

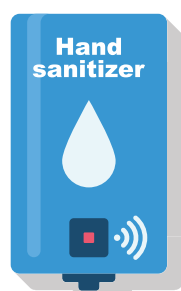
LifeStyles NEWS



A QUARTERLY NEWSLETTER FOR MEMBERS OF VALLEY HEALTH *LIFESTYLES*

The LifeStyles 2.0 Pledge

By Don Tomaszewski, Director
Valley Health LifeStyles Medical Fitness Center



With the numerous recent changes to CDC guidelines, state regulations, and The Valley Hospital policies, *LifeStyles* pledges to remain committed to providing the safest, cleanest, most comfortable exercise facility possible. Our SAFE protocol is in place to keep members, patients, and staff safe.

Currently, protective face coverings are an option for members who are fully vaccinated against COVID-19, and are required for unvaccinated members and for all Center staff. Other components of our SAFE protocol include:

- ▶ **A COVID-19 screening process** that includes a temperature check for everyone entering the Health & Wellness Center.
- ▶ **A Clean In, Clean Out policy.** Members are expected to sanitize their hands upon entering and exiting *LifeStyles*.
- ▶ **Sanitation stations** with wipes and disinfectant spray for members to wipe down equipment before and after each use.
- ▶ **Physical distancing** in designated spaces, such as our aquatics area, locker rooms, fitness floor, track, free weight area, and gymnasium.
- ▶ **Staff Safety Ambassadors** to monitor cleaning, mask compliance, and physical-distancing protocols.
- ▶ **Hospital-grade disinfecting** of equipment, locker rooms, and high-touch surfaces using the Victory Electrostatic Sprayer.

With daily member attendance on the rise, it is starting to feel like “old times” again, but, rest assured, *LifeStyles* 2.0 is the **new normal in medical fitness**. We are proud to be providing our members a “healthcare first, health club second” facility to deliver *Exercise as Medicine*. Let us know how we’re doing. Email me at dtomasz@valleyhealth.com.

Fitness Department News

Private and Small Group Yoga Instruction

Certified personal trainer and yoga instructor Wendy Zanella is now offering private and small group yoga instruction to help you meet your individual yoga, meditation, and wellness goals.

This type of instruction is particularly beneficial for beginners to the practice of yoga, those recovering from an injury or illness looking to incorporate yoga into their fitness and wellness program, or seasoned yoga practitioners looking to advance their practice.

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Fitness Department News

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Pilates Reformer Private and Small Group Sessions

Pilates reformer is back! *LifeStyles* certified personal trainer and group fitness instructor Sharon Kaminski is offering individual, semi-private, and small group Pilates reformer sessions.

The Pilates reformer offers a full-body workout that improves strength, flexibility, and body awareness. Pilates reformer work focuses on core strength and proper muscle engagement, which improves athletic performance, back pain, injury recovery, weight loss, balance, bone density, and posture.



If you are interested in private or small group yoga or Pilates instruction, please come to the Fitness Desk to fill out an interest form.

*Personal training session and package rates apply.

Live Streaming of *LifeStyles* Group Fitness Classes

Participate in live-streaming group fitness classes you can do from home or anywhere featuring your favorite *LifeStyles* instructors and class formats. Classes will be offered via our *LifeStyles* Mywellness App platform. More details coming soon!

Please take note of
LifeStyles Holiday Hours

JULY 4: Independence Day — CLOSED

JULY 5: Normal Hours — 5:30 a.m. – 9:30 p.m.

SEPTEMBER 6: Labor Day — 8 a.m. – 1 p.m.

LifeStyles at Home

Our online library of exercise videos is available 24/7 featuring your favorite *LifeStyles* group fitness instructors and is now available on the **Valley Health LifeStyles Mywellness app**. We offer more than 75 on demand videos focusing on cardio, strength training, yoga, Pilates, and more!



Aquatics News

Come sign up for Swim Lessons! We are offering **20 percent off all packages purchased in July.**

Contact Aquatics Manager Mike Lupo at 201-316-8435 or mlupo2@valleyhealth.com.

