



4 Valley Health Plaza
Paramus, NJ 07652
ValleyHealth.com



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

LifeStyles NEWS

FALL 2026

A QUARTERLY NEWSLETTER FOR MEMBERS OF VALLEY HEALTH LIFESTYLES

Fitness Re-Assessments and Personalized Exercise Programs

When you commit to a fitness program, it's important to know if you're making progress towards your goals. Equally important is keeping those workouts interesting!

That's why, in addition to your initial fitness assessment and exercise program, *LifeStyles* invites you to receive a re-assessment and a new individualized exercise program from one of our exercise specialists every six months. These services are already included in your membership and are designed to keep you on track and motivated.

During a fitness re-assessment, you'll be able to see changes in the areas that were evaluated in your initial fitness assessment, such as biometrics, blood pressure, cardiorespiratory fitness, strength, balance, and flexibility.

A new exercise program (or modifications to your original program), designed by an exercise specialist, can get you back on schedule if you feel like you haven't been as consistent in your training. It's also a terrific way to keep track of your progress and set new goals. Having a plan that's created with your goals, capabilities, and interests in mind will help you get the most out of your workouts and your *LifeStyles* membership.

Our degreed exercise specialists are also qualified to work around any limitations that you may have. Whether you're coming from cardiac rehab, just finishing up physical therapy, or managing a chronic issue, our specialists will tailor your program to help keep you improving. We can also create customized programs to bring your sports and running training to the next level!

You can make an appointment for a fitness re-assessment or your personalized exercise program at any time.

**Stop by the Fitness Desk
or call 201-389-0839, ext. 5,
to speak to an exercise
specialist and schedule your
appointment today!**



Balance & Bone Fit

If you have osteoporosis or osteopenia, we invite you to join our Balance and Bone Fit exercise training series! This 10-week program provides safe and effective exercise routines with appropriate progressions to help you live a healthy, active lifestyle. An initial and post-session balance assessment and functional assessment are also included.

**Classes are held on Thursdays;
choose from a 1 p.m. or 4 p.m. session.**

Fall Session:

Thursday, September 10 – November 12

Winter Session:

Thursday, January 14 – March 18

Spring Session:

Thursday, April 15 – June 17

LifeStyles members: **\$180**

Non-members: **\$215**

**Space is limited. For more information and
to register, please call 201-316-8439, ext. 9.**



Return To Sport

Valley Health System's Return to Sport Program is designed to help athletes transition safely and confidently back to competitive play and higher-level physical activity following injury or rehabilitation.

Led by physical medicine and rehabilitation specialists and physical therapists who have experience working with athletic and collegiate populations, the Return to Sport Program begins with a comprehensive assessment to evaluate an athlete's readiness for return to activity. From there, participants receive a customized treatment plan focused on strength, agility, endurance, movement quality, and injury prevention.

"Recovering from an injury is only one part of the journey for athletes," said

Samuel Jacob, DO, sports medicine and physical medicine and rehabilitation specialist. "Our Return to Sport Program bridges the gap between rehabilitation and competition, helping athletes rebuild confidence, improve performance, and reduce the risk of reinjury."

"Our team-based approach ensures that patients receive expert guidance tailored to their sport, position, and individual goals," said Zhi Cheng Chen, MD, sports medicine and physical medicine and rehabilitation specialist.

The Return to Sport Program is located at The Valley Center for Health and Wellness, which is also home to Valley Health LifeStyles Fitness Center.

To learn more about the Return to Sport Program, please visit ValleyHealth.com/ReturnToSport. To schedule a consultation, please call 201-447-8134.



More Than a Workout: How the Gym Can Help You Reach Your Goals

By Lisa Channell, NASM, MHA, Lead Membership Representative



It's easy to see why home workouts have become so popular. Exercising at home is convenient, comfortable, and often less expensive than a gym membership. But when it comes to staying motivated, building healthy habits, and achieving lasting results, working out at a fitness center offers benefits that go far beyond access to exercise equipment.

One of the greatest advantages of a fitness center is the sense of community it provides. Human beings thrive on connection, and a gym environment creates opportunities for support, encouragement, and shared success.

