

Hello Everyone,

I was talking with a friend the other day who reminded me that the “dog days of summer” are here. With the warmer weather it is important to remember to stay hydrated, especially when being active outdoors. According to the American Heart Association (AHA) keeping hydrated helps ensure the heart and muscles are working at an optimal level. Staying hydrated also depends on variables such as activity level, clothing worn and outdoor temperature.

Here are some tips to help you stay hydrated:

- Water is always a great choice for staying hydrated. Drink water before, during and after activity.
- Consider consuming fruits and vegetables that offer hydration benefits.
- Avoid caffeine, which can act as a diuretic.
- Sports drinks are helpful during high-intensity exercise.

If you experience any symptoms of dehydration like dizziness, fatigue, swollen feet or a headache, it is important to get somewhere to cool off and consume liquids for hydration. Anytime you experience symptoms that linger or worsen, seek medical attention.

For more information on this topic and other health related topics, talk with one of our fitness professionals or registered dietitians. They can offer tips and assist you in developing a wellness plan that is right for you!

Blessings,

Collette Carter

Director of the Healthpark



MEMBER PORTAL SETUP

Do you need help setting up your new Healthpark member portal link?

To access click on the QR code to access the link. Enter your member number for the user name and click on “forgot password” to receive an email to reset your password.

For more assistance, reach out to Membership Services by calling 270-688-4818 or 270-688-4778.



Did you know the Healthpark has a membership referral program? When you refer a new member who joins the health and fitness center, you will receive a \$25 credit to your account. The great news is that the new member will also receive a \$25 credit! Not only will you both benefit from the referral monetarily, it's always more fun to have someone to exercise with.

For more information, call Membership Services at 270-688-4818 or 270-688-4778.



JOIN US FOR THE FIRST

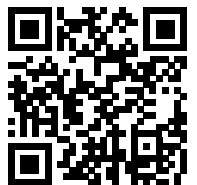
SUPER HERO

5K, KIDS FUN RUN, AND SURVIVOR WALK!

SEPTEMBER 28, 2024

To learn more go to:
[OwensboroHealth.org/
SUPERHEROES](https://OwensboroHealth.org/SUPERHEROES)

Benefiting the
patients of
Mitchell Memorial
Cancer Center and
Honoring our Super
Hero Survivors



Holiday Hours

**Thursday, July 4
Independence Day
7 a.m. – 4 p.m.**

No land or water classes
Playpark closed
HRC & Cornerstone Café:
Closed July 4 and 5

**Monday, September 2
Labor Day
7 a.m. – 4 p.m.**

No land or water classes
Playpark open 8 a.m. – Noon
HRC & Cornerstone Café: Closed

Fitness

STRETCHING: THE OFTEN-FORGOTTEN FITNESS COMPONENT

When we think of exercise, we immediately think of anything that has to do with aerobic movements and strength training. The funny thing is, there are actually three components – aerobic exercises, strength training and flexibility training! They all three need to be combined together to get the needed results. Flexibility is the range of motion in your joints, or how freely your muscles can move – so obviously this is a component that we need to take care of as well!

Increased flexibility may:

- Improve performance in activities
- Decrease risk of injuries
- Help joints move through full range-of-motion, making exercises more effective
- Increase muscle blood flow
- Improve your ability to do daily activities

Make sure you stretch effectively and safely – doing these movements incorrectly could cause more harm than good. Try using these tips to keep it safe.

- Stretch warm muscles, not cold. Stretching is not a warmup.
- Focus on major muscle groups.
- Don't bounce! Find your stretched position and hold it.
- Hold stretches (breathe normally and hold roughly 30-60 seconds).
- Pain isn't gain (stretch to the point of mild discomfort – nothing further!)
- Don't hold your breath. Breathe and RELAX! A tense muscle won't stretch.

Have more questions or need help performing some stretches you may not know about? Ask any of our fitness professionals on the fitness floor!

GROUP EXERCISE: SOMETHING FOR EVERYONE

Did you know the Healthpark offers more than 70 group exercise classes each week included in your membership and taught by the best instructors around? Most classes are 45-60 minutes and include everything you need for a great workout. Is your exercise program a little stale? Looking to make some friends and find a "fitness community?" Give our classes (or a new or different class) a try! Also, make sure to use the Healthpark Member Portal to reserve your class space.