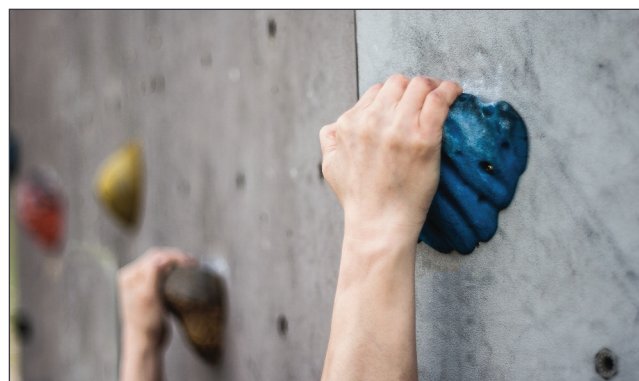
Recreation News

Come join us for an Introduction to Pickleball Course!

- ◆ **When:** First Monday of each month from 2 – 3 p.m.
- ◆ **Where:** Gymnasium
- ◆ Sign up at the Front Desk

Rock Climbing Wall

Coming soon, join us for one of our Open Climbs. A certified staff member will be on hand to teach proper climbing techniques. Open Climb schedules will be posted weekly at the Front Desk!



MEMBER TESTIMONIAL

Debbie has been a member since we opened in February 2018 and has taken advantage of all of the services provided here at *LifeStyles*.

A few years ago, Debbie suffered a major stroke, leaving her with limited use of her right side. Debbie has patience and determination, and over the years she has worked tirelessly to overcome her limitations.

“ Her work ethic and willingness to ‘give it a try’ is inspirational!”

Here at *LifeStyles*, you will see her working with the Valley Hospital Sports Institute *AfterCare* Fitness staff on her clinical exercise prescription. You might also catch her with Physical

Therapists in the therapy pool. These departments work together as a team to provide Debbie what she needs as she strives to meet her goals, and with Debbie as Team Captain, we are getting there!

Debbie has rocked it on the Pilates reformer, which is an amazing piece of equipment essential in developing core strength, decreasing muscle imbalances, and improving posture. Her *AfterCare* exercise sessions have improved her upper extremity range of motion, strength, mobility, and balance.

We are so grateful to Debbie for picking *LifeStyles* to be part of her team, challenging us to think outside the box and most importantly inspiring us to never, EVER, give up!



With Debbie is Lead Exercise Physiologist Sarah Edge.

(Editor's note: photo taken prior to the COVID-19 pandemic)

Membership Services

Member Engagement is a key ingredient in meeting your fitness goals!

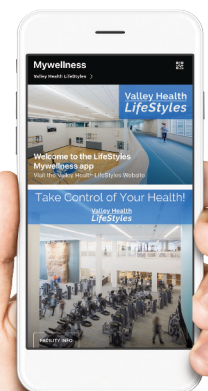
The Valley Health *LifeStyles* **Mywellness** app that was introduced this spring provides motivating options and resources for members to take that next step in their fitness journey. The app is a great tool for members to track their workouts inside and outside of *LifeStyles*, with GPS capabilities for outdoor activities like running and biking.

Our Exercise Specialists have been hard at work curating workouts for members of all fitness levels to follow along right on their phone or other smart devices. Don't have time to make it into *LifeStyles*? We offer a library full of our At-Home Exercise video series that includes all of your favorite group exercise classes, and soon will include live-streamed classes.

Track your MOVEs, the Mywellness metric best used to gauge your overall fitness level, and compare yourself to your friends right through the app! Participate in fitness challenges that will motivate you to up your workouts and meet your fitness goals.

Feel free to stop by the fitness desk with questions pertaining to your exercise routine and physical activity tracking using the new *LifeStyles* Mywellness app!

The Valley Health *LifeStyles* Mywellness app — available in the Google Play and the Apple App Stores — will help you get the most out of your membership!





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 VIRTUAL WELCOME ORIENTATION –

Tuesdays, July 13 or
September 14 at 6 p.m.

All members are welcome to join one of our Valley Center for Health & Wellness virtual orientations via Zoom. Everything you need to know about making the most of your *LifeStyles* membership will be presented by our expert staff, plus, Q&A with representatives from the clinical services located in the Wellness Center.



**JOIN
ZOOM MEETING**
using this link:

<https://us02web.zoom.us/j/2516912019>

Passcode: 11221

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 Channel – 201-316-8440

Sports Institute
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
PrimeTime Program
1-877-283-2276

Pharmacy

Main Directory
201-316-8444
(fax) 201-316-8445

Valley Medical Group

Main Directory
201-389-0075
(fax) 201-962-9730