

# LifeStyles NEWS



A QUARTERLY NEWSLETTER FOR MEMBERS OF VALLEY HEALTH *LIFESTYLES*

## Mind-Body Programming at *LifeStyles*

Research shows that regular participation in activities that emphasize on the connection between the body and mind may help prevent or treat the negative health effects of stress, and may help reduce blood pressure, anxiety, and even chronic pain. *LifeStyles* offers a variety of mind-body programming, such as private, semi-private, and small-group yoga and Pilates instruction, Tai Chi, and meditation.

### Small Group Yoga Foundations Series with Wendy Zanella

Join *LifeStyles* certified yoga instructor and personal trainer Wendy Zanella for a small group yoga progressive training series. Wendy's Yoga Foundations Series is designed for those who are brand new to yoga, as well as practitioners with more experience looking to refine their technique and gain a better understanding of the fundamentals.

Wendy Zanella is now offering Yoga Foundations Part 1, Part 2, Part 3, and Part 4. Each part consists of four classes that meet once a week for four consecutive weeks. The content covered within each class builds upon previous classes.

### Pilates Reformer with Sharon Kaminski

The reformer offers all the benefits of Pilates and more, including increased muscular strength and endurance, flexibility, coordination, and balance. This full-body workout will focus on low-impact exercises that will help develop a stronger core, tone your muscles, improve overall posture, and help correct muscle imbalances.

Get personalized attention with our private, semi-private, and small-group training options. No prior experience is necessary, and sessions are adaptable for all ages and fitness levels.

### Tai Chi with Chris Wilson

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 with the Traditional Yang Family. *LifeStyles* offers course options for beginners and for those who have practiced Tai Chi previously.



### Meditation and Meditative Flow Series

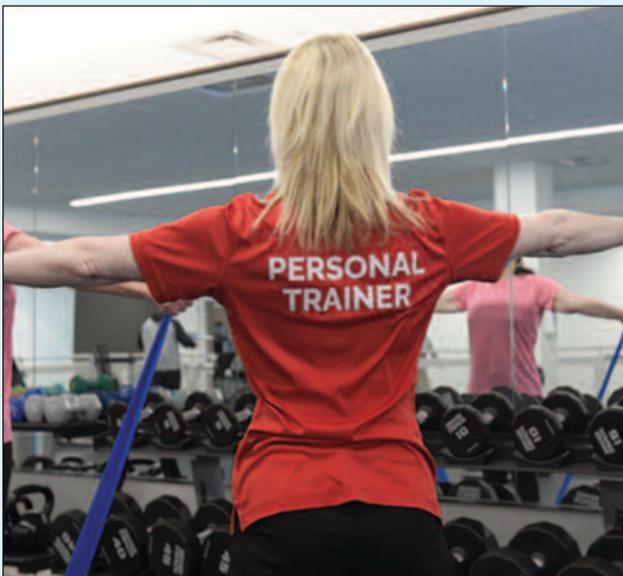
The wonderful benefits of meditation and its positive impact on body and mind are well documented. Join certified yoga instructor Adina Kelman for this three-part workshop that incorporates guided meditations, meditative flow movement sequences, and optional journaling to close each session.

**For more information on any of our mind-body programming and session dates and times, please contact our medical fitness manager at 201-316-8434. Class size is limited, and small-group training rates apply.**



## Have you tried LifeStyles Personal Training?

In addition to the support that the exercise specialists provide at *LifeStyles*, we also have a robust personal training team that is ready to help you reach your fitness and wellness goals. With a team of personal trainers that are all nationally certified and follow S.A.F.E. personal training protocols, you will be provided with support, motivation, education, and accountability. Individual and small-group sessions are available, so stop by the Fitness Desk to fill out a request form and **Commit To Be Fit** today!