For any questions about our group exercise classes or schedule, please contact Jason Anderson at 270-688-4785.

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 after the class is completed!

Upcoming class opportunities for 2024: 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 is a free member program and \$50 for non-members. Registration is REQUIRED to participate.

Upcoming classes are: August 13 – October 3 | October 8 – November 28

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





Education & Wellness

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 diet and activity can improve their health and reduce their risk of developing Type 2 diabetes.

UPCOMING DATES: August 6, 2024

Classes are held in Healthpark Classroom B and are offered at both noon and 5:30 p.m. Pick the time that's more convenient for you! Space is limited. Register online at OwensboroHealth.org/Diabetes Prevention or call 270-688-4804.

JUVENILE DIABETES SUPPORT GROUP

Are you a parent or caregiver of a child with diabetes? Does your child often feel alone in battling their diabetes?

We know managing diabetes in childhood is a challenge. We are pleased to offer a monthly support group for children with diabetes and their parents or caregivers. During these informal meetings, we will discuss challenges, share resources and tips and explore a variety of topics related to living with juvenile diabetes.

Meetings are held at 5 p.m. on the 3rd Tuesday of each month at the Healthpark in Classroom B.

Upcoming dates: July 16, August 20, September 17

Please call 270-688-4858 or email Jenny.Young@OwensboroHealth.org to register or if you have questions.



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 and 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: July 16 | August 20 | September 17

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

LIFESTEPS® WEIGHT MANAGEMENT PROGRAM

Are you looking for any of the following benefits?

- Weight loss: about one-half to two pounds per week
- Improved health (blood sugar, blood pressure, cholesterol)
- More self confidence
- Loss of inches
- Better fitness level
- Skills that can last a lifetime

The Lifesteps® Weight Management Program may be for you. Small changes and proven results are the foundation of Lifesteps. Weekly group classes led by our registered dietitians and exercise specialists will help you develop the skills needed to meet your unique health goals.

Ongoing support is available after the program ends to help you maintain these changes.

Next class starts in September 2024. Information session dates: Tuesday, August 20 and August 27 at 5:30 p.m.

For more information or to register, please email us at LifeSteps@OwensboroHealth.org, call 270-688-4804 or visit owensborohealth.org/lifesteps to register online.

WELCOME TO THE TEAM!



Lexi Humphrey
Fitness Coach Student



Haley Fulkerson
RDN, LD
Dietitian



Veronica McCauley
MS, RDN, LD,
Dietitian

AQUATICS

LIFEGUARD CERTIFICATION CLASSES

Your opportunity is running out to renew your Red Cross Lifeguard Certification or to become certified for the first time! We still have a couple classes left for 2024.

Lifeguard Certification: August 2-4 | Recertification Class: September 20-21

Contact Aquatics Supervisor, Mackenzie Morris, at 270-688-4772 or Mackenzie.Morris@OwensboroHealth.org for details!

SUMMERTIME WATER SAFETY

As we begin to enjoy the great summertime weather and outdoor swimming opportunities, always keep safety as your first priority. Here are a few things to keep in mind when enjoying your local outdoor pool:

1. Wear bright-colored bathing suits! Anything but a blue or tan color. Think orange, pink or yellow! These colors are easier to see by a lifeguard scanning their area.
2. If you are not a strong swimmer, do not go in water deeper than where your feet can touch the bottom. If you do, please be prepared with a floating device, such as a noodle or fitted life jacket.
3. Stay hydrated! You might think since you are in a body of water that you will not dehydrate. It is very easy to get dehydrated while swimming, which could increase your chances of drowning or other sudden illness, such as heat exhaustion.
4. Of course, don't forget the sunscreen!



FITTER & FASTER SWIM CAMP AUGUST 10-11!

Fitter & Faster is hosting a two-day swim camp for competitive swimmers ages 10 and over on August 10 and 11! Fitter & Faster was here last summer and did a fantastic job helping those who signed up. Fitter & Faster clinicians are Olympians and national team members who have achieved at the highest level in the sport of swimming. They have the unique skill to teach their technical perspective to swimmers of all ages and abilities.

This is open for any swimmer in the community! For more information and to sign up please go FitterandFaster.com. You can also contact Mackenzie Morris at 270-688-4772 or Mackenzie.Morris@OwensboroHealth.org.



**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