

LifeStyles NEWS

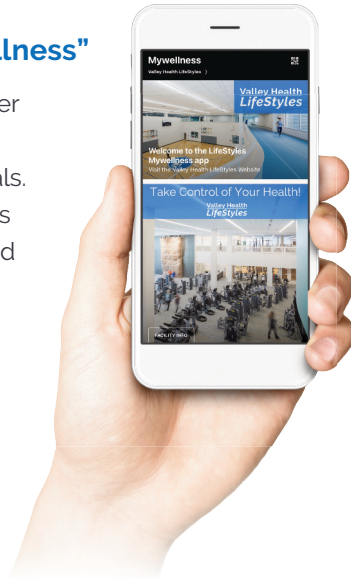


A QUARTERLY NEWSLETTER FOR MEMBERS OF VALLEY HEALTH *LIFESTYLES*

Fitness Tip

“Workouts with Mywellness”

There has never been a better time to unlock your fitness potential and reach your goals. Let our *LifeStyles* Mywellness app help. Our app is designed to be your best fitness companion, allowing you to get the most out of your membership both inside and outside of *LifeStyles*! Whether going for a hike, swimming laps, or taking a class here at *LifeStyles*, our app allows you to track these activities.



Get personalized exercise programming designed by our exercise specialists, including cardio, strength-training, and class recommendations through the app. Keep track of your results automatically by signing into Mywellness when at *LifeStyles*.

Track Your MOVES on the app allows you to gauge your overall fitness level and compare yourself to your friends' right through the app! Participate in fitness challenges that will motivate you to up your workouts and meet your fitness goals.

If you find yourself too busy to come in for your workout sessions, we have you covered. Our team can provide at-home workouts that you can follow right from your phone or tablet. In addition, we will soon be rolling out livestreamed classes through Mywellness.

The Mywellness **Workouts of the Week** are designed by the exercise specialist staff to help bring more variety into your workouts here at *LifeStyles*. You will see a range of programs that will span across different forms of training,

goals, and fitness levels. They can be found right below the class registration box on the Mywellness app homepage.

If you are new to the app or don't have a personalized program set up for you, please stop by the fitness desk to make an appointment for a fitness assessment, exercise prescription, or re-evaluation today!

Fitness Department News

Tai Chi is Back at Valley Health *LifeStyles*!

Come join us for our Tai Chi classes at *LifeStyles*! Tai Chi is a meditative martial art that has been practiced for centuries and integrates body, mind, and spirit. Benefits of Tai Chi include balance, strength, flexibility, and stress reduction. Classes are taught by certified Tai Chi instructor Chris Wilson, who has many years of experience studying and teaching with the renowned Yang Family Tai Chi. Chris's approach to teaching is therapeutic in nature, focusing on balance, proper body alignment, increased coordination, and calming the mind.

Class offerings include *Tai Chi Basics for Balance and Coordination* and *Traditional Yang Style Form*. The cost is \$99 for the 8-week session. The next session starts November 16th. Class size is limited. Please contact the medical fitness manager for more information.

(continued)



Fitness Department News

(continued from page 1)

Small Group Yoga Foundations Series: Part 1

Join certified yoga instructor and personal trainer Wendy Zanella for a small-group Yoga Foundations Series coming in November. This small-group training is for the beginner yoga practitioner interested in learning important alignment guidelines of basic yoga poses, moves that cultivate balance, and poses that strengthen the core. These small-group sessions will provide plenty of individual attention and hands-on practice. The use of yoga props will be used throughout the course to teach participants how to support their postures and modify poses to meet their individual needs.



Sessions Offered:

TUESDAYS AT 9:30 a.m.: November 9, 16, 23, and 30

FRIDAYS AT 11 a.m.: November 5, 12, 19, and 26

**Class size is limited and small group training rates apply. Please contact our medical fitness manager at 201-316-8434 for more information.*

Livestreaming of LifeStyles Group Fitness Classes

Participate in livestreaming group fitness classes you can do from home or anywhere featuring your favorite LifeStyles instructors and class formats. Classes will be offered via our LifeStyles Mywellness app platform. More details coming soon!

LifeStyles at Home

Our Mywellness app features over 75 on demand classes featuring your favorite LifeStyles group fitness instructors. Take LifeStyles with you anywhere 24/7 with class formats such as cardio, strength, yoga, Pilates, and more! Classes options are available for all fitness levels. Visit the "class collection" tile on the app and workout anytime with our most popular classes.

Aquatics News

Valley Health LifeStyles is now hiring lifeguards! Please see Aquatics Manager Michael Lupo for more details.

We are also happy to announce the return of our Masters Swim program this fall.

Masters Swim is a complimentary program that is open to all LifeStyles members. This program caters to swimmers of all levels. The Masters Swim program is for swimmers who:

- ▶ Desire a special class of competitive swimming;
- ▶ Are seeking a swim-team setting;
- ▶ Are looking to improve both their fitness and swimming skills; and
- ▶ Enjoy workouts provided by an experienced aquatics staff.

When: Mondays, Wednesdays, and Fridays, from 6 – 7 a.m.

Recreation News

Come join us for an **Introduction to Pickleball course!**

- ▶ **When:** First Monday of each month from 2 – 3 p.m.
- ▶ **Where:** Gymnasium
- ▶ Sign up via the Mywellness app

Pickleball Schedule:

Monday & Thursday Sessions:

11 a.m. to Noon and 12:30 – 1:30 p.m.

