

LifeStyles NEWS



A QUARTERLY NEWSLETTER FOR MEMBERS OF VALLEY HEALTH *LIFESTYLES*

Fitness Reassessments and Exercise Program 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 the creation of your individualized exercise program, *LifeStyles* invites you to get a reassessment from one of our exercise specialists to create a new individualized exercise program every six months. This service is already included in your membership and will help keep you on track and motivated.

With a reassessment, you will be able to see your improvements in the areas that you have previously been tested for, such as biometrics, blood pressure, cardiorespiratory fitness, strength, balance, and flexibility.

Completing a reassessment and being prescribed a new exercise program 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 that is designed specifically for you, with your goals, capabilities, and interests in mind, is a way to 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 issue that you have been dealing with, an exercise program can be tailored to help keep you improving. Our team can also help you design a program to bring your sports and running training to the next level!

If you are a member and still have not taken advantage of this service, you can still schedule an appointment at any time to get started. **To schedule your appointment, please stop by the fitness desk or call 201-389-0839 ext. 5 to speak to an exercise specialist.**

ImPACT Concussion Protocol Baseline Assessment with The Valley Hospital Sports Institute



As children and teenagers get ready to enroll in summer and fall sports, concern about concussions and protecting their brain health is always a

topic in everyone's minds. The Valley Hospital Sports Institute at The Valley Center for Health and Wellness is now offering baseline neurocognitive and balance assessment to athletes ages 5 years old and older through the ImPACT application.

Developed by a team of neuroscientists at the University of Pittsburgh Medical Center for Sports Medicine, ImPACT is a quick, computerized test that examines visual and verbal memory, visual motor speed, and more. In the event of trauma to the head, these pre-injury assessments will help provide individualized normative data to help a physician determine the severity of an injury, as well as the appropriate recovery and return-to-play decisions.

Learn more by speaking with the Sports Institute team. The team will host two group sessions on Tuesday, July 18, at 4:30 p.m. and 6:00 p.m., each with a \$30 fee.

To register for a session, please call the Sports Institute at 201-447-8133. Space is limited.

ASK about our... Ankle, Shoulder, and Knee

INJURY PREVENTION AND RECONDITIONING PROGRAM

Ankle sprains, along with many other common athletic injuries – including anterior cruciate ligament (ACL) tears and sprains, hamstring strains, and rotator cuff tears – can result in reinjury due to muscle weakness and imbalances, body mechanics, or returning to regular activity too quickly.



Reduce your risk of reinjury by attending this small-group, four-week series, which focuses on strengthening, proprioception, mobility, agility, and stretching with our licensed athletic trainers in the off-season to prepare for fall sports. The group will begin in July.

For more information and to register, please call the Sports Institute at 201-447-8133.

Swim Lessons at Valley Health LifeStyles

If you are looking for a way to get ready for the summer, improving your swimming may just be the perfect fit for you!



At Valley Health *LifeStyles*, trained and certified swim instructors can help people of all ages learn the fundamentals of swimming along with water safety through our Learn to Swim Program. Instructors are also available to help competitive and advanced swimmers fine-tune their technique to enhance endurance and improve timing.

Private and group lesson packages are available.

To learn more about pricing and scheduling, please call Mike Lupo, Aquatics Director, at 201-316-8435.

Parkinson's Exercise Program (PEP)

Our Parkinson's Exercise Program (PEP) is an evidence-based fitness program designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. Benefits of this program include improved muscular strength, endurance, posture, and balance. Participants will gain confidence in activities of daily living, as well as show improvement in overall quality of life.



This small-group class is taught by Carol Livingstone and LaShawn Michalski, both of whom hold special certifications in Parkinson's

disease specific fitness programming. *LifeStyles* members and non-members are welcome to participate. Registration is required and two class options are available, including:

- ▶ **Once Per Week:**
Wednesdays, Noon – 1 p.m.
- **Cost:**
 - *LifeStyles* Members: \$125
 - Non-Members: \$150

- ▶ **Twice Per Week:**
Wednesdays, Noon – 1 p.m. AND
Fridays, Noon – 1 p.m.
- **Cost:**
 - *LifeStyles* Members: \$225
 - Non-Members \$275

For more information and to register, please call Lara Vajas, Medical Fitness Manager, at 201-316-8434.



NEW STAFF SPOTLIGHT

Here at *LifeStyles*, we would like to recognize some new team members who have come on board.



Jessica Walsh joins us as the Medical Fitness Supervisor after several years of serving as a popular group fitness instructor since *LifeStyles* opened its doors in 2018. In addition to continuing to teach a few classes, Jessica will be supervising our group fitness and personal training programs. Outside of fitness, Jessica keeps busy with her two daughters, her dog, and

training her green thumb by taking care of the plants in her office.



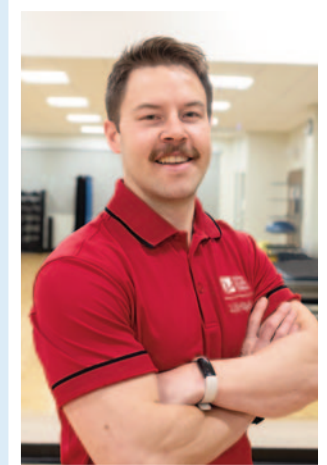
Drew-Michael Zimmerman joins *LifeStyles* as a group fitness and Pilates instructor after recently moving to Mahwah from Los Angeles, California. He has trained celebrities, worked at corporate gyms affiliated with Hollywood studios, and is also a certified senior fitness instructor.

"I love what I do! It is more than just a job for me – my passion is seeing people achieve their goals and

aspirations. I'm thrilled to be a part of an industry that educates and empowers others to lead a healthier and happier lifestyle through diet and exercise."

Drew-Michael has been in the fitness industry for over 12 years and customizes workouts exclusively for his clients' goals and desires. He is a technical instructor, focusing on form, precision, and performance.

"I develop and monitor fitness programs to accommodate clients' needs, age, and physical objectives. My promise to you: within 15 sessions with me, your body will not be the same!"

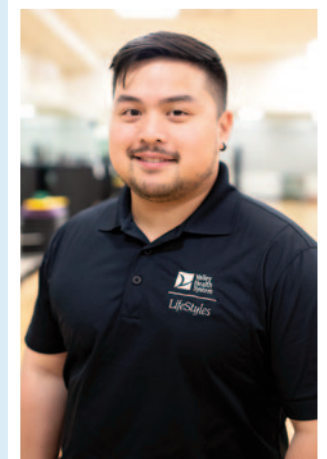


Isaac Silvey is a new member of our personal training team. Born in a small town north of Detroit, Michigan, Isaac has always been a fitness fanatic since he was young. Isaac was raised in a family that loved sports, especially college basketball and football – **"GO BLUE!"** In his 20s, he became interested in fitness and exercise after much of his family, including himself, experienced a variety of diagnosed health conditions. Fast forward to today, Isaac's passion is to help others get strong and live healthy lives.

In Isaac's free time, he enjoys playing basketball with friends and volunteering as a teacher alongside his wife of three years, Brittany. Together, the couple love hiking, camping, and traveling every chance that they get.

Kevin Nunez joins our Exercise Specialist Team with a degree in Exercise Science, with a concentration in Exercise Physiology, from William Paterson University. He is currently enrolled in the Englewood Hospital School of Radiography working to become an x-ray technician. Kevin's hobbies include basketball, playing video games, reading comic books, and watching anime.

He is looking forward to getting to know everyone in the Valley Health *LifeStyles* community!





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 –

Second Tuesday of every month, excluding July

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