

LifeStyles NEWS



A QUARTERLY NEWSLETTER FOR MEMBERS OF VALLEY HEALTH *LIFESTYLES*

Why Personal Training?

Personal training with one of our certified and skilled trainers gives members the extra motivation, accountability, and support needed to reach their fitness goals! Our trainers use their education and expertise to create personalized workouts based on your strengths and weaknesses. Working with a personal trainer is the safest, most effective, and fun way to achieve your goals. Our trainers offer private, semi-private, and small-group training options. Small-group training brings together the social aspect of group fitness and the individualized attention of personal



training. Be sure to read over our trainers' biographies hanging near the entrance of Valley Health *LifeStyles* to learn more about them and find the best match for you!

For more information, please call Jessica Walsh, Medical Fitness Supervisor, at 201-316-8439.

What is Pilates Reformer?

The Pilates reformer apparatus uses a series of springs and pulleys to provide variable resistance in a number of different positions. Training on a Pilates reformer offers all the benefits of Pilates, 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. You can get personalized

attention with a private session or join one of our small-group training sessions, both of which are adaptable to all ages and fitness levels.

For more information, please call Jessica Walsh, Medical Fitness Supervisor, at 201-316-8439.

Youth Classes at *LifeStyles*

Valley Health *LifeStyles* now offers youth classes for children ages 6 to 15. Members and non-members can register for classes such as Bootcamp, Cardio & Strength, Speed & Agility, Yoga, and Zumba Kids! Our next session of classes will start in January.

For more information, please call Jessica Walsh, Medical Fitness Supervisor, at 201-316-8439.



Swim Lessons at *LifeStyles*

Swim lessons are a great way to learn how to swim or fine-tune your technique for competition or exercise. Sign up for private one-on-one sessions by visiting the front desk!

For any questions, please call Mike Lupo, Recreation and Aquatic Activities Manager, at 201-316-8435.



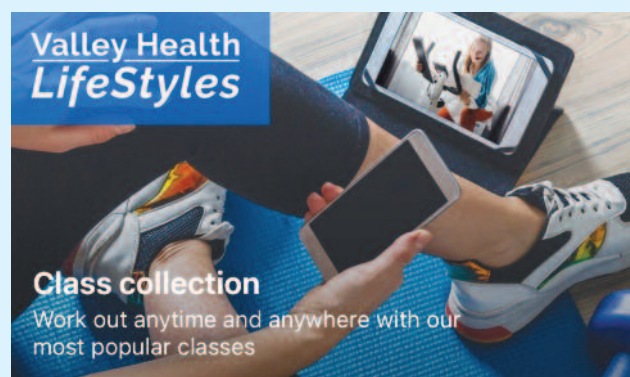
Classes Available Whenever, Wherever

At Valley Health *LifeStyles*, our teams want to do whatever we can to help you reach your health, wellness, and fitness goals. We understand that sometimes life gets in the way and keeps you from visiting *LifeStyles*. With "class collection," available on the Mywellness app home page, you are able to keep up with your training, get MOVES, and still get the full value of your membership from the comfort of your home. Class collection features a wide array of virtual classes for all different goals and skill levels, some of which are even taught by our very own *LifeStyles* instructors and were filmed right here in our facility! Whether you cannot get away from the house or are traveling, class collection has everything you need to keep you on track.

Classes available include:

- ▶ Different levels and styles of yoga
- ▶ Bootcamp
- ▶ Stability Booster
- ▶ Barre with Chair
- ▶ Ab Lab
- ▶ Stamina Builder
- ▶ Stretch & Breathe
- ▶ And more

To browse available classes, simply click the tile you see below on the Mywellness app home screen.



Updated Pickleball Schedule

Beginner Pickleball Open Play

Mondays, 11:00 a.m. – 1:30 p.m.

This session is non-instructional for beginners only who have limited experience, minimal understanding of the rules, and can sustain a short rally and a basic ability to keep score. **New players should consider taking the Intro to Pickleball class first.** Registration is required. Paddles and balls are provided.



Experienced Pickleball Open Play

Thursdays, 11:00 a.m. – 1:30 p.m.