Members cheer each other on, celebrate milestones together, and understand the challenges that come with pursuing health and fitness goals. When obstacles or plateaus arise, knowledgeable staff are available to provide solutions and help keep you moving forward.

Working out at home can certainly be effective, but it also comes with challenges. Household responsibilities, family demands, and other distractions can interrupt workouts and make consistency difficult. Without professional guidance, there is also a greater risk of injury due to poor exercise form, reduced motivation, and slower progress toward long-term goals.

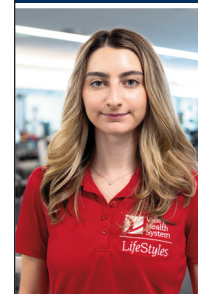
A fitness center offers something many people struggle to create at home: dedicated time and space to focus on themselves. The accountability that comes from a supportive environment often leads to greater confidence, stronger self-

discipline, and better adherence to healthy habits. The benefits extend beyond the workout itself, contributing to improved cardiovascular and metabolic health, stronger bones and joints, better sleep, reduced stress, and enhanced mood.

Ultimately, a gym membership is about more than physical fitness – it's about personal growth, community, and becoming your best self.

At Valley Health LifeStyles, our medically integrated team is here to support you every step of the way. Take advantage of your complimentary fitness assessment and exercise prescription, available every six months, to safely track your progress and continue moving toward your goals.

And don't forget about our membership referral program: Invite a friend or family member to join and receive \$25 off your next month's dues. After all, every fitness journey is a little easier – and a lot more enjoyable – with support by your side.



LifeStyles Welcomes Our Newest Pilates Reformer Instructor!

We're excited to introduce our new Pilates reformer instructor and exercise specialist, Sabrina Frankel. Sabrina is a devoted Pilates instructor who is passionate about helping clients achieve their fitness goals while offering hands-on instruction in a safe environment.

Sabrina hopes members leave each session feeling confident, accomplished, and balanced from the inside out.

Sabrina has a 500-hour comprehensive Pilates certification through Club Pilates and has been teaching for two years. She has a bachelor's degree in exercise science from Montclair State University.

Sabrina is available for Pilates reformer sessions on Mondays from 10 a.m. – 1 p.m., and on Thursdays from 4:30 – 6:30 p.m. You can fill out a Pilates reformer request form to get started, or contact our Medical Fitness Supervisor at **201-316-8349** with any questions.

Small Group Training

Are you looking to achieve fitness goals but finding it hard to stay motivated when exercising alone? Small group training may be the solution!

Small group training presents the opportunity to reap all the benefits of personal or partner training but in small groups of five to six individuals. It provides more accountability, motivation, support, and increased camaraderie, resulting in success for everyone in the group!

LifeStyles offers several small group training sessions for balance, strength, and stretch; mobility and flexibility; circuit training; TRX; Pilates reformer; and more. Class sizes are limited, and small group personal training and Pilates reformer rates apply.



For more information about small group training options at LifeStyles, please call Jessica Walsh, Medical Fitness Supervisor, at 201-316-8439.

Get Into the Swim of Things!

Dive into confidence and skill with our professionally led swim lessons at Valley Health LifeStyles. Whether you're just starting out or looking to improve your technique, we offer a safe, supportive, and fun environment for all ages and skill levels.

Our swim instructors tailor each lesson to meet individual needs and focus on water safety, stroke development, endurance, and overall aquatic confidence. We offer private sessions, semi-private sessions, and parent-child lessons, providing flexible options to fit every swimmer's needs.

From toddlers taking their first splash to adults refining their strokes, LifeStyles makes swimming accessible and enjoyable for all.



Come make a splash and reach your swimming goals with us! **For additional information, please contact Mike Lupo, Aquatics Manager, at 201-316-8435.**



Youth Classes at LifeStyles

Staying healthy and feeling strong isn't just for grown-ups! Valley Health LifeStyles offers a variety of classes for kids ages 6 – 15, including Intro to Fitness, Pickleball, Yoga, Zumba Kids, and more. Classes are open to members and non-members and run in six-week sessions from September to June.

Six-Week Sessions

LifeStyles members: **\$110** • Non-members: **\$125**

Space is limited. For more information and to register, please call 201-316-8439.