### LifeStyles Holiday Promotion

Be on the lookout for upcoming details about our holiday promotion for personal training, Pilates Reformer, and other services **beginning in December!**



❄️  
*Be on the  
 lookout for our  
 Holiday  
 Promotion!*  
 ❄️

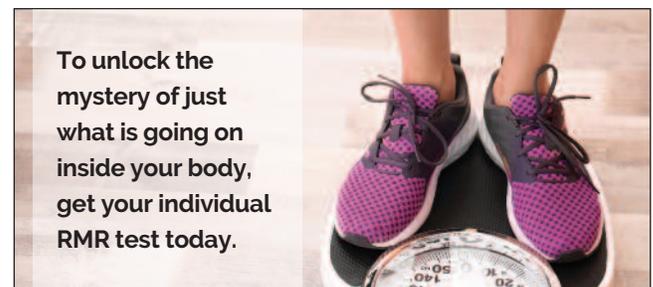
## Parkinson's Exercise Program (PEP) at LifeStyles

We are excited to be continuing our Parkinson's disease-specific exercise program for members who are living with Parkinson's disease, as well as those in the community. Exercise is an important part of managing Parkinson's disease and can help slow its progression and control symptoms. Our evidence-based fitness program is designed to empower those living with the disease by optimizing their activities of daily living and working towards retraining their body and mind. This eight-week program is available for everyone, members and non-members alike.

**For more information, please contact our medical fitness manager at 201-316-8434.**

## Resting Metabolic Rate Test at LifeStyles

The only way to know just how much energy your body needs is through metabolic testing. A resting metabolic rate (RMR) test tells you precisely how many calories your body burns all day just to stay alive. Tip the scale in your favor with real knowledge that will lead to real results for your weight management goals.



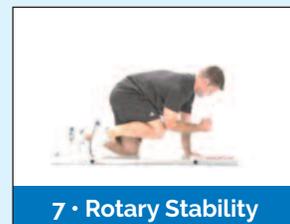
**RMR testing is non-invasive and takes about 20 minutes to complete. You simply breathe into a tube and the analyzer does the work!**

- ▶ Screen for a slowed metabolism, which may explain frustrated attempts to lose weight.
- ▶ Reveal changes in your metabolism from strength training to help troubleshoot plateaus.
- ▶ Identify the precise caloric prescription for maintenance to help you sustain your goal.

**Call Valley Health *LifeStyles* at 201-389-0839 or stop by the Fitness Desk to make an appointment and receive a \$15 discount.**

## Functional Movement Screen

The Functional Movement Screen (FMS) captures an individual's fundamental movements, motor control within movement patterns, and competence of basic movements uncomplicated by specific skills. It helps determine the greatest areas of movement deficiency and demonstrates limitations or asymmetries to aid in potential injury prevention. The seven tests included (squat, hurdle step, lunge, shoulder mobility, straight leg raise, push up, and rotary stability) focus on different areas, and the movements are fundamental and functional. These movements are appropriate for any fitness level to help determine where a person may need help. Based on an individual's results, corrective exercises will be given to help train necessary postures and patterns. The FMS is open to members and non-members. **For more information and to schedule your screening, please call 201-447-8133.**



## Fitness Re-Assessments and Exercise Routine Reboot

We all want to know if we are making progress towards our goals and keep our workouts interesting. That's why, in addition to your initial fitness assessment and exercise program done by an exercise specialist, *LifeStyles* invites you to get a re-assessment and a new individualized exercise program from one of our exercise specialists every six months. This is another service that is already included in your membership and will help keep you on track and motivated. **To schedule an appointment, stop by the Fitness Desk or call 201-389-0839, ext. 6 to speak to an exercise specialist.**

## Total Joint Surgery Prehabilitation

### A SUCCESSFUL OUTCOME BEGINS BEFORE SURGERY.

While rehabilitation is essential in allowing a patient to regain function and quality of life following a total joint replacement surgery, pre-surgical physical conditioning

– **prehabilitation, or “prehab”** – can hasten the healing process and help minimize the loss of function following surgery. Prehab is the process of enhancing the fitness level and functional capacity of patients before surgery, allowing them to withstand the stresses of surgery while preparing them for post-surgery issues, such as limited movement and rehabilitation. Patients who need joint replacement are often eager to put the pain behind them and get back to a healthier, more active life. The prehab program at The Valley Hospital's Medical Fitness Center is a key step in achieving this outcome sooner and with less discomfort.

**THE ROAD TO RECOVERY STARTS HERE.** If you're scheduled for joint replacement surgery at The Valley Hospital, learn how a detailed prehabilitation program can help you get the most out of your procedure and recovery. **Ask your physician or surgeon to be referred to the prehab program at Valley's Medical Fitness Center, or call the Medical Fitness Center directly for a consultation, as well as for information about program fees and hours, at 201-447-8133.**



**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](http://ValleyHealth.com/Nondiscrimination).

## NEW MEMBER WELCOME ORIENTATION –

Tuesday, December 13  
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

Scan this QR Code or use this link below:

<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 Channell – 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