

2019 Newsletter

OCTOBER, NOVEMBER & DECEMBER

Fall is in the air!

Fall is a great time of year with the start of school, harvest of many local crops and cooler weather. We also experience the beautiful colors of changing leaves in Western Kentucky. There is also change and excitement at the Healthpark as well during the season with some enhancements to our facility and implementation of new programs!

The renovation to our locker room wet areas will offer a better experience to our members and guests. The purpose of the project is to make enhancements for a more open shower concept, natatorium grade lighting and non-slip flooring.

In addition to our wide variety of programs and services, the Healthpark will be launching the Parisi Speed School in early 2020! This program will provide nationally recognized specialized training for the young athlete through strength and conditioning curriculum. The Healthpark is a perfect place to offer this program led by our certified and degreed team of experts.

The Healthpark will celebrate 21 years of service to our communities. Offering programs focused on health improvement and access to services that keep people well and help others in their journey to wellness is a responsibility we don't take lightly. Our team is proud to be part of the continuum of care for Owensboro Health.

Also don't forget as we get closer to the holiday season that the Healthpark can help you with your gift list. Gift cards are available in any amount for any service.

Thank you to our members and clients that partner with us in supporting your health improvement journey. We are always here to help!

Collette Carter, *Director of the Healthpark*



GIFTS FOR ALL AGES AND INTERESTS

Healthpark gift cards will be available for the holidays! Gift cards can be purchased for all amounts at the front desk to be used for all Healthpark Fitness Center services such as membership, massage and personal training.



MEMBER APPRECIATION

As a way to say thank you to our members, we will be celebrating on **Wednesday, October 30**, with our annual Member Appreciation Day. The Healthpark staff will host breakfast, lunch and dinner on that day in the main lobby. Be sure to stop by during the following times and enjoy a meal with us: Muffins and coffee 7 - 9 a.m., Lunch 11 a.m. - 1 p.m. and Dinner 5 - 6:30 p.m.

HOLIDAY HOURS: The Healthpark will observe holiday hours during Thanksgiving and Christmas.

Thursday, November 28 Facility will be CLOSED

Friday, November 29 7 a.m. - 4 p.m.

- No classes. Also, the Playpark, Health Resource Center and Café will be closed.

Tuesday, December 24: 5 a.m. - Noon

Wednesday, December 25 Facility will be CLOSED

Tuesday, December 31: 5 a.m. - 6 p.m.

Wednesday, January 1: 7 a.m. - 4 p.m.

- **NEW YEARS DAY EVENT, details coming!**

- Playpark, Health Resource Center and Café will be closed.

Hours of Operation:

Monday - Thursday 5 a.m. - 10 p.m.

Friday 5 a.m. - 8 p.m.

Saturday 7 a.m. - 7 p.m.

Sunday Noon - 8 p.m.

Playpark Times:

Monday - Friday 8 a.m. - 7 p.m.

Saturday 8 a.m. - 1 p.m.

Sunday CLOSED

In the event of severe weather, Healthpark programming will follow the Owensboro Public School System. Follow us on Facebook for closing information.

Fitness Events & Happenings



October 17 at 5:30 p.m.

Dr. Kerry Paape

Owensboro Health Medical Group – Surgery

November 21 at 5:30 p.m.

Dr. Brad Brasher

Owensboro Health Medical Group – Pulmonology

December 19 at 5:30 p.m.

Dr. Michael Kelly

Owensboro Health Medical Group – Cardiology

DOC IS IN:



Resources for Breast Cancer: Treatment & Prevention

Wednesday, Oct. 16 | 11:30 a.m. to 1 p.m.

**Speaker: Patrick Padgett, MD,
Janae Kittinger, MD, Jessica Raque, MD,
and Cancer Nurse Navigator**

Lunch will be served. Panel Discussion.

Call 270-688-5433 to reserve your spot!



National Diabetes Day

Tuesday, Nov. 12 | 11:30 a.m. to 1 p.m.

Join us for a multidisciplinary panel to discuss the importance of diabetes prevention and wellness. This event will feature a diabetes educator, dietitian, exercise coach, and a provider to discuss resources and topics that support proper care and ways to successfully manage diabetes.

Lunch will be served.

Call 270-688-5433 to reserve your spot!

TAI CHI

A new Tai Chi class will begin on **October 15** and continue through **December 3**. This class meets on Tuesdays at either 11:30 a.m. or 6:30 p.m. in Studio 3C and is led by certified Tai Chi instructor, Jan Young. This evidenced-based program has been shown to aid in the prevention of falls, reduce chronic arthritis pain, improve flexibility and balance, enhance muscle strength and cardiovascular fitness and help speed recovery from injuries and surgeries. Registration is required for this class but is a **FREE** program for Healthpark members. The cost for non-members is \$50.

For additional information, contact the front desk at 270-688-5433.

FALL PREVENTION

Preventing falls and the injuries associated with these incidents is an important wellness effort. The Healthpark offers a Fall Prevention class where participants will work with instructors leading small groups to strengthen the muscles involved with walking, improve walking gait, as well as work on exercises to improve balance, agility and coordination.

New class series will begin October 8, from 1-2 p.m. and November 12 from 2:15-3:15 p.m.

This 12-week program was developed to help those who have fallen or have a fear of falling. The cost for this program is \$60 and registration is required.

If you are interested in learning more about the program contact Jason Anderson at 270-688-4785.

