

LifeStyles NEWS



A QUARTERLY NEWSLETTER FOR MEMBERS OF VALLEY HEALTH *LIFESTYLES*

Small-Group Personal Training

If you are finding that exercising alone is making it hard to stay motivated and are looking for a new way to achieve your fitness goals, small-group training may be the solution! Here at *LifeStyles*, we offer several small-group training sessions monthly, including balance, strength, and stretch; mobility and flexibility; circuit training; TRX; and more. These classes are all now held in our new small-group training studio located behind our retail pharmacy.



Small-group personal training presents the opportunity to reap all the benefits of personal or partner training but in small groups of five to six individuals. Small-group training has

proven to provide more accountability, motivation, support, and increased camaraderie, resulting in success for individuals in the group.

Class sizes are limited, and small-group personal training rates apply. **For more information on small-group training options, please contact the medical fitness supervisor at 201-316-8439.**

New to *LifeStyles*: Qigong

We recently added qigong classes to complement our tai chi program here at *LifeStyles*. Qigong is a series of simple movements designed to increase energy and overall well-being. Benefits of tai chi and qigong include balance, strength, flexibility, and stress reduction. Classes are taught by certified tai chi and qigong instructor Chris Wilson,



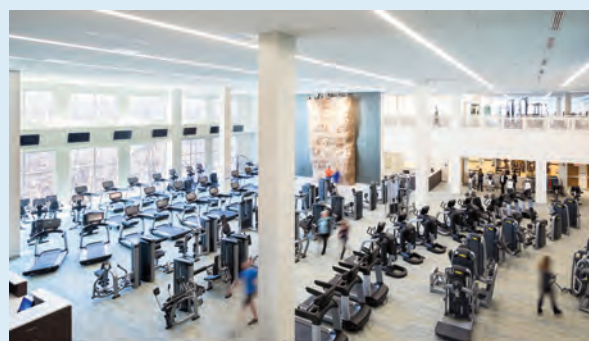
whose approach to teaching is therapeutic in nature, focusing on balance, proper body alignment, increased coordination, and calming the mind.

For more information and session details, please contact the medical fitness supervisor at 201-316-8439.

LifeStyles Fitness Floor Etiquette Reminders

The gym is a shared space and following a few simple rules, as well as being considerate of others, ensures a safe and positive experience for everyone.

- ▶ Cell phone calls are prohibited within *LifeStyles*. Please use our designated area in our lobby when making or taking calls.
- ▶ Please clean equipment before and after each use with the cleaning supplies provided.
- ▶ Do not wipe or spray the cardio machine consoles or spray directly onto the seats and padding of the strength training equipment, as doing so damages the screens and leather.
- ▶ Please re-rack your weights and return all equipment to its designated location.
- ▶ Be aware of other members and share equipment during busy times. Take appropriate rest periods between sets, however, don't linger on equipment when you're not actively using it.
- ▶ The use of a cell phone or any other device to take photographs or videos is strictly prohibited.



LifeStyles Member Account Portal

Earlier this year, *LifeStyles* transitioned to a new club software called ABC Fitness. We now have a new member portal that can be found at www.myiclubonline.com. Create an account with your agreement number (ask membership services or use the provided link on the page to find out your number) and your name as it appears in our records. Features of the portal include:

- ▶ Online credit card updates
- ▶ Ability to make membership dues payments
- ▶ View monthly membership dues invoices and purchases
- ▶ Contact information updates
- ▶ Agreement details
- ▶ Check-in history
- ▶ Session balance for personal training, Pilates, and swim lessons

This portal does not replace the Mywellness app. Group exercise reservations, swim lane reservations, activity tracking, workouts, and fitness challenges will remain in Mywellness.

For any further questions, please contact membership services at 201-316-8436.

Facility Improvements at LifeStyles

At *LifeStyles*, we are always looking for ways to improve our facility so our members can get the most value from their membership. In addition, we make an extra effort to analyze the efficiency of programming, scheduling, space usage, and opportunities to re-purpose those spaces. Here are some facility improvements for 2024:

- ▶ Replaced six aging treadmills with state-of-the-art Technogym units, sporting 19" monitors and tons of new interactive features to boost your workouts.
- ▶ Added four new Life Fitness cycles – two upright and two recumbent units – to the fitness floor.
- ▶ Repurposed and renovated *KidStyles* space to add TRX stations and functional fitness equipment to expand our popular small-group training program.
- ▶ Repurposed the babysitting room to house our human performance testing equipment and to accommodate future sports medicine programming.



- ▶ Re-surfacing the front parking deck with a specialized coating to reduce slips and falls.
- ▶ Additional handicapped and patient parking in the parking garage.
- ▶ This summer, we will have food and beverage vending options in our main lobby with additional tables and seating.
- ▶ Valley has evaluated ways to improve our facilities with additional cleaning quality and preventive maintenance opportunities.



Lifeguard Courses

LifeStyles aquatics department is introducing 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 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.

