

Hello Members,

July is a month that we celebrate the independence of our country and this year, we can also celebrate some normalcy returning to our lives. This past year has presented many challenges, but with the COVID-19 vaccine readily available at over 43 locations in our community and many already fully vaccinated, we can start to reengage in activities that we enjoy with family and friends in a safe way.

The Healthpark programs are back to full capacity and the facility is open for use. We are welcoming back our volunteers this month too! All facility operations and activities will continue to focus on cleaning measures to ensure safety for staff, members and patients.

In July, we can begin hosting community events that celebrate movement and being active. We will host the Owensboro Parent Kids Bike-Run later this month and the Run for Your Life road race in September. We can't wait to work with our community partners as we all recover from this past year.

An addition to our services, Dr. W. Scott Black and his Lifestyle and Sports Medicine practice is relocating into our Health Resource Center area in July. His efforts to support patients in choosing good health behaviors as a way to improve their health and wellness is an excellent addition to Owensboro Health Healthpark's focus on keeping people healthy and restoring health to others.

Thank you for choosing the Owensboro Health Healthpark!

Collette Carter
Director of the Healthpark



Refer a friend and receive an incentive

The Owensboro Health Healthpark takes pride in being a facility that you would recommend.

Any member who encourages someone to join will receive a \$25 credit to their account and the new member will receive a \$25 discount off their enrollment fee.

For additional details about the referral program, see the staff at the membership services desk or call 270-688-5433.



Health and Fitness Center: Noon to 4 p.m.

Cornerstone Café, Health Resources Center and Playpark: Closed

The Health Resource Center & Café: Closed July 5

UPCOMING EVENTS



KIDS BIKE-RUN RETURNS IN JULY

The Owensboro Health Healthpark will join Owensboro Parent on Saturday, July 31, to host the 2021 Owensboro Parent Kids Bike-Run event for kids ages 4-14. The event will begin at 7 a.m. During that time, there will be signs rerouting traffic around the Healthpark campus. Portions of Ford Avenue and Mayfair Drive will be closed for this event.

For more information about the event or to sign up, please go to OwensboroParent.com/bike-run

RUN FOR YOUR LIFE

The Healthpark team is proud to bring back the Run for Your Life annual event that promotes a healthy lifestyle. The 5K and Kids' Fun Run on Saturday, September 25.

The Run for Your Life 5K road race is sponsored by Owensboro Health and the Junior League of Owensboro. The race begins at 8 a.m. and participants must register by September 8 to receive the race shirt.

The FREE Kids' Fun Run is sponsored by the Owensboro Health Foundation and begins at 9 a.m. Advanced, online registration is required and is only open to the first 300 kids. Participants will receive a free t-shirt, finisher medal and will be placed in a drawing to win a new bike! Kids' Fun Run participants can also register to earn a \$500 wellness grant for their school.

Register for Run for Your Life 5K or the Kids' Fun Run at OwensboroHealth.org/Race.



Fitness Events & Happenings

TAI CHI

A new Tai Chi class series will begin on August 17! Tai Chi is an excellent exercise modality shown to help improve balance, stability, improve flexibility and reduce chronic arthritis pain. This eight-week class series meets on Tuesdays and Thursdays at either 1 p.m. or 6:30 p.m. The classes are FREE for Healthpark members or \$50 for non-members and registration is required (no drop-ins).

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

PARISI SPEED SCHOOL

Things are “heating up” with the Parisi Speed School at the Owensboro Health Healthpark

Summertime means no school, vacations and a perfect time to start working on your skills for the upcoming fall sports season! Stay ahead of the competition by developing your young athlete’s “NEED FOR SPEED” and become a part of the Parisi Speed School at the Owensboro Health Healthpark.

Call Nick Jones, Head Performance Coach, today at 270-688-4828 for more information!

AQUATICS

One-Piece Swimsuit Policy

You must wear a one-piece swimsuit to enter the therapy or competition pool. If you do not have one, then you may wear a coverup over your swimsuit. No two-piece swimsuits are allowed, including bikinis or Brazil/French-cut suits. If you wear any swimsuit that shows your midriff, you will be asked to put on a coverup and to return next visit with a one-piece suit.

For more information on all aquatic offerings, contact Mackenzie Morris at 270-688-4772.

GROUP EXERCISE

Group Exercise classes are moving to online signups

Group Exercise classes are back in full swing and fully vaccinated members are no longer required to wear a mask while using the health and fitness center. With classes moving back to full capacity, we will be implementing an online signup process for classes through the Healthpark app or online beginning August 1. A maximum number of participants is being established in each class for safety. Registering for a class is strongly encouraged and ensures that you have a reserved space in your choice of fitness class. **We recommend masking as stated in the Centers for Disease Control (CDC) guidelines for those who are not fully vaccinated.*

DOWNLOAD THE APP TODAY! Please ask member services for step-by-step instructions to install the CSI Healthpark app or how to register for an online class.

The Owensboro Health Healthpark offers over 100 classes weekly, everything from water exercise, group cycling, Body Pump, yoga and more! We have something for everyone with excellent instructors. Please pick up a schedule today by the member services desk, access it on the Owensboro Health Healthpark website, or see it daily on our app!



BODY COMPOSITION MEASUREMENT

Available in August

What your body is made up of is more important than what you weigh, yet we keep catching ourselves looking at the scales. Talk with one of our fitness coaches about the importance of body composition and determine your BMI/body fat percentage to provide you more insight on your overall health.

