

# LifeStyles NEWS



A QUARTERLY NEWSLETTER FOR MEMBERS OF VALLEY HEALTH *LIFESTYLES*

## Summer Youth Fitness Weeks At LifeStyles

LifeStyles is pleased to continue our youth programming with Summer Youth Fitness Weeks, designed for health and fun!



### Sports Week • July 7 – July 11

Each day will focus on a different sport, exploring skills, playing games, and participating in related activities.



### Recess Games • July 14 – 18

Your kids will enjoy a week full of their favorite recess games and activities like gaga ball, kickball, wall ball, hopscotch, and more.



### Video Game Favorites • August 11 – 15

Get your kids moving with video game-inspired games, activities, obstacle courses, and challenges.



### Olympics • August 18 – 22

Kids will participate in various Olympic-inspired activities. This final week will culminate with a fun, themed closing ceremony.

Classes will run between 9 a.m. and noon for children 8–12 years old. Fitness Weeks cost \$150 per week for members and \$175 for non-members, with a 10% discount for additional weeks purchased.

**Please register by June 15 to secure your child's spot!**  
For more information, please call 201-316-8439.



## Pickleball Schedule

### Beginner Open Play

Monday • 11 a.m. – 2 p.m.  
Tuesday • 11 a.m. – 12:30 p.m.

### Intermediate Open Play

Tuesday • 12:45 p.m. – 2:15 p.m.  
Thursday • 11 a.m. – 2 p.m.

### All Levels Open Play

Thursday • 6:30 p.m. – 8:30 p.m.  
Friday • 4:30 p.m. – 7 p.m.  
Sunday • 11:30 p.m. – 1:30 p.m.



Private and small group options available.  
For more information, please contact Mike Lupo  
at [mlupo2@valleyhealth.com](mailto:mlupo2@valleyhealth.com) or 201-31-8435.



## Facility Upgrades

Here at LifeStyles, we are always taking member feedback into consideration. We have heard you! Coming this summer, LifeStyles will be undergoing some big upgrades around the facility. Major improvements will be seen at the aquatics deck, the men's and women's locker rooms, and parts of the fitness floor. As more details are set, we will stay in communication with our members to let them know of closures to any areas of LifeStyles, the anticipated time for those closures, and how to still get the most out of your membership while the work is being completed. We appreciate your patience as we continue to grow LifeStyles to help you achieve your health and wellness goals.

## LifeStyles Pickleball Etiquette

To keep pickleball a safe, fun, and welcoming activity, please observe the following etiquette:

### 1 Respect the Schedule

- ▶ Follow LifeStyles court reservation system or rotation rules.
- ▶ Consider limiting playing time if others are waiting by playing games to 7 points.



### 2 Be a Good Sport

- ▶ Call your own faults honestly.
- ▶ Shake hands or paddle tap after a match.
- ▶ Avoid excessive celebrations or frustration.

### 3 Noise Control

- ▶ Keep loud cheering or conversations at a reasonable level.
- ▶ Avoid distracting players on other courts.

### 4 Share the Space

- ▶ If playing doubles, rotate out fairly when others are waiting.
- ▶ Don't monopolize courts with the same group if others want to play.

### 5 Safe Play

- ▶ Avoid aggressive shots when playing with beginners.
- ▶ Call "Ball on Court!" if a stray ball rolls into another court.

### 6 Proper Attire

- ▶ Wear court shoes to prevent slipping.

### 7 Keep Courts Clean

- ▶ Pick up stray balls and personal belongings.
- ▶ Dispose of water bottles and trash properly.

## Nutrition and Hydration Before Exercise

By Mike Leon, BS, MHA, Exercise Specialist



Nutrition and hydration are like peanut butter and jelly: they are both very important to the overall success one can have when exercising and reaching fitness goals. Here, we will dive into the importance of getting the right nutrients and hydration to prepare for a successful workout.

When preparing for a workout, it is important to make sure to have the right nutrients to help get through exercise routines. There are many different philosophies, diets, and eating habits that one can follow. However, no matter what eating habit or diet is followed, it is important to make sure to fuel the body appropriately for the exercise you plan to do.

**First**, let us discuss hydration. Hydration – specifically drinking water or an electrolyte drink – should be done before, during, and after exercise. It is very important to optimize fitness performance and feel your best. It is recommended to consume about 500-600ml or ½ a liter of water or electrolyte drinks one to two hours before your planned exercise, and 200-300ml every 10-20 minutes throughout the workout. Make sure to replenish hydration levels after exercise and continue to drink water throughout the rest of the day. A good rule of thumb is to drink six to eight glasses of water every day for optimal hydration.

