



## Hello Everyone,

At the beginning of a new year, most people contemplate setting goals. Some people may struggle to establish goals or stick with working to achieve them. Setting goals doesn't have to be hard or lofty. Goals are a personal choice to become a better person. To create a goal, think about things that you can work toward, and celebrate small wins in 2025.

### Here are some tips to consider:

- Think about what is important to you. Make a promise to yourself that you will set time aside regularly to do things that you enjoy. It could be spending more time with family, having time to yourself or even committing to learning a new skill.
- Offer yourself self-compassion. It is important to treat yourself with kindness. Things will not always go as planned, and that is ok. Have grace for yourself when you don't achieve a task or things don't go as expected, and make sure to use positive self-talk.
- Keep your social connections and support system active. Be sure to have a friend, pastor or family member that you can go to. Whether it is someone who can spend time with you for enjoyment or offer a listening ear, it is important to maintain connectivity. Consider joining a support group or class that can offer you motivation and education to keep you on track.
- Be active. Some people have difficulty achieving their fitness goals. The American College of Sports Medicine recommends 150 minutes of exercise each week. If you find it difficult to make time for being active, consider breaking the time down into smaller increments five days per week, or a longer period fewer days per week. However you schedule the time, it is important to be active.
- Sleep well. It is vital to good health to get enough sleep. While being active is great for your health, resting your body is just as important.
- Eat nutritious foods. Your body needs fuel to operate well. Our registered dietitians offer classes and one-on-one appointments to help you find ways to incorporate nutritious food into your diet. It's not always about giving up the foods you love, but working to create a way you can eat with variety and moderation.

The Healthpark encourages you to take on a new challenge in January. Whether it's attending a class, going to a support group or enrolling in a program that will support lifestyle change, our team of experts is here to help you. Throughout this newsletter you will find suggestions and upcoming programs to help.

Also consider resources like [HealthyMind.CredibleMind.com](https://www.healthymindcrediblemind.com) to provide you with additional tips on setting your goals or intentions for 2025.

**Collette Carter, Ed D., FMFA**  
Director of the Healthpark



## MEMBER REFERRAL CREDIT

Having trouble sticking to your workout routine? Working out with a friend provides accountability and can make exercising more fun. Refer a friend to join the Healthpark and you and your friend will both receive a \$25 credit!

**Referral cards are available at the front desk or reach out to Membership Services at 270-688-5433 for more information.**

## VALENTINE'S DAY MESSAGE SPECIAL

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



## INCLEMENT WEATHER POLICY

In the event of severe weather conditions, all Healthpark programming, land classes and water classes will follow the Owensboro Public (City) School System.

1. If city schools are closed or utilizing an NTI day, or have early dismissal due to inclement weather, all Healthpark programming, land classes, and water classes will be cancelled.
2. If city schools have delayed opening due to inclement weather conditions, the Healthpark and all programming and classes will operate as regularly scheduled.
3. In the event that city schools are cancelled for a third consecutive day, group exercise classes will be offered as instructors are available. A schedule of available classes will be posted on social media, the website and other avenues of communication as available.

The decision to close the entire facility due to severe weather conditions will be determined on a case-by-case basis.

## HOLIDAY HOURS

**Wednesday, 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.

Health Resource Center &

Café will be closed

# Fitness

## NEW YEAR FITNESS CENTER TIPS

With the new year here, fitness centers are booming with new members and longtime members getting back on track with their health and wellness resolutions! Here are some tips to make sure you, as well as others, can have the best experience on the fitness floor!

- If you need help with anything – don't ever hesitate to ask! We always have staff on the fitness floor to assist you with your needs!
- Please wipe down equipment after use and place used towels in the towel bin.
- Make sure to pick up after yourself. Re-rack weights and place all attachments and accessories back in their proper location.
- Are machines not operating like they are supposed to? Please report these issues to fitness staff or management so we can get it taken care of!
- Please limit time on each machine for your exercise session. If you need to use your phone or talk to another member, step off the machine so someone else can use it while you are occupied.
- Have fun, and remember we are all here for one reason – to be a better version of ourselves!!

Consider taking advantage of your free fitness assessment. With your membership you are entitled to meet with one of our certified fitness coaches and go through a battery of fitness tests. You will also be able to chat with them about limitations, goals and anything else you feel would help you get going. Once completed, the fitness coach will design an exercise program specific to your needs and walk you through everything to make sure you know what to do! Stop by the front desk to schedule your assessment today!

