



**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](http://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**

**SPRING 2026**

A QUARTERLY NEWSLETTER FOR MEMBERS OF VALLEY HEALTH *LIFESTYLES*

**Summer Youth Program**

Valley Health *LifeStyles* will be hosting four Summer Youth Fitness Weeks this year! Children ages 8-12 will participate in fun, fitness-related activities and games from 9 a.m. to noon daily.

**Sports Week • July 6 – July 10**

Each day will focus on a different sport, exploring skills, playing games, and participating in related activities.

**Recess Games • July 13 – 17**

Enjoy a week full of your favorite recess games and activities like gaga ball, kickball, wall ball, hopscotch, and more.

**Fitness Week • August 17 – 21**

Spend the week exploring all that *LifeStyles* has to offer, from rock wall to Zumba to strength training to swimming, and more.

**Olympics • August 24 – 28**

Kids will participate in various Olympic-inspired activities. This final week will culminate in a fun closing ceremony.

The program is open to members and non-members. The cost for each week is \$150 for *LifeStyles* members and \$175 for non-members, with a 10% discount on each additional week you purchase.



To register or for questions, please call Jessica Walsh, Medical Fitness Supervisor, at 201-316-8439.



**Parkinson's Exercise Program**

Valley Health *LifeStyles* is proud to offer a small-group exercise program for those living with Parkinson's disease.

Our Parkinson's Exercise Program (PEP) is an evidence-based fitness program designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. Benefits of this program include improved muscular strength, endurance, posture, and balance. Participants will gain confidence in activities of daily living and show improvement in overall quality of life.

This small-group class is taught by LaShawn Michalski and Jessica Walsh, both holding special certifications in Parkinson's disease-specific fitness programming. We are pleased to offer this special program to *LifeStyles* members as well as the community (non-members).

**Once per week or twice per week program options are available.**

**Once Per Week**

**Wednesdays • Noon – 1 p.m.**

*LifeStyles* members: **\$145**

Non-members: **\$170**

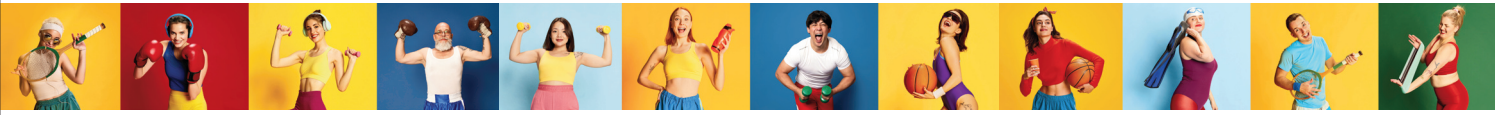
**Twice Per Week**

**Wednesdays and Fridays • Noon – 1 p.m.**

*LifeStyles* members: **\$245**

Non-members: **\$295**

**For more information, please call Jessica Walsh, Medical Fitness Supervisor, at 201-316-8439.**



## Exercise is Medicine for a Longer Life

By Spiro Petritsis, BS Athletic Training, MHA

Longevity is a topic that is at the top of a lot of people's minds. How can we have a longer life to continue to do the things that we love? Not only has medical science been able to make huge strides in life expectancy, but it also continues to do so in a way that is simpler than you think, and something you can help yourself achieve right here at *LifeStyles!*

In a recent study published in *BMJ Medicine* – titled "Physical Activity Types, Variety, and Mortality: Results From Two Prospective Cohort Studies" – researchers found that regularly engaging in different types of exercise can help boost longevity. Since 1976, the physical activity, as well as the health status and deaths of over 100,000 men and women, have been tracked by researchers. Ten individual methods of physical activity were tracked amongst the participants: walking, jogging, running, bicycling, swimming, rowing or calisthenics, tennis, squash or racquetball, stair climbing, and weight/resistance training.

The results found two great things related to longevity. The first, which may be unsurprising to some, is that regular

physical activity and exercise can increase a person's life expectancy. But it also found that engaging in multiple methods over a long period of time can improve life expectancy even further, by as much as 19% than those who only train one way. The authors of the paper attribute this to the fact that different types of exercise have different types of physiological benefits that other types may not have, and the combination improves many things at once.

Here at *LifeStyles*, we are equipped and ready to help you get set up with the variety of exercises you need. Remember, there are multiple ways to make sure that you accomplish everything that you need to. If you want to make sure that your cardiovascular exercise is done, but you don't like treadmills, or if you want to do resistance training, but don't like using free weights, our exercise specialists are here to help you build a program that meets your goals and keeps you motivated.

Every adult member at *LifeStyles* is entitled to a complimentary fitness assessment and exercise prescription every six months, so schedule yours today by stopping at the fitness desk or calling 201-389-0839, ext. 5, to get on the path to longevity today!

