

## *Hello Members,*

I am excited to welcome the spring season! The days bring the hope of warmer temperatures, more daylight hours and the regional landscape in bloom. This is the time of year I also begin planning some of my running and walking outside. These exercise sessions are a way to unwind, get fresh air and sometimes enjoy the time with friends. It is always easier to be more accountable when you have a workout partner. Plus it makes the time much more enjoyable.

We are seeing an opportunity to increase the volumes in our fitness center and wellness classes. Masks are still a requirement at all times in the facility and the visit limit remains at 90 minutes. As more of our community becomes vaccinated and the number of COVID cases decrease, we anticipate being able to continue to increase capacity limits and bring back additional programming. It has been great to see our members and participants return to the facility. We are excited to see you!

Throughout this newsletter you will find a variety of programs that may interest you. It may be the time for you to consider a new class or begin to schedule physical activity on your weekly calendar to ensure it's a priority for you! Whatever you chose to do, be sure to make your own health and wellness an important part of your daily plan. Take the time to "spring your self care forward." Don't hesitate to let us know if any of our team members can help make it happen.

**Collette Carter,**  
*Director of the Healthpark*



**The Healthpark will be closed on  
Sunday, April 4 in observance of Easter**

**Hope** STARTS TODAY!

## **Healthpark Hosting COVID Vaccination Clinics**

The Healthpark team will continue to keep members up to date with the latest information and clinic scheduled dates and times.

## *Remember Mom this Mother's Day with a Healthpark gift certificate.*

Treat mom to the gift of health!  
Gift certificates are available for any service and any amount.



**May special:**  
**\$10  
OFF**  
**an hour massage**

# Fitness Events & Happenings

## FALL PREVENTION

### **New Fall Prevention class series begins in April**

The number one emergency room admission for the age group 65 and older is injury resulting from a fall. Falling does not have to be an inevitable part of aging! The Healthpark offers a Fall Prevention class that will be starting a new series on April 6. If you have fallen or have a fear of falling, feel that your balance and coordination have deteriorated, or just want to improve your overall stability this class is for you. Fall Prevention is a 12-week program meeting on Tuesdays and Thursdays at either 10:45 a.m. or 11:45 a.m. This class will help you improve your strength, coordination, balance and stability while giving you more confidence in reducing your risk of falling. The cost for this 12-week series is \$120 and class is limited to 12 participants. **For more information or to sign up, please contact Jason Anderson at 270-688-4785.**

## TAI CHI

### **A program for better living!**

Tai Chi is an evidence based program that has been shown to aid in the prevention of falls, reduce chronic arthritis pain, improve flexibility and balance and help speed recovery from injuries and surgeries faster. The gentle, flowing movements of Tai Chi are led by certified Tai Chi instructor, Jan Young. The next upcoming class series are April 27 - June 15 and June 22 - August 10. You may sign up for the afternoon class at 1:00 p.m. or the evening class at 6:30 p.m. meeting weekly on Tuesday and Thursday for 8 weeks. The cost for this class is \$50 for non-members and FREE for members. **For more information, please contact Jason Anderson at 270-688-4785.**

## CYCLING

### **Have you considered group cycling?**

If you have not given group cycling a try - maybe you should! Cycling is a non-impact exercise activity meaning that there is no "jarring" to sensitive joints. If you don't typically choose to attend a class because you are worried about complex choreography and keeping in step in front of others, cycling offers something different for participants. All fitness levels are welcome to attend a class. Give one of our classes a try by signing up for the class at the temperature screening table as soon as you walk into the Healthpark front lobby.