**Second**, let us discuss nutrition. When planning to exercise, it is important to have some calorie intake one to two hours before your planned exercise time. You may feel that you do not need to be consuming calories before exercise, or you may think that not eating will help you burn more calories and aid in weight loss during your exercise. However, it is good to consume healthy carbohydrates and proteins before exercise to help fuel your body and give you the energy necessary for a productive workout. Try to find foods that are easily digestible and give you long-lasting energy, such as fruit, yogurt, protein shakes, and granola bars.

**Finally**, make sure to take prescribed medication and appropriate dosages. If you are diabetic, monitor your blood sugar levels pre- and post-workout and have a carbohydrate snack available if needed.

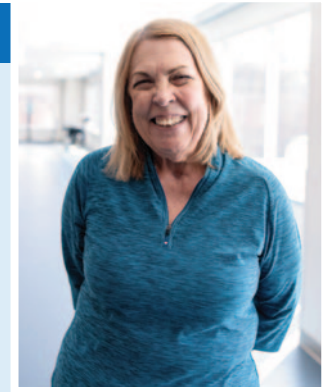


## Why Personal Training?

Personal training with one of our certified and skilled trainers gives members the extra motivation, accountability, and support to reach their fitness goals! Our trainers use their education and expertise to create tailor-made workouts based on your strengths and weaknesses. Working with a personal trainer is the safest, most effective, and fun way to achieve your goals. We 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. You can learn more about our trainers by reading their biographies hanging near the entrance to LifeStyles to find the best trainer for you! **Contact Jessica Walsh at 201-316-8439 for more information.**

## Member Testimonial: Sue Pullins

If you've been to *LifeStyles* over the past 6 years, you have undoubtedly seen member Sue Pullins working out here. Whether it was power walking on our track, using the equipment, taking group exercise classes, playing pickleball, or working out with personal trainer Wendy Zanella (one-on-one or in one of her small-group classes), she has always been a welcome presence. But you may not know about Sue's harrowing and life-threatening experience.



On vacation in Italy near Venice in summer 2024, Sue went on a hike. Taking a misstep, she fell 65 feet, rendering her unconscious and in critical condition. She was quickly airlifted to the nearest hospital, where she was cared for and had to be intubated – a procedure to insert a flexible plastic tube into a patient's trachea to help them breathe. When the intubation was removed, she had a heart attack and an emergency tracheotomy – a surgical procedure that creates an opening in the trachea to provide an alternative way to breathe.

Sue was then airlifted all the way to The Valley Hospital, where she regained consciousness two weeks after her fall. With a long road to recovery, Sue pushed through physical therapy, occupational therapy, and speech therapy at The Valley Center for Health and Wellness. Unable to stand, Sue started out in a wheelchair and progressed to using a walker, a rollator walker, and then a cane.

Sue is now not only back to walking unassisted, but she has been able to return to *LifeStyles* and is back to doing many of the things that she has always loved to do to stay healthy and in shape. Sue believes that her survival and recovery are due to her physical fitness, which she worked on at *LifeStyles*, and the care that she received throughout Valley Health System. We are so thankful that she is willing to share her story with everyone. Welcome back, Sue!

**To read more about Sue's story, please visit [ValleyHealth.com/PatientStories](https://www.valleyhealth.com/PatientStories).**

## Total Joint Surgery Prehabilitation at *LifeStyles*

### A SUCCESSFUL OUTCOME BEGINS BEFORE SURGERY

While rehabilitation is essential in allowing a patient to regain function and quality of life following a total joint replacement surgery, pre-surgical physical conditioning – **prehabilitation or prehab** – can hasten the healing process and help minimize the loss of function following surgery. Prehab is the process of enhancing the fitness level and functional capacity of patients before surgery, allowing them to withstand the stresses of surgery while preparing them for post-surgery realities, such as limited movement and rehabilitation. Patients who need joint replacement are often eager to put the pain behind them and get back to a healthier, more active life. The prehab program is a key step in achieving this outcome sooner and with less discomfort.

### THE ROAD TO RECOVERY STARTS HERE

If you're scheduled for joint replacement surgery at The Valley Hospital, learn how a detailed prehabilitation program can help you get the most out of your procedure and recovery. Ask your physician or surgeon to be referred to the prehab program at Valley Health *LifeStyles*.

**You can also call the Medical Fitness Center directly for a consultation, as well as information about fees and hours, by calling 201-447-8133.**





**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](http://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