and fitness level. Body Stat™ delivers more accurate and comprehensive results, giving you knowledge to meet your own unique health and wellness goals. Cost is \$70 and includes an analysis completed by a registered dietitian and a summary of your results.

For more information or to make an appointment call 270-688-4804.

WELCOME TO THE TEAM!

Melissa Austin, Group Exercise Instructor

Josh Booker, Fitness Coach and Personal Trainer

Tiffany Deweese, Health Resource Center Office Support Rep

Cami Mattingly, Swim Instructor

Allison Robinson, Yoga Instructor

AQUATICS

2024 LIFEGUARD CERTIFICATION/RECERTIFICATION CLASS

Are you or someone you know interested in getting certified as an American Red Cross lifeguard? Is your current lifeguard certification approaching its expiration? The Healthpark has got you covered for the 2024 season! The Healthpark will be offering full lifeguard certifications with blended learning during the months of February, May and August. There will be recertification classes offered during the months of March, June and December.

For more information on these classes, please contact Aquatics Supervisor Mackenzie Morris at 270-688-4772 or Mackenzie.Morris@OwensboroHealth.org.

"RESOLVE TO SWIM"

When most people think of swimming or swimming lessons, they usually think about the summertime and warm weather. However, did you know that a lot of children benefit from taking swim lessons all year around? Yes, some of the best times to start learning how to swim is in the fall, winter and spring months. This gives the participant a good foundation and skills to build throughout the year and leads them to be ready and confident for the summer months. Swim lessons do not just benefit younger children, but all ages! Remember, it is never too late to learn how to swim! It is a skill that could last you the rest of your life, and it is a great low-impact activity to help relieve any tension/injuries in your back, hips, legs, etc. Please think about getting your children/family into swim lessons or gifting someone you love with swim lessons right here at the Healthpark. As we do have a waitlist for swim lessons, this would be a great time to inquire about getting on the list. Another great option for water exposure is "Family Time" throughout the week here at the Healthpark therapy pool! This takes place on Wednesdays and Fridays at 5 to 7 p.m. and Saturdays and Sundays at 12 to 4 p.m.

If you have any questions about swim lessons or family time in the pool area, please contact Mackenzie Morris at 270-688-4772 or Mackenzie.Morris@OwensboroHealth.org.



HELP MAINTAIN GOOD POOL CHEMISTRY – SHOWER BEFORE ENTERING THE POOL!

Please help us maintain great quality in our pool water by showering, or rinsing off, before entering the pool. By doing this, you wash off any lotions, body oils, etc. ... washing those down the drain and out of our therapy and/or competition pool. Thanks for doing what you can to keep our pool chemistry perfect!



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