

LifeStyles NEWS



A QUARTERLY NEWSLETTER FOR MEMBERS OF VALLEY HEALTH *LIFESTYLES*

Prenatal and Postpartum Yoga Back for Fall 2023

Practicing yoga has proven to be extremely beneficial for both pregnant and postpartum women. Prenatal and postnatal yoga classes are designed specifically for pregnant women or those who have recently given birth. These

classes focus on strengthening the muscles used during childbirth, relieving the aches and pains of pregnancy, increasing energy levels, and improving sleep, as well as promoting relaxation and stress relief.

Join *LifeStyles* yoga instructor Andrea Collier, certified in prenatal and postpartum yoga,

who will guide you along the way

and provide the tools to help you feel better physically, mentally, and emotionally during and after pregnancy.

For more information on our monthly sessions, please contact Jessica Walsh, Medical Fitness Supervisor, at 201-316-8439.



Triathlete Training Program

The Valley Health *LifeStyles* Triathlete Training Program is a plan developed for triathletes, biathletes, and Ironman competitors of all skill levels, whether they are just starting to train for competition or are seasoned athletes looking for a guided program. The program consists of three to four workouts a week for swimming, running, and biking, with a goal of improving overall cardiovascular and aerobic endurance by utilizing interval training and heart rate zones. One-on-one swim coaching sessions consisting of technique and aerobic-based workouts will be provided by collegiate-level swimmers.

Six- and eight-week programs are available for a fee. The six-week program targets overall conditioning. The eight-week program also focuses on conditioning but contains a taper phase that emphasizes race preparation and rest. Each program is individualized and goal-orientated for each athlete.

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

Get to Know Our Personal Trainers

Working with a personal trainer is an excellent way to help achieve your fitness goals, stay motivated, and have more accountability with your workouts. Get to know our personal trainers better so you can see who will best align with your personal goals and needs. Chris, Wendy, Sharon, Josiah, Drew-Michael, Isaac, and Stefanie all bring an array of certifications and varying backgrounds to help transform your training. Stop by and read the new biographies of all of our

talented personal trainers, whose photos are now hanging in frames as you enter *LifeStyles*. Their biographies are also available in a book at the fitness desk.



Valley Health *LifeStyles* Merchandise

We are pleased to let everyone know that our signature black Valley Health *LifeStyles* t-shirts are back in stock at the front desk in the lobby! We have also introduced Valley Health *LifeStyles* swim caps that are available in black or blue, alongside our towels and messenger bags.

Be on the lookout for more exciting *LifeStyles* merchandise to come!





Lifeguard Courses

Do you have an interest in getting your feet wet as a certified lifeguard? *LifeStyles* Aquatics Department is offering a 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 how to use an automated external defibrillator (AED). The training will include hands-on skills that will be tested at the end of the course alongside 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.

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

Masters Swim Program

For those looking for a fun, competitive swim class, *LifeStyles* Masters Swim Program is the perfect fit. The Masters Swim Program is a complimentary program held in our lap swim pool every Monday, Wednesday, and Friday from 6 to 7 a.m. and Tuesdays from 6:30 to 7:30 p.m. The program offers a swim team setting with workouts provided by our experienced aquatics staff to help you build your fitness as well as your swim skills. The *LifeStyles* Masters Swim Program is available to all ages, and registration is not required. See you in the pool!



Youth Classes

LifeStyles is pleased to announce that we will be continuing to offer youth classes this fall! Starting in October, we will offer six-week sessions of a variety of classes to members and non-members. To learn more about these classes, we will host an afternoon of class demonstrations with fun activities taking place at the end of September. Our list of classes include:



Strength, Cardio, & Flexibility – This class will introduce your child to the basics of cardiovascular exercise and strength training using a variety of equipment to perform a wide range of exercises in a safe environment.

This program is open to children ages 10 to 15.

Speed & Agility – Each class will include a dynamic warm-up, sport-specific footwork, running mechanics, and strength training to help kids perform at their best.

This program is open to children ages 10 to 15.

Youth Yoga – Let's build strength, flexibility, and confidence. We'll have fun in yoga with themed activities, stretches, and postures. We'll also enjoy mindful moments at the end of class. **This program is open to children ages 6 to 12.**

Boot Camp – This class features various exercises, modalities, and intensity levels to progress your child's skill and strength development. **This program is open to children ages 9 to 13.**

Zumba Kids – Zumba Kids classes feature kid-friendly routines based on original Zumba choreography. We break down the steps, add games and activities, and have a blast moving to great music! **This program is open to children ages 6 to 12.**

Dates, times, and pricing will be emailed to members and posted throughout the *LifeStyles* facility. **Contact Jessica Walsh, Medical Fitness Supervisor, with questions at 201-316-8439.**

Tai Chi Classes

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 Traditional Yang Family. Chris has an approach to teaching that is therapeutic in nature, focusing on balance, proper body alignment, increased coordination, and calming the mind. Available tai chi classes include:

Tai Chi Fundamentals

► Four-Week Session

This special four-week class focuses on the fundamentals of Yang Family Tai Chi. Learn techniques to help relax the mind and body, build strength, increase flexibility, and gain better balance. No prior experience in tai chi is required. This class is beneficial for individuals who are new to tai chi or those looking to refine their practice.

• **Cost:**

- *LifeStyles* Members: \$49
- Non-Members: \$59

Tai Chi Basics for Balance and Coordination

► Eight-Week Session

This class will focus on the fundamentals of tai chi mechanics that will increase overall balance and coordination. These fundamental techniques will be taught using traditional tai chi movements and breaking down those individual movements. This class is perfect for those new to tai chi or those looking to refine their overall skills or practice.



• **Cost:**

- *LifeStyles* Members: \$99
- Non-Members: \$120

Tai Chi – Traditional Yang Style Form

► Eight-Week Session

This class will focus on learning a form (or sequence of movements) of tai chi known as Tai Chi Kung. It is a 10-movement form derived from the traditional long form of the Yang Family Tai Chi sequence. All of the basic balance and coordination skills of tai chi will be brought together into a flowing, continuous series of movements. This class is open to beginners or those with prior experience in tai chi, however, will move and flow a bit faster than the basics class..

• **Cost:**

- *LifeStyles* Members: \$99
- Non-Members: \$120

Class sizes are limited, and pre-registration is required at the front desk for all classes. Please contact Jessica Walsh, Medical Fitness Supervisor, for more information at 201-316-8439.



Aquatic Exercise Classes for Arthritis

Arthritis is something that many may live with and can affect quality of life. Here at *LifeStyles*, our aquatic exercise classes can aid in reducing joint stress, increasing circulation, and decreasing pain. Our instructors are Arthritis Foundation certified to create classes specifically for individuals with arthritis, related rheumatic diseases, or musculoskeletal conditions. Sessions begin on the first full week of each month and include eight classes. Space is limited and registration is required.

- **Cost:** *LifeStyles* Members: \$125 / Non-Members: \$150

For questions, scheduling, and registration, please call The Valley Sports Institute at 201-447-8133.



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Ridgewood, NJ 07450-2726
ValleyHealth.com



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

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