

LifeStyles NEWS



A QUARTERLY NEWSLETTER FOR MEMBERS OF VALLEY HEALTH *LIFESTYLES*

The Mahwah Branch of The Valley Hospital Auxiliary Presents

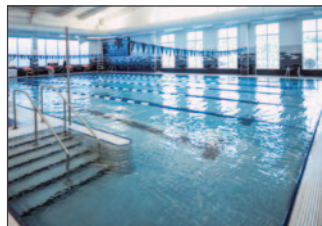
Spring Into Fitness

Saturday, May 3

8:30 a.m. – 1 p.m.

**The Valley Center for Health and Wellness
1400 MacArthur Blvd., Mahwah**

Join us here at Valley Health *LifeStyles* for a day of fitness, fun, and philanthropy! Invite some family and friends and take part in a spin class, pickleball game, swim session, or a walk on the track! Free health information will be available. All proceeds will benefit the Auxiliary's \$3.1 million pledge to support The Valley Hospital Pediatric Emergency Department and Valley Home Care's Butterflies Program, a pediatric palliative care and hospice program.



This event has a \$40 registration fee. Please scan the QR code to register. After purchase, you will be prompted to select your desired activity and timeslot.



All attendees will be entered into a drawing to win a three-month membership to Valley Health *LifeStyles*!

From the Experts: Cardiovascular Exercise Heart Rate for Fat Loss

By Mike Leon BS, MHA, Exercise Specialist

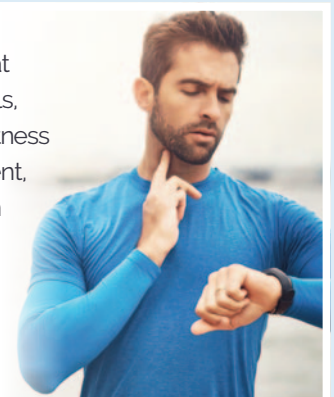
Have you ever wondered why it is difficult to lose weight and body fat while also maintaining muscle at high levels of cardio? It is because you are actually not burning fat.

Let us discuss.

Heart rate ranges are important for monitoring optimal cardiovascular health and fitness. So, does your heart rate affect the way your body reacts or changes based on the type of cardio training you do? The answer is yes! Heart rate ranges are generally broken into three categories: weight loss, cardiovascular endurance, and performance-based training. You may think that performance-based training and weight loss go hand in hand, and in some circumstances, this is true. However, if you are looking to just strictly lose body fat but still be able to maintain higher muscle mass, then higher heart rate ranges may not be best for targeting fat loss. The best way to lose body fat but maintain good lean muscle is to lower your heart to a range between 50-70% of maximum heart rate (MHR). Based on the lower intensity of exercise, you may find you are not burning as many calories overall. However, lowering your heart rate during cardiovascular training will target the fatty tissue better and gradually, over time and with consistency, lower your overall body fat percentage.

To get a heart rate range that is right for you and your goals, schedule a complimentary fitness assessment or re-assessment, and an exercise prescription with an exercise specialist.

To schedule, stop by the fitness desk or call 201-389-0839, ext. 5.



Parkinson's Exercise Program (PEP)



Valley Health *LifeStyles* is proud to offer a small-group exercise program for those living with Parkinson's disease.

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 LaShawn Michalski and Jessica Walsh, both holding special certifications in Parkinson's disease-specific fitness programming. We are pleased to be offering this special program to *LifeStyles* members as well as the community (non-members).

Once Per Week or Twice Per Week Program Options Are Available

Once Per Week

Wednesdays • Noon – 1 p.m.

LifeStyles members: \$145

Non-members: \$170

Twice Per Week

Wednesdays and Fridays • Noon – 1 p.m.

LifeStyles members: \$245

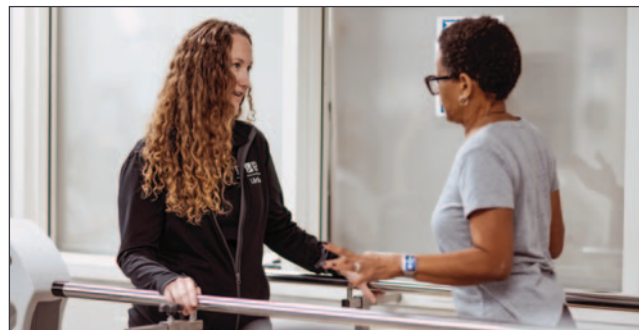
Non-members: \$295

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

AfterCare at Valley Health *LifeStyles*

AfterCare is a specific supervised medical fitness program for those who are transitioning out of traditional therapies, including physical therapy, occupational therapy, and pulmonary or cardiac rehabilitation; have cognitive impairment; are a high fall risk; have developmental disabilities; or have a diagnosis of chronic disease.

We can help reintegrate into your fitness program on a short-term basis, navigating current medical needs or specific goals to help continue your progress made during physical therapy. Our goal is to help you feel more confident and accountable moving forward.



Others may work with us on a long-term basis depending on their ability. No matter the program duration, each will be customized based on the client's needs.