Our fitness coaches and personal trainers are here to help you reach your wellness goals and enjoy your Healthpark experience. Don't hesitate to ask if you have questions or if we can assist you in any way.

## GROUP EXERCISE

### New classes added to January schedule

In January we are taking an extra effort to encourage our members to "take on a new challenge". It is easy to get stuck in a rut doing the same thing in your exercise program. In Group Exercise, we want to encourage you to take on a new challenge by trying a class for the first time or trying a different format.

There will be 11 new classes added to our January schedule! We will offer six new 30-minute 'Simply Stretch' classes, an evening yoga class on Thursdays, a 30-minute mid-day boot camp on Mondays and Wednesdays, and more! See Jason Anderson, Fitness Manager for more info or check the new schedules (with descriptions on the back) starting January 1! Schedules are available at the membership front desk or on the Healthpark app.

## WHAT IS SIMPLY STRETCH?

'Simply Stretch' is a 30-minute group exercise class that slows everything down to focus on improving your flexibility and range of motion. Instructors will lead you through a series of stretches (this is not yoga), holding each stretch for 30 to 60 seconds, feeling the stretch, breathing, and improving mobility. Participants will need to be able to get up and down off the floor. For more information, please contact Jason Anderson, Fitness Manager, or consult the January Group Exercise schedule for days, locations and times.

## DON'T TAKE A CHANCE AND MISS YOUR CLASS!

The new year is the busiest time of year for group exercise class participation. We love it, and we love the energy you bring being a part of it! We **STRONGLY** encourage all members to utilize the member portal to reserve your space in each and every group exercise class. Reserving your space is the **ONLY** way to ensure you have a spot in class. Don't take a chance and "just show up," as you may find your class full! For help or questions, please see the membership services staff at the front desk.





## Education & Wellness

### THE RIGHT STUFF OFFERS EDUCATION ON PREDIABETES

Held in Classroom B. Upcoming Class Dates:

**January 7 at 1 p.m. | February 4 at 5:30 p.m. | March 4 at 1 p.m.**

Are you at risk? More than 1 in 3 American adults have prediabetes, yet more than 80% don't know they have it. The Healthpark offers THE RIGHT STUFF, a one-time FREE class that provides an overview of prediabetes and how healthy diet and activity can reduce your risk of developing Type 2 diabetes.

Register online at [OwensboroHealth.org/DiabetesPrevention](https://OwensboroHealth.org/DiabetesPrevention) or call 270-688-4804.

### PEEP OFFERS OPPORTUNITY FOR PREVENTION

**Classes start January 21 at 12:30 p.m.**

If you have prediabetes or want to learn how to prevent Type 2 diabetes, join our 12-week Prediabetes Exercise and Education Program (PEEP). You will learn how to reduce your risk of diabetes through changing your eating habits, maximizing sleep and reducing stress. You'll get 30 minutes of exercise during each class!

Linda Ivey, a participant in the Summer 2024 PEEP class has this to say about her experience.

*"The class was 30 minutes of education and 30 minutes of exercise. I don't think I ever missed. I loved all the visuals, the education, the exercise, and all of the instructors who contributed. I can't say enough about it!"*

She shares that she thinks often on the things she learned in class. She especially appreciates learning the difference between hunger and emotional eating and how to stop those habits. Linda says that what she has learned has helped her in her health journey.

To learn more about our program, call 270-688-4804 or email [DiabetesEducation@OwensboroHealth.org](mailto:DiabetesEducation@OwensboroHealth.org).

Financial assistance options available for qualified participants.

### COOKING CLASS SET FOR NATIONAL NUTRITION MONTH

**Thursday, March 20 | 5:30 p.m. in Classrooms A & B | Cost: \$7**

March is National Nutrition Month. In honor of this, the Healthpark registered dietitians are bringing you another cooking class! Join us for our Meals Made Easy cooking class. Tasty samples and recipes will be provided.

Reserve your spot today by calling 270-688-5433. Registration is required and ends on March 13.

### MONTHLY DIABETES SUPPORT GROUPS

#### TYPE 1 DIABETES SUPPORT GROUP

Meetings are held at 5 p.m. on the third Tuesday of each month in Classroom B. (Break-out groups for children, adults and caregivers.)