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



FREE Functional Movement Screen for Youth Athletes (Ages 12-18)

Tuesday, July 9, 2024 • Appointments starting at 4 p.m.

This evaluation helps identify muscle imbalances, weaknesses, or limitations through a series of fundamental motions. Screen to see where you may need improvement!

To register, please call 201-447-8133. Space is limited.





Did Your Child Get Injured This Year During the Sports Season?

ASK (Ankle, Shoulder, Knee) Re-Conditioning Program for Youth Athletes (Ages 12-18)

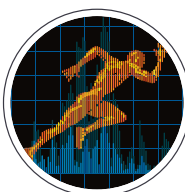
This program is a small-group class focusing on re-conditioning areas of weakness or imbalance to improve biomechanics and performance, increase body awareness, and aid in potential injury prevention in preparation for the upcoming sports seasons!

Classes are on Tuesdays at 4:30 p.m.
July 16, July 23, July 30, and August 6

Original Fee: \$120 (4 classes) Special Member Pricing
(if you participate in our free FMS for Youth Athletes): \$100

To register, please call 201-447-8133. Space is limited.

Did You Know Valley Health LifeStyles Offers Human Performance Testing?



Try one or all of our human performance tests to ensure you're getting the MOST out of your workout!

Resting Metabolic Rate

Learn the caloric and activity balance you need to help with weight management or give you a boost with weight loss.

Functional Movement Screen

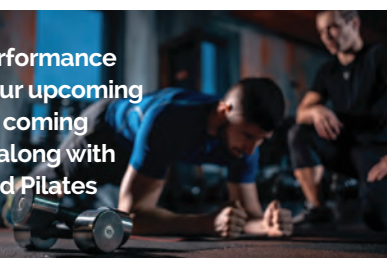
Evaluate to see if you have any imbalances or movement restrictions that could be attributing to weakness or chronic re-injury that inhibits your fitness progress.

VO2 Max

Test to get that true measure of cardiorespiratory fitness and develop a training program to increase your heart health or prepare for an upcoming event.

For more detailed information or to schedule an appointment, please call 201-389-0839, ext. 5 or visit the fitness desk.

Keep our human performance testing in mind for our upcoming summer promotion, coming July 15 – August 15, along with personal training and Pilates reformer packages!



Do You Have Osteoarthritis? Consider PREhab!

Are you contemplating total joint replacement or have a surgery scheduled? Consider working with our lead exercise physiologist, Sarah Edge, for an assessment, education on home exercises, and tweaking your current exercise routine to prepare your body prior to surgery or help improve function and fitness.

Fee: \$70 for two 1:1 hour sessions

For more information or to schedule an appointment, please call 201-447-8133.



Summer Youth Fitness Weeks

Valley Health LifeStyles will be hosting two summer youth fitness weeks, June 24 – June 28 and August 19 – August 23. Sessions will be held from 9 – 11:30 a.m. and are open to members and non-members ages 8 through 12.

Children will participate in fun fitness activities throughout the week, such as basketball, rock climbing, flexibility training, pickleball, strength training, games, fitness classes, and more! Activities will be supervised by Mike Lupo, Aquatics and Recreation Manager, and Jessica Walsh, Supervisor of Medical Fitness, who are both former public school teachers. Contact Jessica Walsh at 201-316-8439 with any questions.



Virtual Classes



We are now streaming virtual classes from our collection on the Mywellness app and holding them here at LifeStyles! These classes, held in the large-group fitness room, are about 30 minutes long, perfect for a lunchtime workout! Be on the lookout for pop-up classes and classes added to our permanent schedule soon!

Valley Health System Virtual Education in Our State-of-the-Art Conference Center

In cooperation with Valley's Community Health Department, the following programs are open to LifeStyles members. To register for any of these events, please visit ValleyHealth.com/Events.

Post-Menopausal Women and Cancer Concerns (Virtual)

For most women, the risk of developing certain cancers increases as we age. Join us to hear about these types of illnesses, their causes, and treatments.

Nicole Vilardo, MD, Gynecologic Oncologist,
Valley-Mount Sinai Comprehensive Cancer Care

Wednesday, June 19, 2024 • 2 – 3 p.m.



4 Valley Health Plaza
Paramus, NJ 07652
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](https://www.valleyhealth.com/Nondiscrimination).

class schedule continued from inside

My Aching Feet (Virtual)

The many miles we have put on our feet can greatly affect us as we age. Join us to discuss common foot issues as well as the many treatments that can help to manage these conditions.

John Beronio, DPM, Podiatrist

Thursday, July 18 • 2 – 3 p.m.

Think Five for Prostate Health (Virtual)

Join us to learn more about this protocol designed to treat prostate cancer using five precise high-dose radiation treatments rather than the standard course of 45 treatments.

Thomas P. Kole, MD, PhD, Radiation Oncologist, Valley-Mount Sinai Comprehensive Cancer Care

Wednesday, August 14 • Noon – 1 p.m.



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