AfterCare is available to *LifeStyles* members and non-members. If you or someone that you know need this supervised exercise option to keep moving, our team is available to help!

For more information and to schedule a free consultation, please call Sarah Edge at 201-447-8133.



Looking Ahead to the Summer with Youth Fitness

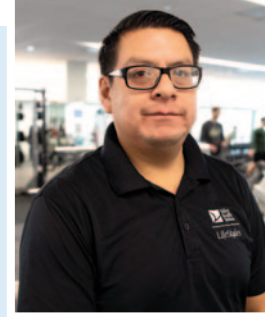
Summer Youth Fitness Weeks will be back this year! *LifeStyles* will host several themed fitness weeks for children ages 8 – 12 this summer. The program will be open to members and non-members and will feature some of your kids' favorite activities, such as basketball, gaga ball, obstacle courses, pickleball, rock wall, scooter races, and so much more!

Welcome to LifeStyles!

Valley Health LifeStyles is thrilled to welcome Julie Stogner and Wilson Montaleza as the newest members of the exercise specialist team.

Julie earned a bachelor's degree in exercise and sports science from the University of North Carolina at Chapel Hill, North Carolina. During her time there she completed a medical fitness internship at Get Real & HEEL, an exercise recovery program for patients diagnosed with cancer and survivors. She has more than six years of experience in the fitness industry as a personal trainer and group exercise instructor. She also spent many years working in public health teaching communities to exercise, improve nutrition, and regularly complete health screenings. Before joining LifeStyles, Julie worked as a wellness educator helping families in Bergen County develop healthy habits. She has a strong passion for preventive healthcare and believes that fitness should be fun! If you need motivational support and inspiration to freshen up your fitness journey, Julie is more than happy to help.

Wilson, a dedicated veteran of the United States Armed Forces, boasts an impressive background both in military service and academic pursuits. He served proudly, bringing discipline and dedication from his military experience to his civilian career as an exercise specialist. Wilson earned a bachelor's degree in exercise science from William Paterson University in Wayne, New Jersey,



where he developed a strong foundation in understanding the biomechanics and physiology of the human body. This robust educational background equips him to design and implement effective workout programs tailored to meet the unique needs and goals of each client. In addition to his expertise in exercise science, he holds an associate's degree in culinary arts. His diverse educational experiences allow him to approach fitness in a comprehensive manner, advising clients not only on physical fitness routines but also offering insights into nutrition and healthy eating habits that complement their fitness goals. Wilson's passion for fitness and wellness is evident in his commitment to helping others achieve their personal best. He takes great pride in crafting personalized workout programs that inspire and motivate his clients, enabling them to surpass their perceived limits and reach their full potential. His friendly and supportive manner makes him a valuable asset to anyone seeking guidance on their fitness journey.

LifeStyles Fitness Road Map

If you recently joined LifeStyles, don't forget to complete your Fitness Road Map found in the new member folder that you received upon joining. Completing even 4 out of 7 steps on your Fitness Road Map will earn you \$50 of LifeStyles Bucks that can be used on anything in the facility, except for membership dues! Every time you complete a step, get it stamped off by a staff member, and when you get a minimum of four steps completed, hand it in to membership services and the money will be added into your account.

If you have any questions regarding your Fitness Road Map, please contact Spiro Petritsis at 201-316-8436.



Fitness Road Map

Here is the list of checkpoints we recommend on your health and wellness journey here at Valley Health LifeStyles!

Complete four out of seven checkpoints and receive \$50 in LifeStyles Bucks

- 1 Attend one of our virtual monthly new member orientations. These events, held on Zoom, are a great chance to meet the LifeStyles staff, as well as find out what's going on in the facility! You will receive this link via email. Receive one free guest pass!
- 2 Schedule and take part in a fitness assessment. A degreed exercise specialist will conduct an assessment of your physical fitness level. This assessment will include your biometric measurements (heart-rate, blood pressure, etc.), cardiovascular endurance, strength and flexibility.
- 3 Receive your own personal Exercise Prescription. After completion of the fitness assessment, our highly trained staff will put together a comprehensive exercise program. The routine, which will be entered into the MyWellness app, will be tailored to your fitness level and personal goals.
- 4 Try out a group exercise class. All of our group exercise classes are led by trained professionals who are ready to put each of our members to the test! Classes include: Total body conditioning, Zumba, yoga and many more!
- 5 Refer a friend! LifeStyles has an ongoing referral program that rewards our members with a \$25 credit for any referral of any new member!
- 6 Try a FREE 30-minute personal training session. Fill out the basic request form in your new member packet to take advantage of this complimentary session with one of our nationally certified personal trainers. This also entitles you to 25% off any personal training packages purchased on the day of your free session!
- 7 Complete the brief aquatics department orientation to review all safety guidelines and pool use etiquette. See a lifeguard or the aquatics manager to schedule and learn more about the variety of programs and activities the LifeStyles aquatics department offers.

MEMBER NAME _____

MEMBERSHIP SERVICES _____

COMPLETION DATE _____

(To make the most of your membership, try to complete these steps within 45 days.)





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