

DECEMBER 2019

LifeStyles



A NEWSLETTER FOR MEMBERS OF VALLEY HEALTH *LIFESTYLES*



► Keep Your Focus on Health and Wellness This Holiday Season

The holidays are a hectic time for everyone – shopping, holiday parties, family time, and other added stressors. It may seem difficult to stay healthy and on track with your fitness routine this month of December. Try to follow these four tips for a healthier and fit holiday season:

Plan your workout sessions – Schedule your workouts just as you would any other appointment and you are more likely to stay on track and not skip your workouts!

Think, before you drink – Holiday parties, restaurants, and coffee shops will offer a variety of special holiday drinks, including alcohol, which can be loaded with sugar and calories. Be mindful next time you order a drink.

Don't skip your sleep – When deprived of sleep, the body produces more ghrelin, a "hunger hormone," that increases your desire to eat. Getting enough sleep will regulate those hormones and you may feel less tempted to snack on unhealthy treats.

Get out of the house – Holiday meals are a great way to get the family together, but don't make eating the sole focus of family gatherings. Try to plan outside activities, such as walking, skiing, or ice skating to burn off some extra calories.

► Schedule Note – Holiday Hours

Christmas Eve: Tuesday, December 24,
5:30 a.m. – 4 p.m.

Christmas Day: Wed., December 25 – CLOSED

New Year's Eve: Tuesday, December 31,
5:30 a.m. – 4 p.m.

New Year's Day: Wed., January 1, 8 a.m. – 1 p.m.

► Fitness Department News

Educational Session and Demo with *LifeStyles* Exercise Specialist Erin McHugh!

The Importance of Strength Training for Women

- **Thursday, December 12, at 11 a.m. and Tuesday, December 17, at 5 p.m.**

Many women tend to skip the weights when participating in an exercise program because they fear they will become "bulky." Others simply do not know how to use free weights. Join Erin for a 30-minute educational lecture that will dispel common weight lifting myths and show why strength training is so vital for women. A 30-minute demonstration of common weight exercises will follow the lecture.

Space is limited. Please register at the Fitness Desk.

Slow Flow Yoga Class with Barbara Bell

- **Thursday, December 12, at 7 p.m.**

In Slow Flow Yoga, we hold poses longer, using the breath to create a calm mind and engage our muscles to direct the energy flow. You will develop ease, strength, and better balance by moving with careful intention, engaging the breath and bandhas, creating internal heat and energy flow. During this 60-minute practice, you will appreciate the physiological effects yoga has on the body and mind! Some previous yoga experience is required.

Space is limited. Please register at the Front Desk.

Tai Chi Schedule Update

- **Registration is now open for our December 2 – January 25, 8-week Session!**

Come join us for our Tai Chi classes at *LifeStyles*! Tai Chi is a meditative martial art that has been practiced for centuries and integrates body, mind, and spirit. Benefits

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of Tai Chi include balance, strength, flexibility, and stress reduction.

- ▶ **Beginner Classes: Mondays at 5 p.m. or Saturdays at 10 a.m.**
- ▶ **Intermediate Classes: Saturdays at 11 a.m.**

Cost: \$99 for the 8-week session. Registration at the Front Desk is required..

▶ Upcoming Events

Next New Member Orientation Open House

- ▶ **Tuesday, December 17, from 9:30 – 10:30 a.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)

- ▶ **Healthy Holiday Eating** – Join Danielle Fabrizio, MS, CHES, Health Educator, as she offers some tips that can help you eat healthy during this festive season! **Wednesday, December 4, at noon.**

▶ The Sports Institute at *LifeStyles*

Resting Metabolic Rate Testing

Learn how many calories your body burns all day, everyday, at rest. 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!

▶ Aquatics/Recreation News

Parents Night Out

This month's Parents Night Out will take place Friday, December 20, from 6:30 to 9:30 p.m. First child is \$25 with each additional child costing \$20. Open to ages 4 – 12 years old.

Registration is limited. Call our Recreation Manager at 201-316-8435.

Birthday Parties

Call our Recreation Manager at 201-316-8435 to choose from different packages and activities to book your child's birthday party today!

Aquatics

Master Swim – Adult competitive swimmers and those serious swimmers who want to improve their swimming technique, skills, and overall fitness can attend our Masters Swimming program. Mondays starting December 9, 6:00 a.m. This is a **FREE** program.

Competitive Swim Clinic – Sign up for a competitive swim clinic. Master swim techniques, diving, flip turns, and relay starts. Thursdays starting December 19, 7 – 8 p.m. **Price: \$120**

▶ Holiday Giving Tree at the Center for Health and Wellness December 1 – 15

Help make the holidays brighter for some very special Valley families. A holiday tree will be placed in our lobby where members and patients can remove an angel tag printed with an item to purchase for one of our families in need. Simply return the item unwrapped to the box in the lobby. We will wrap and deliver all the gifts in time to give holiday cheer!

If you would like more information, or to adopt a family, please call our Holiday Giving Tree Hotline at 210-447-8000, extension 111-7222.

▶ Membership Services Notes

▶ **Gift of Health** – As a way to celebrate the holiday season and give thanks to our dedicated members, we would like to offer a variety of discounts off several fee-based programming. [Please see this flyer](#) for more details and stop by the Front Desk to take advantage before the year ends!

▶ Kristen Bradley, our new dietitian, will be out on the Fitness Floor meeting members and answering questions, on Monday, December 16 from 9:30 until 11:30 a.m.

▶ *All members please keep in mind that recording devices, including cell phones, are prohibited from being used within locker rooms.*