### **Class days and times:**

**Mondays and Wednesdays: 5:30 - 6:30 a.m. | Tuesdays and Thursdays: 5:30 - 6:30 p.m.**

**Tuesdays and Fridays: Noon - 12:30 p.m. | Saturdays: 8:30 - 9:30 a.m.**

## PARISI

### **Parisi Speed School continuing to make athletes FASTER!**

Parisi Speed School classes are continuing to make our young athletes faster, stronger and better! Even more important, our athletes are gaining more CONFIDENCE as they see their performance improve. If you have an athlete ages 7-18 who is wanting to improve their athletic performance, Parisi Speed School is the perfect program for them to get started in. Spring and summer are great times to begin preparing for the fall season – so be sure to check us out! **For more information, contact Head Performance Coach Nick Jones at 270-688-4828.**

## AQUATICS

### **Lifeguard Classes scheduled**

The Owensboro Health Healthpark will be offering American Red Cross Lifeguard Training this year including both certification and recertification. If your lifeguard certification will be expiring this year or you are interested in becoming a first-time lifeguard, **please contact Mackenzie Morris at 270-688-4772 or email [Mackenzie.Morris@OwensboroHealth.org](mailto:Mackenzie.Morris@OwensboroHealth.org) for more information.**

### **UPCOMING EVENT**

The Healthpark will once again be hosting a modified version of the **High School Regional Swim and Dive Meet on April 13, 14 and 15.** Some classes and/or activities will be changed on these dates to accommodate the swim meet. Watch for more information that will be communicated internally through the front desk, as well as through group exercise instructors and fitness staff. Owensboro Health is proud to support our region's high schools and athletes!

## LIFESTEPS® WEIGHT MANAGEMENT PROGRAM

LifeSteps® Weight Management Program is a lifestyle change program that offers proven results. Led by registered dietitians and exercise physiologists, our evidence-based program will provide the support you need to meet your health and weight goals. For less than \$13 a week, what have you got to lose...besides the weight?

The LifeSteps® program will be offered in person with social distancing and limited capacity. To learn more, join us for one of the upcoming free information sessions. **July 14 at 5:30 p.m. | July 21 at 5:30 p.m.**

**You must pre-register due to space limitations by calling 270-688-4804. For more information, email us at [Lifesteps@OwensboroHealth.org](mailto:Lifesteps@OwensboroHealth.org) or call 270-688-4804.**

## FREEDOM FROM SMOKING

The American Lung Association's Freedom From Smoking® program has been ranked as one of the most effective cessation programs in the country and has been helping people quit smoking for more than 35 years. The Healthpark is proud to offer the Freedom From Smoking® program to help participants learn how to quit smoking.

We will offer in-person classes with social distancing and limited capacity. To learn more, join us for a FREE information session. A light snack will be served. **For more information or to get registered call 270-688-3263 or email [Emily.Galloway@OwensboroHealth.org](mailto:Emily.Galloway@OwensboroHealth.org). Registration is required due to limited seating.**

**Upcoming information session dates: June 1 and September 7**

## TOBACCO TREATMENT SPECIALISTS

Let one of our Tobacco Treatment Specialists help you kick your tobacco habit. These specialists hold one-on-one meetings with participants to discuss triggers, concerns and previous attempts at quitting. They help the participant set attainable goals and continue to have follow-up visits to monitor progress. The Healthpark is one of the several Owensboro Health locations that have these specialists available. Sessions are offered in person, virtually or by phone.

**For more information or to meet with a tobacco treatment specialist, call 270-417-7564.**

## DIABETES EDUCATION

Individuals living with diabetes are at a higher risk for serious health problems including heart disease, stroke, kidney failure and COVID-19 related complications. The Healthpark Health Resource Center has registered dietitians and nurses, specially trained in diabetes management. These professionals can help you learn the skills and strategies to manage your diabetes and cope with the emotional effects of the disease so you can live your best life with diabetes. This service is often covered by insurance. Speak to your healthcare provider and ask for a referral to our diabetes education program at the Healthpark.

**For more information on any of our diabetes services, call 270-688-4804.**

## NUTRITION COUNSELING

Nutrition plays a key role in the management of good health and the prevention of chronic disease. Whether you want to completely overhaul your current eating style, fine-tune your food choices, manage a medical condition or just get tips and inspiration for healthier eating, nutrition counseling with a registered dietitian at the Healthpark can help you get started in the right direction.

