

# LifeStyles NEWS



A QUARTERLY NEWSLETTER FOR MEMBERS OF VALLEY HEALTH *LIFESTYLES*

## Lifeguard Courses at *LifeStyles*

*LifeStyles* Aquatics Department is introducing a two-day lifeguard certification course through the American Red Cross. The course will teach water safety and critical lifeguarding skills, including how to perform cardiopulmonary resuscitation (CPR) and use an automated external defibrillator (AED). The training includes hands-on skills that will be tested at the end of the course and a written test. To enroll in the course, participants must be at least 15 years old by the last day of class and complete a pre-course swimming evaluation. Upon completion of the course, the participant will receive an American Red Cross Lifeguarding/First Aid/CPR/AED certification, which is valid for two years and accepted nationwide.

### Course dates:

October 19 – 20 • December 14 – 15

To register, please visit the aquatics office, or contact Mike Lupo, Aquatics Manager, by calling 201-316-8435.



## Masters Swim

Two of our Masters Swim coaches, Ben Davis and Nolan Kuscan, recently traveled to the U.S. Masters Swimming 2024 Summer Nationals in Mission Viejo, California, to represent Valley Health *LifeStyles*. **To see what our Masters Swim Program is all about, please contact Mike Lupo, Aquatics Manager, by calling 201-316-8435.**



## "Parents Night Out"

Parents Night Out is back! Enjoy a night out by yourself, with friends, or loved ones, while your children enjoy a fun-filled night of gym games, dinner, and a movie, supervised by our staff! Pizza and snacks will be provided. This program is open to children between the ages 7–13 years old.

**Time:** 6:30 – 8:30 p.m.

**Dates:**

**Friday, November 15**

**Friday, December 13**

**Cost:**

**\$40** per child for members

**\$45** per child for non-members

**For any questions, please contact Mike Lupo, Aquatics Manager, by calling 201-316-8435.**



## Welcome Back, Jen!



Valley Health *LifeStyles* is thrilled to welcome back Jen Reynolds in her new role as personal trainer!

Jen Reynolds is a certified personal trainer with a bachelor's degree in exercise science and a master's degree in business administration (MBA) from William Paterson University in Wayne, New Jersey. With a passion for fitness and a deep understanding of exercise physiology, she specializes in helping clients achieve their health and fitness goals through personalized workout plans and motivational support. Shortly after graduating with her bachelor's degree, she obtained her personal training certificate from the American Council on Exercise. She has worked in the medical fitness field for more than five years and strives to help her clients reach their goals as safely and effectively as possible. Whether you're looking to lose weight, build muscle, or improve your overall wellness, Jen is committed to empowering you on your fitness journey.

## Fitness Reassessments and Exercise Program Reboot

We all want to know if we are making progress towards our goals and want to keep our workouts interesting. That's why, in addition to your initial fitness assessment and exercise program performed by an exercise specialist, *LifeStyles* invites you to get a reassessment and new individualized exercise program from one of our exercise specialists every six months. This service is included in your membership and will help keep you on track and motivated.

With a reassessment, you will see improvements within the areas you have previously been tested, such as biometrics, blood pressure, cardiorespiratory fitness, strength, balance, and flexibility.

Getting a reassessment and a new exercise program (or new modifications to your original program) designed by an exercise specialist is an excellent way to get back on schedule if you feel like you have not been as consistent in your training as you would like. It is also a terrific way to keep track of your progress and set new goals. Having a plan designed specifically for you with your goals, capabilities, and interests in mind will help you get the most out of your membership.

Remember that our degreed exercise specialist staff is ready and qualified to work around any limitations that you may have. Whether you are coming from cardiac rehab, just finishing up physical therapy, or have a chronic condition, a program can be tailored to help you improve. Our team can also design a program to take your sports and running training to the next level!

If you have been a member and still have not taken advantage of this service, you can still make an appointment at any time to get started.

**Stop by the fitness desk or call 201-389-0839, extension 5, to speak to an exercise specialist and schedule your appointment today!**



## LifeStyles Member Feedback Survey

Here at Valley Health *LifeStyles*, we are always looking for ways to ensure our members get the full value out of their memberships. Coming soon, please be on the lookout for our annual membership feedback survey. These annual surveys tell us what our members engage with the most, areas for improvement, and have given us ideas for new programming. You will receive a link via email and see QR codes posted around the facility to participate in our survey.



**Be sure to complete the survey to be entered into a *LifeStyles* raffle!**

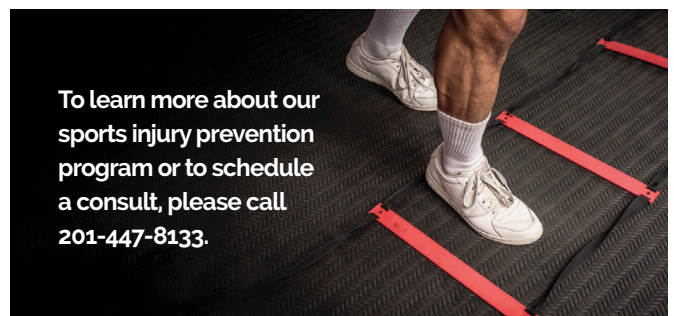
## Sports Injury Prevention and Reconditioning

In many sports, ankle sprains are the most common injury, and the risk for reinjury is highest in the year immediately following the initial sprain.

