

NOVEMBER 2019

# LifeStyles



A NEWSLETTER FOR MEMBERS OF VALLEY HEALTH *LIFESTYLES*



## ► It's Time for A Re-evaluation!

Fall is here. Time to shake out the cobwebs and change up your exercise routine to break out of your fitness plateaus and successfully achieve your goals!

### A re-evaluation consists of:

- The same fitness assessments performed when you joined, which includes body composition, cardiovascular, muscle strength and endurance, and flexibility tests. See how much you've improved!
- New exercise program to help keep you motivated and improving on your exercise goals!

### A re-evaluation is important because:

- The human body is always adapting to stress. When you perform the same exercise routine over time you start to plateau, seeing less progress towards your goals.
- Your exercise routine could start to feel monotonous and boring, preventing you from getting to the gym as often.
- Measurements included in the re-evaluation are a great way to keep track of your progress and provide motivation to continue achieving your goals!

*Sign up for your re-evaluation with one of our exercise specialists at the Fitness Desk.*

## ► Valley Health *LifeStyles* Fitness Etiquette

We ask everyone to please follow these simple gym etiquette rules:

1. Wipe down equipment after each use, **do not** spray display screens.
2. Return equipment to its original location.
3. Give people personal space.
4. Don't drop dumbbells or slam your weights.
5. Talking on cell phones is prohibited in all areas with exception of the Lobby.
6. Please use ear buds when listening to personal entertainment.
7. Obey posted locker room, steam, and sauna dress code rules.
8. Place all personal belongings in a locker; keep aisles and walkways clear.
9. Please be mindful of length of shower time during peak hours.
10. Bring any equipment or facility issues to staff's attention immediately.

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## ► In The Spotlight

*LifeStyles* and Valley Health System welcomes our new staff members – Group Exercise Instructors **Terry Cotter** and **Lauren Larssen**.

We would like to welcome **Kristen Bradley**, Integrative Nutritionist, to the Center for Health and Wellness! Actively participate in the creation of your best life by partnering with an integrative nutritionist. Functional nutrition offers the tools, strategies, and concepts to assist in meeting goals. Experience the patient-centered approach and learn how to optimize your health through nutrition. Call 201-389-0075 for your confidential consultation and invest in your wellness.



**Kristen Bradley,**  
Integrative Nutritionist

- **Schedule Note:** Thanksgiving holiday hours – November 28, 8 a.m. to 1 p.m.

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## ► Fitness Department News

### Small Group Personal Training at *LifeStyles* – We Have Something for Everyone!

**Waist Away Rx** – Designed and coached by certified personal trainer Evan M. Cataldo, Waist Away Rx is a circuit style, small group personal training program that promises to bring big results. Using bodyweight and resistance training, members can expect to burn serious calories while learning functional movements geared towards increasing stamina, muscle, core strength, balance, and mobility.

- **Mondays and Fridays, 11:15 a.m. – 12:15 p.m.**
- **Tuesdays and Thursdays, 10:15 – 11:15 a.m.**

**Functional Fitness for Life** – Join *LifeStyles* Personal Trainer, Sharon Kaminski, for a small group personal training class for seniors. Sessions include working on improving activities of daily living, core strength, and balance all with the use of a chair for balance and support.

- **Tuesdays and Thursdays, 3 – 4 p.m.**

**Fundamentals of Pilates Reformer Class** – Certified Pilates mat and reformer instructor Anne Scarlato will be offering an introduction to the reformer course. Learn how Pilates can form the foundation of any fitness routine, focusing on core strength and stability, and emphasizing smaller stabilizing muscles in the hips and shoulders.

- **Tuesdays and Thursdays, 10:30 – 11:30 a.m.**

*Class sizes are limited. Please contact Lara Vajas at 201-316-8434 for more information on small group personal training options. **Personal training fees apply to each class.***

## ► Upcoming Events

### Next New Member Orientation Open House

- **Tuesday, November 19, from 6 – 7 p.m. (held in the gymnasium).** All members welcome. Get a **FREE guest pass** for attending!

### Wellness-to-Go Series (held in the 2nd Floor Conference Center)

- **Eating for One or Two** – Discover ways to wisely and economically prepare healthy meals for one or two people.  
**Wednesday, November 6, at noon.**
- **Pregnancy and Exercise** – Exercise safely during your pregnancy to keep your baby and yourself healthy and ready for childbirth.  
**Wednesday, November 20, from 6:30 – 7:30 p.m.**

## ► The Sports Institute at *LifeStyles* Resting Metabolic Rate Testing

Learn how many calories your body burns all day, everyday. How many more you burn through activities of daily living and exercise is up to you! Use that information to construct a plan designed to burn more calories than you eat.

*First time LifeStyles members receive 25% off!*

### ImPACT™ Baseline Concussion Test Testing Sessions (for ages 12 and up)

- **Tuesday, November 19, at 4:30 and 6 p.m.**

Baseline neurocognitive and balance tests are helpful tools in managing a student athlete's post-concussion recovery; determining the need for academic accommodations, as well as when it is safe to return to play. Call 201-447-8133 to schedule a test before the winter sports season starts! Fee is \$30.

## ► Aquatics/Recreation News

**Swim Lessons** – We offer Private, Semi-Private, and Small Group lesson packages. Visit the Aquatics Office for more details.

### Parents Night Out

Enjoy a night out while we entertain your children! Participants can enjoy swimming, gym games, dinner, and a movie. Pizza and snacks will be provided during our theater-style projection movie viewing. With so much to do, we can almost promise to send your children home tired. Open to ages 4 – 12.

**Date:** Friday, November 29

**Time:** 6:30 – 9:30 p.m.

**Price:** \$25/child and \$20 for each additional child

*Registration is limited. Call our recreation manager Mike Lupo at 201-316-8435.*

### Birthday Parties

Does your child have a birthday coming up? There isn't a better place in town than *LifeStyles* to host a birthday party! Choose from our packages or create your own à la carte to create the perfect birthday celebration. Activity areas available include gymnasium, swimming pools, *KidStyles*, and the rock wall.

*Call our Recreation Manager at 201-316-8435 to book your party today!*

### Pickle Ball Tournament

Come play in our inaugural Mixed Doubles Pickle-Ball Tournament on **Sunday, November 10, at 1 p.m.!**

*Registration is limited. Sign your team up at the Front Desk.*