Friday Sessions: 4:30 – 5:30 p.m., 6 – 7 p.m.

Rock Climbing Wall

A LifeStyles staff member will be on hand to teach proper climbing techniques and belay active climbers. Open Climb Schedules will be posted weekly at the front desk!

Rock Climbing Schedule:

Tuesdays: 4 – 6 p.m.

Fridays: 3 – 5 p.m.

Birthday Parties at LifeStyles

Does your child have a birthday coming up? There isn't a better place in town than LifeStyles to host a birthday party! Choose from one of our packages or create your own perfect birthday celebration. Activity areas available include the gymnasium, swimming pools, and the rock wall.

Call our recreation manager at 201-316-8435 to book your party today!

MEMBER TESTIMONIAL

Breast cancer survivor Lisa Malinek joined LifeStyles in October 2020.

Prior to her breast cancer diagnosis, Lisa would describe herself as sedentary and overweight. It wasn't until her diagnosis and joining the gym that she was finally able to start getting her weight under control and her life on a healthy pathway. Lisa has gone from weighing 230 lbs. prior to her diagnosis to her current weight of 103 lbs.

“**She feels good about herself for the first time in a long while.”**

Lisa's current routine consists of working out 4 – 5 times per week with a combination of cardio, strength, core, and flexibility exercises. She also likes to take advantage of our variety of group exercise classes when she can.

Lisa says that the positive changes she has made since her diagnosis, and her dedication to exercise, have made her feel so much better. She feels good about herself for the first time in a long while, and that, along with the increase in energy that she feels, is what spurs her to continue her healthy journey.

Lisa has also recognized that consistency is what has enabled her to reach her goals far better than the need to always improve her performance.

Not only is Lisa proud of herself, but so are all of her doctors, and that has been an added bonus to help keep her on task. She is a positive role model to show that hard work and dedication truly do pay off! Keep up the GREAT work Lisa!

**“Mywellness Aspirations”**

Valley Health LifeStyles members we would like to introduce you to another benefit of our Mywellness app - the **Aspiration Finder!**


Aspirations let you discover what makes you move and deliver a truly motivating and unique training experience. The 2-minute questionnaire will profile you through a series of questions relative to your main objective when it comes to training, what you believe is important in life, and what training activities you prefer. The outcome is visualized by means of the **Aspiration Map**, which offers a graphic breakdown of a member's relative percentage mix between **six core aspirations**:

- 1. SHAPE:** "Self confidence is what makes me move"
- 2. SPORT:** "Challenge is what makes me move"
- 3. POWER:** "Success is what makes me move"
- 4. FUN:** "Fun is what makes me move"
- 5. BALANCE:** "Balance is what makes me move"
- 6. MOVE:** "Energy is what makes me move"

This map can be used to create a personalized training program for you to utilize right through the app on your phone!

In order to find the **Aspiration Finder** you will need to head over to the Mywellness.com website. From here you will need to log in with the same username and password you created when signing up for the app. Once at the home page, you will see a yellow bar across the middle of the page that says "Aspirations determine the way people live and move. Discover what makes you move." After clicking this, you will be prompted to take the 2-minute questionnaire. Once completed, your results will be available on your app.

Feel free to stop by the fitness desk if you have any further questions or concerns regarding the **Aspirations Finder** portion of the Mywellness app.



**Please take note of
LifeStyles Holiday Hours**

NOVEMBER 25, Thanksgiving: 8 a.m. – 1 p.m.

DECEMBER 24, Christmas Eve: closing 2 p.m.

DECEMBER 25, Christmas: CLOSED

DECEMBER 31, New Year's Eve: closing 2 p.m.

JANUARY 1, New Year's Day: 8 a.m. – 1 p.m.



Section 1557 – Notice of Nondiscrimination

The Valley Hospital complies with applicable Federal civil right laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, please visit ValleyHealth.com/Nondiscrimination.

NEW MEMBER VIRTUAL WELCOME ORIENTATION –

Tuesdays, November 9;
December 14, and
January 11 at 6 p.m.

All members are welcome to join one of our virtual orientations to the Valley Center for Health & Wellness via Zoom. Everything you need to know about making the most of your *LifeStyles* membership will be presented by our expert staff, along with a Q & A session with representatives from the clinical services located in the Wellness Center.



**JOIN OUR
ZOOM MEETING**
using this link:

[https://us02web.zoom.us/
j/2516912019](https://us02web.zoom.us/j/2516912019)

Passcode: 11221

Valley Center for Health and Wellness Resource Listing

LifeStyles Fitness Center

Aquatics/Swim Lessons
201-316-8435

Main Directory
Front Desk/Fitness Desk
201-389-0839

**Member Account
Services Office**
201-316-8436
(fax) 201-316-8457

Membership Sales
Lisa Channel – 201-316-8440

Sports Institute Programs
Prehabilitation/*AfterCare*
Fitness, Resting Metabolic
Rate Testing, Functional
Movement Screening,
Concussion Baseline Testing
201-447-8133

**Outpatient Rehabilitation
(Physical Therapy/
Aquatic Therapy)**

Main Directory
201-447-8134
(fax) 201-316-8442

Diagnostic Imaging

Main Directory
201-316-8452
(fax) 201-316-8453

Community Health

Main Directory
201-291-6467
PrimeTime Program
1-877-283-2276

Pharmacy

Main Directory
201-316-8444
(fax) 201-316-8445

Valley Health Medical Group

Main Directory
201-389-0075
(fax) 201-962-9730