

LifeStyles NEWS



A QUARTERLY NEWSLETTER FOR MEMBERS OF VALLEY HEALTH *LIFESTYLES*

Spring Forward into Fitness!

Why wait to refresh your fitness routine? Springtime is here, which means more opportunities to stay active and reevaluate if you're meeting your goals. Most exercisers follow the same exercise patterns for too long and the benefits plateau or decrease. Changing up your current program now will help you reach some goals by summer!



Create a routine specific to your personal goals.

Start with making increased activity a priority, and then set a specific goal or two to stay on track. Examples include gaining strength, losing weight, or training for a 5K.



Mix things up!

Now is the time to try that Group Cycle, Yoga, or Zumba class. Working out in group settings can boost motivation, help hold you accountable, and make exercise fun.



Keep strength training in the mix.

Strength training makes you stronger, increases bone density, decreases risk of injury, and even helps manage blood sugar levels. Building muscle also helps burn more calories while at rest!



Increase your steps daily steps wherever and whenever you can.

Try taking a leisurely walk during your lunch break, park your car a little farther, or take a weekend hike. Our *LifeStyles* Mywellness app will track your workouts inside and outside of *LifeStyles*.

Consult with a *LifeStyles* fitness expert.

A qualified fitness professional is the best way to roll out a workout makeover, so come to the fitness desk to schedule a fitness evaluation, personal program set-up, or reevaluation with our exercise specialist team.

Mind-Body Programming at *LifeStyles*

Regular participation in mind-body activities 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 brand new to yoga, as well as practitioners with more experience looking to refine their technique.

We offer 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 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 muscles, improve 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.

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Mind-Body Programming at LifeStyles

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Tai Chi with Chris Wilson

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 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 courses for beginners and those who have experience.

Meditation and Meditative Flow Series

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.

Parkinson's disease-specific exercise programming is back at LifeStyles!

We are excited to bring back our Parkinson's disease-specific exercise program for those members and nonmembers who are living with Parkinson's disease. 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 retraining their body and mind.

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

Aquatics News

Triathlete Swimming Program

Come join our new program for swimmers who are looking to get stroke-specific work from our highly qualified coaches, including fundamentals, training for triathletes, and how to produce a successful triathlon swim.

Please see aquatics manager for pricing!

Recreation News

Pickleball

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:

Come join us for Pickleball!

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.



Now offering private and/or small group-sessions. Please see recreation manager for pricing!

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

LifeStyles Member Spotlight: Vicki Johnson

Meet *LifeStyles* member of over three years Vicki Johnson! Before joining *LifeStyles*, Vicki rarely exercised consistently. Several years ago, she began swimming at the town pool. When Vicki joined *LifeStyles* in 2018, she swam on a more consistent basis of two-to-three days per week. She then met the exercise specialist team, had a fitness assessment, and was given a personal exercise prescription, which motivated her with a well-rounded fitness program. This included strength training machines, cardiovascular exercises beyond swimming, and being a frequent pickleball athlete here. Vicki feels that *LifeStyles* has given her a sense of confidence to try new things and the motivation to be more active.

“...*LifeStyles* has given her a sense of confidence to try new things and the motivation to be more active.”

Vicki's daily exercise routine also consists of biking and aquatic group exercise classes. Returning to the bike at *LifeStyles* has encouraged her to get her own bike out during the spring and summer months to bike national parks and the Jersey shore boardwalk.

Vicki feels that joining *LifeStyles* has been a very positive experience in her life. Her membership has improved her overall confidence and helps to relieve stress from her everyday life. Vicki says that from the time she enters *LifeStyles* to the time she leaves, the staff is always so welcoming and friendly. Vicki has also met many members and developed new friendships since she joined *LifeStyles*.

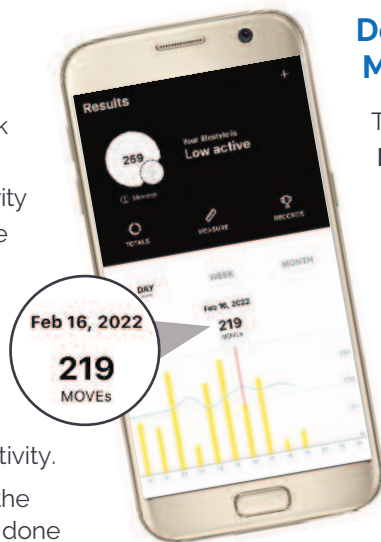


“Mywellness MOVES”

One of the best ways to use the *LifeStyles* Mywellness app is to track all of your physical activity. The app measures it by MOVES, physical activity points based on intensity. Make sure that your activity gets tracked by:

- ▶ Allowing your phone's native health app to sync.
- ▶ Syncing wearables like a FitBit or a heart rate monitor.
- ▶ Entering your outdoor physical activity.
- ▶ Making sure that the exercises in the workout in the app are marked as done and the workout is saved.

This will help achieve the recommended 1,000 MOVES per day and climb the Valley Health *LifeStyles* leaderboard! You can see how many MOVES you've accumulated on the Results page. If you need any assistance with the Mywellness features, reach out to any *LifeStyles* staff member.



Do You Know Your Resting Metabolic Rate (RMR)?

The key to maintaining a healthy weight is **energy balance**, or burning more energy than your body absorbs. When food is absorbed into your body, it must either be burned as energy or stored as fat. Use your RMR to construct an eating plan designed to burn more than you eat.

A resting metabolic rate test (RMR) tells you precisely how many calories your body burns all day, every day, just to stay alive. How many more you burn through activities of daily living and exercise is up to you. Factors affecting RMR include weight, age, body composition, hormone levels, and gender, making it a unique number.

You can easily increase your RMR by gaining muscle tone through your resistance training program (aka lifting weights) and burning more calories while you rest!

LifeStyles members can get a RMR test for **25 percent** off the regular rate — that's only \$45 to find out your unique RMR number. Schedule your test appointment today.



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 WELCOME ORIENTATION –

Tuesdays, April 11, May 9, and June 14 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 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