**For more information on any of our nutrition services, call 270-688-4804.**

## METABOLIC TESTING

Each person has their own unique metabolism. Metabolic testing will determine your specific daily caloric needs, a key to successful weight management. This non-invasive, simple test takes less than 20 minutes and calculates the number of calories you burn at rest. Our health & wellness professionals will help you interpret those results and assist you in developing a plan to help you reach your goals.

**For more information or to schedule your metabolic test, call 270-688-4804.**

## VIRTUAL COOKING CLASSES

Join us from the comfort of your own home and cook along with our registered dietitians in one of our FREE virtual cooking classes. These programs are held monthly on the last Thursday of each month at 5:30 p.m.

**For more information or to sign up, call 270-688-4804.**

**April 29 - Safe Eats | May 27 - Meal Prep | June 24 - Eat the Rainbow**

# Upcoming Fitness Programs

## **MAY: Importance of Monitoring your Fitness Intensity and Target Heart Rate**

If you want to know more about how to monitor your heart rate to get the most out of your exercise program, stop by and speak with one of our fitness coaches. An information station will be providing this assistance located on the fitness floor.

**Tuesday, May 4 & 18 from 9-11 a.m.**

**Thursday, May 13 & 27 from 5-7 p.m.**

**No registration required!**

## **JUNE: Fitness Bingo**

If you are looking for a way to try some new activities or stay accountable with activity, you will want to participate in Fitness Bingo. This activity will challenge you to try a new class or try out a new exercise modality. Bingo cards will be available at the Membership Services front desk. Those who are successful in completing a bingo will receive a Healthpark visor or hat. The fitness activity is FREE and open to all Healthpark members. One card per Healthpark member.

**Watch for additional details!**

## PERSONALIZE YOUR PLATE



**By Beth Cecil, RDN**  
*Manager of Community Health and Wellness*

I recently read an interesting article titled "The Man Who Tried Every Diet". The author spent three years trying out various weight loss plans in search of the one that would finally lead to long-term weight loss. He tried many popular and fad diets and interviewed weight loss experts along his journey. He lost and gained weight, many times it seemed, but in the end what he learned was quite simple. He found that none of these "diets" could really promise long-term weight loss. Instead, he discovered that by tweaking his own eating habits and just cutting back, he was able to lose over 25 pounds, maintain that weight loss and improve his blood pressure and cholesterol levels.

His findings remind me of what dietitians like me have been telling people for years. There is no one-size-fits-all eating plan or "diet" that can guarantee weight loss. In fact, successful and long-term weight loss relies more on behaviors such as choosing a variety of healthy foods, practicing moderation, eating more meals at home, tracking food intake, monitoring weight regularly and being physically active.

Stumbling across this article was timely for me as we just celebrated National Nutrition Month in March. This year's campaign encouraged Americans to Personalize Your Plate. The key nutrition messages remind us that you can personalize your plate by eating a variety of nutritious foods each day, planning your meals each week, learning skills to create tasty meals and consulting a registered dietitian nutritionist.

The Healthpark is proud to have a team of registered dietitians and certified diabetes educators available to meet individually with patients to help with weight management, meal planning, diabetes management and many other conditions. Many of these services are covered by insurance.

We also offer health and weight management classes such as LifeSteps® Weight Management Program, the Diabetes Prevention Program and we are excited to introduce our newest program the Prediabetes Education Program.

For more information about any of our education and wellness programs, visit our website at

**OwensboroHealth.org/Wellness or call us at 270-688-4804.**

## Golden Partners



The Golden Partners van service continues to run Monday through Friday 8 a.m.-3 p.m. and by appointment.

We are hopeful that programming can be reinstated soon!

***Watch for updates!***

For exercise tips follow us on:



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

For class information go to:

**OwensboroHealth.org/Healthpark**