

# THE CENTER

## FOR HEALTH IMPROVEMENT NEWS

*September/October 2010*

### **Communication/Programs**

**Labor Day Hours** – Monday, September 6<sup>th</sup>, The Center is open 6am-6pm. The Play Center will be open from 9am-1pm. No Group Fitness classes will be held this day.

**Membership Special** – Tell your family & friends it's time to fall into fitness. Join CHI during the month of September and enroll for 50% off the Health Enrollment Fee for primary, spouse or child. Monthly dues still apply and a one year agreement is required.

**Group Personal Training** – We have updated our group training packages to feature more affordable prices. Group training is done in groups of 2 or more to minimize cost yet maximize personal attention. Working out with a small group provides accountability, encouragement, motivation, social support & builds camaraderie. Get together with your friend, spouse, colleague, child, or anyone else who has the desire to improve and push you to the next level.

**Athletic Edge** – A new session of Athletic Edge has started. The athletes will be utilizing the free weight area September 2<sup>nd</sup> – October 28<sup>th</sup> on Mondays & Thursdays from 7-8pm.

**Senior Activity Night** – Our next Senior Activity Night is scheduled Thursday, September 16<sup>th</sup>. Any member or non-member is invited to join us at 7pm in the Education Room for cards and bingo.

**Lifestyle Weight Management** – Are you looking for extra guidance with losing weight? If so, then try our *New & Revised* 8-week Lifestyle Weight Management Program which will begin Monday, September 27<sup>th</sup>. The program includes individualized attention from a Behavioral Psychologist, Dietitian, & Personal Trainer. If you would like to learn more about the program, attend a no-obligation orientation Monday, September 20<sup>th</sup> at 7pm in the Education Room or call 623-6338 for more information.

**Teen Functional Training** – If your teenager is confused about how to exercise to get stronger, stay healthy or, for some, lose or gain weight. The good news is Teen Functional Training will provide the education your teen needs to learn there is no right way to workout and no perfect exercise that will get you fit. The program offers a variety of fitness activities including resistance training, bootcamp, and yoga. This teen program is Tuesday and Thursday evenings from 7-8 pm.

**Family Nutrition Program** – A six week program developed by our Dietitian & Youth Program Coordinator to help families improve their health by making smart choices. Families must be referred to this program by a school principal, nurse, physical education teacher, pediatrician, or family physician. The Center will be offering its first Fall course on Monday's beginning October 4<sup>th</sup>-November 8<sup>th</sup> from 6-7:30pm. The course will be held in CHI's Education Room. The course is free, but a referral is required. Please call 623-5900 or visit with your family physician or school principal for more information.

**Kansas Optimizing Health Program (KOHP)** – Do you live with arthritis, diabetes, heart or lung disease, asthma or the effects of a stroke on a daily basis? If so, Stanford University has developed a six-week program to help you improve your health one step at a time. HMC will be offering a course once a week over a 6 week period. KOHP begins Thursday, September 9<sup>th</sup> and continue through October 14<sup>th</sup>. The course will be held from 10am –12pm in the CHI education room. The program is FREE. Call 623-5900 to register.

## Calendar of Events

**Summer in the City** – As summer comes to an end so does our Summer in the City classes. Classes are held on Saturdays from 8-9am in various locations throughout the City of Hays and are FREE to anyone. The remaining classes will be held September 11<sup>th</sup> & October 9<sup>th</sup> at Hays Medical Center's Fitness Trail and September 25<sup>th</sup> & October 23<sup>rd</sup> at Optimist Park.

**½ Marathon & 5K Event** – The Center will be hosting their annual STRIDE Half Marathon along with a 5K on Saturday, October 23<sup>rd</sup>. Entry fees for the Half Marathon and 5K before October 1<sup>st</sup> will be \$45 & \$25, respectively. Entry fees after October 1<sup>st</sup> will be \$55 & \$35, respectively. Registration packets are available at the front desk or online at [www.haysmed.com](http://www.haysmed.com) under Fitness Services. Registration ends October 15<sup>th</sup>.

**Flu Drive** – The HMC Foundation will be providing free flu shots to the community of Hays during the month of October. An official date has not been determined. Stay posted for further details.

**Success Stories** – The Center for Health Improvement relies on happy members telling others about their own success story. We both may be able to make a huge difference in somebody's life by sharing the positive experience(s) you have encountered since being a member of our facility. If you have a story to share please stop by the front desk at The Center or speak to any fitness staff for more information. We want to hear your story!

**Action Zone** – A great way for children to learn about fitness and health in a fun, safe, and active environment. The workouts are similar to adult classes, but with music and moves for children. Action Zone will be held on Sunday's from 1:30-2:30pm beginning October 10<sup>th</sup>. See the front desk for more details.

### September 6

Labor Day - CHI Open 6am to 6pm  
(No Group Fitness Classes)

### September 10

Half Price Smoothies

### September 11

Outdoor Summer in the City  
(CHI Fitness Trail 8-9am)

### September 13

Swimming Lessons (Parent & Child Only) Begin

### September 14

Blood Drive – CHI Gym

### September 16

Senior Activity Night 7pm – Cards & Bingo

### September 20

Swimming Lessons (Levels 1-6 Only) Begin

### September 23

Bring a Guest for FREE Day

### September 25

Outdoor Summer in the City  
(Optimist Park 8-9am)

### October 4

Swimming Lessons (Parent & Child Only) Begin

### October 9

Outdoor Summer in the City  
(HMC Fitness Trail 8-9am)

### October 11

Swimming Lessons (Levels 1-6 Only) Begin

### October 13

Bring a Guest for FREE Day

### October 21

Senior Activity Night 7pm – Activity TBD

### October 21

Half Price Smoothies

### October 23

Outdoor Summer in the City  
(Optimist Park 8-9am)

### October 23

STRIDE Half Marathon/5K



**THE CENTER**  
for Health Improvement