NEW AND EXCITING!! PARISI SPEED SCHOOL AT THE HEALTHPARK

The Healthpark is proud to announce a new program launching late 2019/early 2020! The Parisi Speed School will be an addition to programming for the facility. The Parisi Youth Training System is the leader in safe youth sport performance training. This program focuses on improving an athlete's overall athletic foundation, meaning speed, agility and strength, and providing them with programming and certified sports performance coaches to help reduce the risk of injury. The training leads to improved performance on the field and increased confidence & self-esteem off of it. Watch for additional details and announcements about the program **COMING SOON!**

MICROFIT SUITE UPDATE

You have obviously heard about other renovations throughout the Healthpark, but there is another one you might have not been heard about. An upgrade is occurring with our fitness assessment software – MicroFit. This enhancement will provide members more variety and tools to help them with their fitness goals. Anyone needing to revise their workout program or wanting to evaluate their fitness goal should stop by the front desk and sign up for a Fitness Assessment! We can help build you a new program and get you back on track!

HIGH SCHOOL SWIM SEASON 2019-2020

High school swimming will begin on October 1, which means there will be limited lap lane availability in the early morning hours and mid-late afternoon hours. Keep an eye on the lane schedule for up-to-date information!

Email Katie Duncan at Katie.Duncan@OwensboroHealth.org to be added to the lap swimmer email list for various updates on swim meets and lane changes!

MASTER SWIM IS SEEKING MEMBERS

This group is for adults over age 18 and is a fun way to get great exercise in the water! The group practices Monday, Wednesday and Friday mornings from 5 - 6 a.m. The group sessions offer some technique work and more yardage to get more out of your workout. Swimmers must be able to swim from one end of the pool to the other and be comfortable with their face in the water. The class is FREE for members. Non-members pay \$40 per month to attend the class.

Contact Katie Duncan at 270-688-4772 for more information! We hope to see you at practice!

Nutrition

COOKING CLASSES

Cooking for One or Two: October 24 at 9:30 a.m. in Healthpark Classroom B or 5:30 p.m. in Classroom A.

Sign up through the front desk at 270-688-5433. Cooking for 1 or 2? It should be simple, but often is more difficult if you're used to preparing meals for a large family. Let Healthpark Registered Dietitians, Shelby and Kelci, help you learn how to make cooking for 1 or 2 easier!

Holidays Made Healthier: November 7 at 5:30 p.m. in the Healthpark Classrooms.

Sign up through the front desk at 270-688-5433. Join the Healthpark Registered Dietitians as they show you how to give the gift of healthy holiday recipes! Be prepared to watch how the recipes are made, taste samples, and take home the recipe cards!

Planning for a Healthy New Year: December 5 at 9:30 a.m. or 5:30 p.m. in Healthpark Classroom A.

Sign up through the front desk at 270-688-5433. A new year means new resolutions! Let Healthpark Registered Dietitians, Kelci and Shelby, help you commit to healthy lifestyle changes in 2020!

PREVENT T2 AT THE HEALTHPARK

Did you know that 84 million American adults have prediabetes? That is one out of every three adults. Prediabetes puts you at an increased risk for diabetes and other serious health problems. The good news is that if you have prediabetes, lifestyle changes can prevent or delay type 2 diabetes. The Healthpark offers this lifestyle change program, called the Diabetes Prevention Program, which has been shown to reduce new cases of diabetes by 58%. Watch for more information and classes starting in January 2020.

For more information call Amy Turley, RN, CDE, at 270-688-4459 or email at Amy.Turley@OwensboroHealth.org.

LIFESTEPS

The New Year is just around the corner. If you are one of the many people who will resolve to lose weight in 2020, find out more about our LifeSteps weight management program. New classes will be starting in early 2020 and we have a place for you here at the Healthpark.

Our comprehensive LifeSteps program is led by nutrition professionals and incorporates diet, physical activity and behavior changes to lose weight and keep it off. For just \$11 a week, what have you got to lose...besides the weight?

For more information, email us at Lifesteps@OwensboroHealth.org or call 270-688-4804.



WELCOME NEW STAFF!

The Healthpark is proud to welcome new staff members to our team.

OLIVIA PARHAM, *BUSINESS OPERATIONS SPECIALIST*

CHANCE JONES, *LIFEGUARD*

KATIE MATTINGLY, *LIFEGUARD*

KATELYN WIMSATT, *PATIENT REGISTRATION REP*

HEALTHPARK EXPERT SPOTLIGHT: MEET LOGAN MATTINGLY, PERSONAL TRAINER

Logan's fitness background began as an athlete at the age of five. Initially he participated in baseball and basketball. At a young age he was drawn to the sport of motocross. Logan received his first motorcycle at the age of five, and would go on to compete across the country for sixteen years. The sport tested his abilities on all levels, forcing Logan into strengthening his fitness capacity in order to excel. Like other activities, it was an athletic genre that could be hampered by injuries. Logan did experience multiple injuries over the years. The hardships would be a blessing in a sense, and ultimately forced him to work around ailments in the weight room. Logan's own experience and hard work would provide him with knowledge and processes that eventually led him to want to help others with similar circumstances; regardless of how they obtained their injuries. Although Logan isn't currently competing on the scale he once was, he still attempts to bring the same enthusiasm to the fitness enthusiasts he encounters. "I strive to encourage, inspire, and garner significant results with my clients over the course of working with them," Logan said.

Golden Partners**2020 Golden Partners Membership Special**

Invite your friends to join Golden Partners. If they join now for 2020 they will receive the remainder of this year free. If they mention your name you will be entered into a drawing for a fabulous prize!

Membership Benefits:

- Quarterly Newsletter
- Van Service to Medical Appointments
- Fit N' Fun Exercise Class
- Wellness Programs
- Educational Offerings
- Travel Opportunities
- Discounts

Call 270-688-4855 for a brochure to see other benefits to membership!

Healthpark, 1006 Ford Avenue, Owensboro, KY 42301

For exercise tips follow us on:



For class information go to:

OwensboroHealth.org/Healthpark