

Summer 09 Footnotes



Summertime, a Time for Kids to Learn About Fitness

(Fitness FUNdamentals and Learn to Swim, 2009 Health Zone Summer Challenge Camps)

It is time to spread the word about Health Zone Summer Challenge Camps. Fitness FUNdamentals are weekly camps for children ages five to fifteen. These sessions provide lifelong skills to create a well-balanced life. The broad base of knowledge available at each camp can be both incorporated now and carried into adulthood. Each weekly session includes sports, games, crafts, swimming and various outdoor and indoor activities. These variations teach children there are endless opportunities to keep healthy. The value of nutrition paired with exercise is also covered in many of the camps.

FUNDamentals camps are held at Health Zone June 1 – July 31. Health Zone members receive a reduced rate. Full day weekly costs are \$135, and half day weekly costs are \$80. Members who enroll a child or multiple children in six weeks get the seventh free. Membership discount for enrollment is applicable to children or grandchildren of Health Zone members. Most camps run Monday – Friday 9:00 a.m. to 4:00 p.m. except for the Survivor and Team Relay camps, which run 9:00 a.m. to Noon only. Before Care is \$15 weekly and After Care is also \$15 for working families or those who need longer periods of care.

Fitness FUNdamentals weekly themes are as follows:

- Sports Basics/Weight Training and Conditioning – June 1-5 (full and half day options)
- Nature – June 8-12
- Survivor – June 15-19 (half day only)
- Shapedown Basics – June 22-26
- All-Star Sports – July 6-10
- Ultimate Survivor – July 13-17
- Boot Camp – July 20-24
- Team Relay – July 27-31 (half day only)

For Questions, call Linda at 918-494-8222, or e-mail hzone@saintfrancis.com. Registration forms and more details about each weekly event are available at the member services desk and online.

Visit www.healthzone.saintfrancis.com for a complete schedule.

(continued inside)

Tobacco Cessation

June 11th to July 16th,

Thursdays, 6:30 pm, Health Zone Classroom
Call (918) 494-1660 to register

Health Zone/Tulsa Drillers night

Thursday, June 25th

Call (918) 744-5901 to purchase tickets,
then stop by our booth near the
entrance for special member offers



(continued camps from front)

Ages 6 months through adult can Learn 2 Swim at Health Zone.

Group or individual lessons are available. Skills taught range from overcoming fear of water to a front and back crawl for 45 feet and a butterfly, backstroke and side stroke for 15 yards. The small instructor to student ratio and positive reinforcement tactics have made the Health Zone an appreciated choice noted by members. Families with children enjoy the convenience of coming to a prescheduled class or recruiting friends, neighbors and schoolmates to form their own private group class for a similar group cost. Once weekly or other weekly options are available to fit the needs of the group.

Summer group swim sessions with space currently available run 40 minutes, twice weekly. Duration is three weeks. Cost is \$60 per session. **Session dates are: June 1 – June 18; June 22 – July 16; and July 20 – August 6.** Parents of children ages 6 months to 4 years who have fear of the water or little to no exposure to pools may want to start with a parent/child aquatics class. The parent helps introduce the child to the water under instructor supervision. This is available Tuesdays and Thursdays, 6:30 pm – 7:00 pm. Group classes for children 3 years and up are available Tuesdays and Thursdays at either 9:45 am – 10:25 am; 11:30 am – 12:10 pm; or 5:40 pm – 6:20 pm. There are varied levels of swim skill taught during these times. Children are separated based on age and water experience to offer developmentally appropriate instruction. Adults who need to learn to swim will find Mondays and Wednesdays from 6:30 pm to 7:10 pm most appropriate. Varied levels of skill for adults are also available during the Monday and Wednesday classes. Health Zone's certified water instructors are accredited by the American Red Cross.

For Questions about Learn 2 Swim, call Janet at 918-494-8289, or e-mail hzone@saintfrancis.com. Registration forms are available at the member services desk and online. Visit www.healthzone.saintfrancis.com for a complete schedule.

Director's Docket

Conservation of Resources

The uncertainty of the economy continues to stay on the forefront of American minds.

Probably most Health Zone members have been touched by economic changes in some way. Generally the need to reorganize businesses is beyond control, so a focus for the times to consider might be on how to control your own outcomes. Therefore, I will provide you with a financial solution for your own interpretation.



What would YOU do with a product that was proven to:

- Make you feel better and have more energy;
- Improve your ability to relax;
- Improve your ability to sleep;
- Help prevent lifestyle disease including heart disease, stroke, cancer and diabetes;
- Help control obesity;
- Lower your health care costs;
- Improve productivity;
- Generally improve your overall quality of life.

My answer would be to take the recommended daily dose as often as possible.

The product: physical activity

Recommended daily dose: 30 minutes of accumulated activity

Cost: Less than \$2/day at Health Zone

In a time of cost cutting and expense consciousness, do not forget the greatest gift of all – Good Health!