Ankle sprains, along with many other common athletic injuries, such as ACL tears/sprains, hamstring strains, or rotator cuff tears, result in reinjury due to muscle weakness and imbalances; body mechanics; or returning too quickly.

When you get discharged from traditional therapies you may be functionally ready, but are you competition ready?

Continue your recovery with our licensed athletic trainers to bridge that gap and get you back to game play, reducing your chance of reinjury!



**To learn more about our sports injury prevention program or to schedule a consult, please call 201-447-8133.**

## Mywellness App Now the Technogym App



The Mywellness app has transitioned to the Technogym app! Login credentials will remain the same, the only change is the app's functionality. Simply download the new "Technogym" app from the Apple App Store or Google Play Store, click "Log In" at the bottom of the screen, and enter your current Mywellness credentials. All of your existing *LifeStyles* account information will be populated with this brand-new interface.

The Technogym app is where you will now go to book group exercise classes, book swim lane reservations, track all of your physical activity, check into the facility with a digital key tag, and participate in fitness challenges. If you do not have your Mywellness password, there is a "Forgot My Password" option that will help access your account. If you are having trouble getting into your account, please see a *LifeStyles* staff member to help you.

## LifeStyles Fitness Road Map

If you recently joined *LifeStyles*, don't forget to complete your "Fitness Road Map" found in your new member folder that you received upon joining. Completing even four out of six steps on your "Fitness Road Map" will earn you \$50 of *LifeStyles* Bucks that can be used on anything in the facility, except membership dues. Every time you complete a step, be sure to have it stamped off by a staff member. When

you have between four to six steps completed, hand it in to membership services and the money will be added to your account.

**For any questions regarding your "Fitness Road Map," please contact Spiro Petritsis, Membership Services Coordinator, by calling 201-316-8436.**

## Valley Health System Programming

Valley is pleased to present a roundup of the latest events taking place for the remainder of the year. To register for any of these events, please visit [ValleyHealth.com/Events](http://ValleyHealth.com/Events).



### I'm Tired of Weighting – Medical Weight Loss (Virtual)

If you are struggling with your weight, you are not alone! Learn all about medical weight management, including who is eligible, dietary and lifestyle changes, exercise plans, and medications that are FDA-approved for weight loss.

**Naser Gharaibeh, MD, CPE, DABOM, NCMP, Medical Director, Metabolic Medicine and Weight Loss**  
**Wednesday, October 23 • 7 – 8 p.m.**



### Lymphedema (Virtual)

A basic introduction to lymphedema care and treatment: evaluation, treatment, risk reduction, and long-term management.

**Olivia Bell, MA, CCC-SLP, Supervisor, Speech Language Pathology**

**Tracey Tumminelli, OTR/L, CLT-LANA, Occupational Therapist**  
**Tuesday, October 29 • 7 – 8 p.m.**



### Empower Thyroid Wellness: Understanding Radiofrequency Ablation and Recognizing the Red Flags (Virtual)

Learn about radiofrequency ablation (RFA) and how to identify the red flags in thyroid health and gain knowledge for proactive care.

**Anna Kundel, MD, Medical Director, Endocrine Surgery**  
**Thursday, November 21 • 7 – 8 p.m.**



### DASH Diet (In-Person)

The DASH diet, or Dietary Approaches to Stop Hypertension diet, is a meal plan that aims to lower blood pressure and reduce the risk of heart disease. Find out more about this way of eating and how it can benefit you.

**Nicole Fuller, RDN, Dietitian**  
**Tuesday, December 3 • 3 – 4 p.m.**

The Valley Center for Health and Wellness  
 1400 MacArthur Blvd., Mahwah



### Back in Shape! (In-Person)

More than 44% of older Americans suffer with chronic back pain, with many claiming that this discomfort diminishes their quality of life. Join us to hear about the various treatments available to manage this common condition.

**Uzma Parvez, MD, Pain Management Specialist**  
**Wednesday, December 4 • 2 – 3 p.m.**

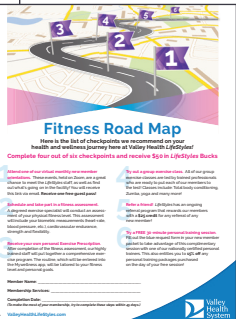
The Valley Center for Health and Wellness  
 1400 MacArthur Blvd., Mahwah



### Rheumatoid Arthritis 101 (Virtual)

Join us to discuss what rheumatoid arthritis (RA) is, common misconceptions, and explore the latest advancements in RA treatment.

**Marissa Sansone, MD, Rheumatologist**  
**Thursday, December 5 • 7 – 8 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](http://ValleyHealth.com/Nondiscrimination).

## NEW MEMBER WELCOME ORIENTATION –

Second Tuesday of every month

All members are welcome to join one of our virtual orientations to The Valley Center for Health and 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 center.



**JOIN OUR ZOOM MEETING**

Scan this QR code or use this link below:

<https://us02web.zoom.us/j/2516912019>

Passcode: 11221

## The 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

### Pharmacy

**Main Directory**

201-316-8444

(fax) 201-316-8445