## Aqua Arthritis

Valley Health *LifeStyles* is proud to offer aquatic exercise classes for arthritis. Aquatic exercise can aid in reducing joint stress, increasing circulation, and decreasing pain. Our instructors are Arthritis Foundation certified to create classes specifically for individuals with arthritis, related rheumatic diseases, or musculoskeletal conditions.

Classes are held twice a week and run monthly. Members and non-members can choose to attend classes on Mondays and Fridays at noon or Mondays and Wednesdays at 1 p.m.

## Eight Class Sessions

*LifeStyles* members: **\$125** • Non-members: **\$150**

For questions, please call **Jessica Walsh, Medical Fitness Supervisor, at 201-316-8439.**



spent the past six years helping individuals build strength, mobility, and confidence through intentional movement. Devon hopes you leave her sessions feeling stronger, more confident, more aligned, and empowered. She believes fitness is imperative at every stage of life – no matter your age or limitations.

Devon is an ACE-certified personal trainer, a 200-hour certified yoga instructor through Juluka Yoga School, and has completed a 500-hour comprehensive Pilates training with Club Pilates Institute, later bridging her training into a classical Pilates background through the Equinox Pilates Institute.

## Welcome to *LifeStyles*, Devon!



Devon is an exercise specialist with a strong background in fitness, wellness, and movement education. She holds a bachelor's degree in business administration with a concentration in marketing from Ramapo College and a master's degree in kinesiology from Montclair State University, both in New Jersey. After beginning her career in a corporate desk job, Devon pivoted to the fitness and wellness industry, where she has

## Upgrades to *LifeStyles*

By now, we are sure that you have noticed some big upgrades that have come to *LifeStyles*. This includes new ellipticals, treadmills, upright and recumbent bikes, additions to our free weight area, and replacement of the entire Line of Life Fitness strength training machine circuit. We appreciate your patience with the closures of these areas while we installed new state-of-the-art equipment to help you achieve all your fitness and wellness goals!



## Lifeguard Courses at *LifeStyles*

Do you have an interest in getting your feet wet as a certified lifeguard? *LifeStyles'* Aquatics Department is offering a lifeguard certification course through the American Red Cross. The course will teach water safety and critical life-guarding skills, including how to perform cardiopulmonary resuscitation (CPR) and how to use an automated external defibrillator (AED). The training will include hands-on skills that will be tested at the end of the course alongside a written test. In order to enroll in the course, the participant must be at least 15 years old by the last day of class and complete a

pre-course swimming evaluation. Upon completion of the course, the participant will receive an American Red Cross Lifeguarding/First Aid/CPR/AED certification, which is valid for two years and accepted nationwide.

For more information, please visit the aquatics office or contact Mike Lupo, Aquatics Manager, at 201-316-8435.



## Human Performance Testing

Try one or all of our human performance tests to ensure you're getting the most out of your workout!

### Resting Metabolic Rate

Learn the caloric and activity balance you need to help with weight management or give you a boost with weight loss.

### Functional Movement Screen

Evaluate to see if you have any imbalances or movement restrictions that could be contributing to weakness or chronic re-injury that inhibits your fitness progress.

### VO2 Max

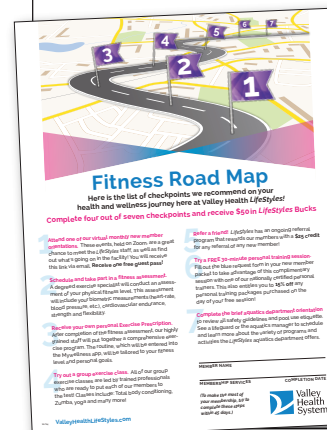
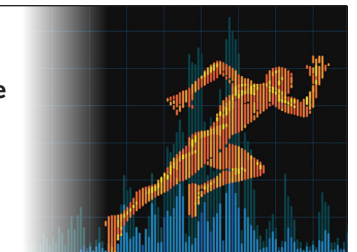
Test to get that true measure of cardiorespiratory fitness and

develop a training program to increase your heart health or prepare for an upcoming event.

### InBody Testing

Measure weight, muscle mass, and body fat percentage to help reach your health and fitness goals with actionable objectives.

For more detailed information or to schedule an appointment, please call 201-389-0839, ext. 5, or visit the fitness desk.



## *LifeStyles* Fitness Road Map

If you recently joined *LifeStyles*, don't forget to complete your Fitness Road Map found in your new member folder that you received upon joining. Completing even 4 out of 7 steps on your Fitness Road Map will earn you \$50 of *LifeStyles* Bucks that can be used on anything in the facility, except for membership dues! Every time you complete a step, get it stamped off by a staff member. When you get a minimum of 4 steps completed, hand it in to membership services, and the money will be added into your account.

If you have any questions regarding your Fitness Road Map, please contact Spiro Petritsis at 201-316-8436.