This session is non-instructional for experienced players only who understand fundamentals, proper court positioning, know the rules, and can keep score. Registration is required. Paddles and balls are provided, or you can bring your own.

All Levels Pickleball Open Play

Fridays, 4:30 – 7:00 p.m.; Sundays, 11:30 a.m. – 1:30 p.m.

This session is non-instructional for both beginners and experienced players. All players must have a basic understanding of rules and scoring. Registration is required. Paddles and balls are provided, or you can bring your own.

Free demonstration classes are offered twice a month. Please refer to the front desk and/or the Mywellness app for dates and times.

Improvements Happening at LifeStyles

Over the last few months, we are sure that you have noticed work being done in and around The Valley Center for Health and Wellness and *LifeStyles* facility. Our list of facility improvements includes replacing all of the mirrors in the men's, women's, and family locker rooms; parking lot resurfacing to be ready for the winter weather; aquatic area tile repair; and gymnasium/ basketball court resurfacing, with the addition of permanent lines for pickleball. We greatly appreciate your patience as we continue to make *LifeStyles* a better and safer place for you!



"Nobody Fights Alone" Breast Cancer Awareness Memorial Event for Chrissy Flatt

During October, we once again honored the memory of Chrissy Flatt, our beloved group exercise instructor who fought bravely against breast cancer. We had a Wall of Hope in the lobby where members could donate to post a ribbon with the name of their loved ones impacted by breast cancer. On October 28, a series of special group exercise classes were held. To participate, members could generously donate. We were able to raise and donate nearly \$3,000 for The Valley Hospital Foundation, which will be donated to breast cancer research. Thank you to all staff and members who donated, participated, honored Chrissy, and helped advance breast cancer research.



Member Referral Program



Do you know a friend or family member who would enjoy a membership at *LifeStyles*? Take advantage of our \$25 referral program now!

Refer a friend or family member who joins *LifeStyles* and you will receive a one-time \$25 credit towards your membership dues.

For more details, please call Lisa Channell, Lead Membership Representative, at 201-316-8440.

Exercise and Mental Health

Exercise has always existed, but the physical fitness movement, as we know it today, became more popular in the 1960s and 1970s when icons like Jack LaLanne, Arnold Schwarzenegger, and Jane Fonda introduced the world to aerobics, jogging, and lifting weights. Initially, the movement focused on looking one's best, but today, it is common for most doctors to recommend physical activity for the health benefits that it provides, including lowering blood pressure and reversing prediabetes. In more recent years, exercise has also been proven to improve one's psychological health.



According to the National Institutes of Health, even moderate physical exercise, such as walking briskly for 30 minutes per day, three to four times per week, may reduce anxiety and depression and improve a negative mood. Additional research has shown that exercise has been found to improve one's self-esteem and decrease one's desire to withdraw socially. The Mayo Clinic reports that regular exercise may help ease symptoms of depression and anxiety by releasing feel-good endorphins – natural cannabis-like

brain chemicals – as well as other natural chemicals that enhance a feeling of well-being. Some physicians will even recommend that their patients try out exercise to manage depression and anxiety before turning to medication.

Additionally, exercise has been proven to reduce stress levels. This is because physical movement forces the body's central and sympathetic nervous systems to better communicate with one another, improving the body's overall ability to respond to stressors. Also, increased heart rate can stimulate the production of neurohormones, which can improve thinking while stressed, positively affecting one's reaction to stress.

Better sleep is yet another benefit of regular physical exercise. The increase in body temperature from exercise may have calming effects on the mind, leading to improved rest. In addition, exercise assists with circadian rhythm regulation, which helps one to sleep more deeply. Healthy sleep can lead to boosts in brainpower resulting in improved memory.

When one feels low in mood or is experiencing a great deal of stress, exercise may be the last thing you want to do. However, once motivated, exercise can make a big difference and improve your life in many ways!

Sue Breithaupt, LCSW

Health Educator and Social Worker

Community Health and Community Benefit Department

Special Member Discounts This Holiday Season

Don't miss our once-a-year member discounts available from December 15 to January 15, 2024. To take advantage of the special offers, stop by the front desk to purchase.





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](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