Upcoming dates: January 21, February 18 and March 18

For more information, call 270-688-4858 or email [Jenny.Young@OwensboroHealth.org](mailto:Jenny.Young@OwensboroHealth.org).

#### TYPE 2 DIABETES SUPPORT GROUP

The group meets on the third Tuesday of each month at Noon in Classroom B at the Healthpark.

Upcoming dates: January 21, February 18 and March 18

For more information, call 270-688-4804 or register online at [OwensboroHealth.org/Patient-Visitor/Support-Groups](https://OwensboroHealth.org/Patient-Visitor/Support-Groups).

### LIFESTEPS®: SMALL CHANGES/PROVEN RESULTS

If you're ready to take positive steps forward for a healthier life, let the professionals at the Healthpark be your guide with LifeSteps. With group classes led by registered dietitians and exercise specialists and ongoing support, you'll develop a personalized plan for weight loss and improved health. **Classes start in February 2025.**

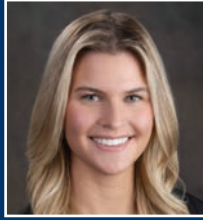
LifeSteps is a 14-week behavior modification, evidence-based and weight management program offered at the Healthpark since 2011.

Learn more and sign up at [OwensboroHealth.org/LifeSteps](https://OwensboroHealth.org/LifeSteps) or call 270-688-4804.





## WELCOME TO THE TEAM!



**MEGAN  
CURTIS, LMT**  
*LICENSED  
MASSAGE  
THERAPIST*



**CHRISTA  
MATTINGLY**  
*EXERCISE IS  
MEDICINE  
COORDINATOR*

## AQUATICS

### NOW IS THE PERFECT TIME FOR SWIM LESSONS!

Beat the crowd and beat the rush for swim lessons in the spring by starting NOW! This would be the perfect time to get your kids (or yourself) scheduled with our private swim instructors for one-on-one lessons. A package of swim lessons would also be a great gift idea for Christmas for the grandkids, nephews, nieces or any child in your life! Don't forget that swim lessons aren't just for kids! It's never too late to learn or to get more proficient in your swim stroke!

**Call Mackenzie today at 270-688-4772 or email at [Mackenzie.Morris@OwensboroHealth.org](mailto:Mackenzie.Morris@OwensboroHealth.org).**

### JONES REACHES GOAL THROUGH SWIM LESSON SUCCESS

Michelle Jones had been coming to aquatics group exercise classes over this past year and was doing the bare minimum in the therapy pool to stay active. She would only go where she could touch in fear that she would lose her footing and go under the water. Back in 2005, Michelle and her family moved to Owensboro from New Orleans to escape Hurricane Katrina. Ever since that experience, she has been afraid of swimming/water in general. Through the years, all of Michelle's children taught themselves how to swim and she just watched from the side. This year, she finally took the step to participate in low-impact water aerobics classes. -one step closer to being more comfortable in the water.

Michelle inquired about swim lessons with the Healthpark aquatics supervisor. Michelle started swim lessons with Mackenzie in mid-August. Each lesson has been a building block for her confidence in the water. Starting off small, by the end of her 5th lesson she was swimming freestyle all by herself and able to stand back up on her feet. This accomplishment for Michelle was something she's been dreaming of for 20 years. This testimony goes to show that it is never too late to learn how to swim.

### LIFEGUARD AND SCUBA CLASSES SCHEDULED

American Red Cross Lifeguard Certification/Recertification courses are right around the corner. If you or someone you know is interested in becoming an ARC-certified lifeguard or getting recertified, **please contact Mackenzie Morris at 270-688-4772 or email [Mackenzie.Morris@OwensboroHealth.org](mailto:Mackenzie.Morris@OwensboroHealth.org). Classes start in February 2025. Registration is limited.**

Scuba classes are coming back to the Healthpark in March 2025! Keep your eyes open for flyers around the facility on how you can register.



**Owensboro  
Health**

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).**

For exercise tips, follow us on:



**Healthpark | 1006 Ford Avenue, Owensboro, KY 42301**

For class information go to:

**[OwensboroHealth.org/Healthpark](https://OwensboroHealth.org/Healthpark)**