A fitness coach will be available to measure body composition on the following dates and times:

Tuesday, August 3: 9-11 a.m. | Thursday, August 12: 5-7 p.m. | Tuesday, August 17: 9-11 a.m.

Thursday, August 26: 5-7 p.m. | Tuesday, August 31: 9-11 a.m.



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 is offered in person. To learn more, join us for one of the upcoming free information sessions.

Wednesday, July 14 at 5:30 p.m. | Wednesday, July 21 at 5:30 p.m.

For more information, please email us at LifeSteps@OwensboroHealth.org or call 270-688-4804 to register for an upcoming session.



SMOKING CESSATION

Freedom From Smoking

The American Lung Association's Freedom From Smoking® program helps participants learn **HOW** to quit smoking. Classes are free to participants. To learn more, join us for our next information session and enjoy a light snack on us.

Tuesday, September 7: Time TBD

For more information or to register, call Emily Galloway at 270-688-3263 or email Emily.Galloway@OwensboroHealth.org.

Tobacco Treatment Specialists

These specialists meet one-on-one with participants to discuss triggers, concerns and previous attempts at quitting while offering routine follow-up visits to monitor progress.

To meet with a Tobacco Treatment Specialist at the Healthpark or for more information, call 270-417-7564.



NUTRITION COUNSELING

Ready to overhaul your eating style completely, fine-tune your food choices, manage a medical condition or get tips and inspiration for healthier eating? Meet with a registered dietitian at the Healthpark.

Ask your healthcare provider for a referral to nutrition counseling at the Owensboro Health Healthpark. For more information, call 270-688-4804.

METABOLIC TESTING

Metabolic testing will determine your specific daily caloric needs, a key to successful weight management. Our health and wellness professionals will administer this non-invasive, simple test that takes less than 20 minutes and calculates the number of calories you burn at rest.

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

WELCOME TO THE TEAM!

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

CALEB RANALLO - MEMBERSHIP SERVICES RECEPTIONIST
KIRSTIE PEDLEY - MEMBERSHIP SERVICES RECEPTIONIST
AFINA WINTERS - LIFEGUARD & SWIM INSTRUCTOR
NOAH SATTERLY - LIFEGUARD

DIABETES EDUCATION

The 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. Insurance often covers this service. Speak to your healthcare provider and ask for a referral to diabetes education at the Owensboro Health Healthpark.

For more information, call 270-688-4804.

Diabetes Prevention Program

88 million American adults - more than 1 out of 3 - have prediabetes, a serious health condition that places people at risk for type 2 diabetes, heart disease and stroke. The Healthpark's CDC-recognized lifestyle change program, the Diabetes Prevention Program, can help participants with prediabetes lower their risk of developing type 2 diabetes by as much as 58% (71% if you are over the age of 60). The program is led by trained lifestyle coaches and focuses on promoting weight loss and increasing physical activity, the keys to lowering the risk of developing type 2 diabetes. *Eligible Medicare B beneficiaries may participate in the program at no cost. Classes start regularly.

For more information, please call 270-688-4852 or email Shelby.Shelby@OwensboroHealth.org.

Prediabetes Education Program

Would you like to reduce your risk of developing diabetes? Consider joining one of our PEP (Prediabetes Education Program) classes. PEP is a series of 10 weekly classes incorporating wellness education and physical fitness. Registered dietitians and trained fitness professionals will teach you ways to decrease your risk of developing diabetes through healthy diet choices and improved fitness. The classes will be fun, informal and engaging.

For more information and to register for one of our free information sessions, call 270-688-4804.

Upcoming information sessions:

Monday, July 12 at 5 p.m. - Healthpark Classroom B

Monday, July 19 at 5 p.m. - Healthpark Classroom B

Golden Partners

The Golden Partners van service continues to run Monday through Friday 8 a.m. to 3 p.m. and by appointment. We are hopeful that programming can be reinstated soon!

Watch for updates!



Street Corn Salad

Ingredients

- 4 ears or about 2 cups of corn
(You can also substitute frozen corn.)
- Up to 1 tablespoon paprika
- Juice of 1/2 - 1 lime
- 1/4 cup finely chopped red onion
- 1-2 tablespoon(s) chopped cilantro
- 1/3 cup part-skim ricotta cheese
(could substitute feta cheese)
- Salt and pepper to taste

Optional: add up to 1 tablespoon vegetable oil as needed for moisture

Directions

1. If grilling, broiling or roasting corn, add paprika to corn before cooking.
2. Add paprika to corn after cooking if using a steaming method.
3. Prepare corn as desired and cut off the cob, adding it to a medium bowl.
4. Add the remainder of the ingredients to the corn and toss well.
5. Serve warm as a side or cool as a salsa.

NUTRITIONAL INFORMATION: (Amount per 1/2 cup serving) Serves: 4, Calories: 94; Total fat: 3g; Saturated fat: 1g; Cholesterol: 8 mg; Sodium: 110 mg; Potassium: 50 mg; Carbohydrate: 14g; Dietary fiber: 2g; Protein: 5g.

Download the
Healthpark CSI
app today!



For exercise tips follow us on:



Healthpark | 1006 Ford Avenue, Owensboro, KY 42301

For class information go to:

OwensboroHealth.org/Healthpark