A handwritten signature in black ink that reads "John H. Galt".

Two Great Ways for Teens to Enjoy Health Zone

Do you have a teen, or two, or three hanging out around the house this summer? Get them up and moving with a Health Zone membership. Health Zone has revamped our membership options for teens.

Family membership option – add up to three teen members to an account for one low price when a membership already includes two adult members. Family memberships are defined as two adults and one to three children between the ages of 14-21. All children should be members of the household listed on the account. There is no membership fee for child memberships. Family membership prices vary based on membership type. The added cost for one to three teens is \$25.00 a month plus tax.

Teen summer guest pass – Is your teen only here for the summer? Teen summer guest passes are available for purchase. Choose a three month or one month pass. Three month cost is \$99.00 (plus tax). One month cost is \$35.00 (plus tax). Guest passes must be paid at the time of purchase and are non-refundable.



Downtown Health Zone Changes

Effective May 8, 2009, Health Zone consolidated services and closed the satellite facility in downtown. Downtown members have been asked to indicate their change in writing and transfer their membership to the south location. Changes are welcome by email hzone@saintfrancis.com, or by fax (918) 494-8217.

Expanded services at the south location include:

- three aerobics/cycling studios;
- two swimming pools;
- a newly renovated spa with full range of services;

- Kid Zone drop in childcare;
- summer programs for children;
- a variety of deli services;
- over one hundred choices for cardiovascular/strength equipment;
- a complete free weight area and more.

Office hours are Monday through Friday, 8:30 am to 4:30 pm. If you have any questions feel free to call (918) 494-1660. Our office staff is available to make this transition as smooth as possible.

Saint Francis Health System and Fox 23 Moving It Again

Since 2007, Saint Francis Health System and Fox 23 have teamed up for the “Move It” Campaign as a means to teach and encourage the greater Tulsa community how to stay healthy. The campaign includes news stories and tips to encourage and influence health and wellness. Following

a family through the start of a journey to health is a main element in the campaign.



Meet the 2009 Move IT Family

The 2009 “Move It” family is the Stophels: Chuck, Sara, Cress, Nik and Asher. “Mom”, Sara, was inspired by the Powers family, so she submitted her family’s story to FOX for consideration as the next “Move It” family. They were selected, and their journey with the “Move It” program began in January.

Forty-one-year-old “Dad”, Chuck Stophel, has fought through incredible odds throughout his life. At age seven, he was diagnosed with cancer. After numerous chemotherapy treatments, doctors gave him no chance of survival. Then, the cancer simply disappeared with no explanation. At age twenty-seven, he had a heart attack and was diagnosed with heart failure. He spent two months on life support before receiving a heart transplant. Now, 14 years later, Chuck is doing great. His “Move It” goal is to add muscle that he’s never regained since the transplant.

“Mom”, Sara, is forty-two-years-old and teaches autistic and special needs children at the Little Light House. Sara is happy to be a part of “Move It” because she finally has someone to hold her accountable for her diet and exercise.

The eldest of the three Stophel sons, Creston, is sixteen. At the age of thirteen, Cress began to go through some weight changes. During a school physical, Cress was determined to be diabetic. He met this new challenge head-on, dropping 65 pounds; his doctors are amazed at his progress. Cress wants to build some muscle and tone now. His goal is to be comfortable enough to remove his shirt at pool parties.

Fourteen-year-old Nikolai loves to play baseball and has actually had success playing against kids a couple of years older than him. Nik’s biggest goal with “Move It” is to add some more muscle to his arms.

Asher, eight-years-old and the youngest member of the family, is also following the same athletic route as his older brothers. A lefty, Asher will be playing baseball for the first time in 2009. He also loves to play Wii boxing. His parents say they’d like “Move It” to help him change his eating habits.

Watch FOX23 News the last Thursday of every month to see stories and updates on the Stophel family’s progress. Also, go to www.fox23.com and check out the blog section of the “Move It” Family page.



Don't Miss These Spring Classes

New Class: Intro to Pilates Reformer

Classes are held on the first and third Saturdays of each month in Studio B.
Class size is limited to three people at a cost of \$25.00 per person

Learn how to use the reformer machine in a routine that lengthens and builds lean muscle for a lean physique. Many exercisers find this form of movement more influential in fighting tension and stress. The unique bodybuilding experience is often considered as an excellent cardio choice by those looking for an activity that has a lower impact on joints. The machine provides the resistance in the workout and moves the center of gravity away from knee/ankle impact. Classes are led by certified instructor Janna Yohe or Janice Bamford.

Flex and Back Care

Tuesday and Thursday at 8:30 am
Studio B

A complete strength training workout. Exercises in this workout target the back and core muscles (which also support the back). Stretching, building flexibility and strength are all important elements included in this class.



Graydon Yohe, Director
Linda Willborn, Clinical Manager
Jana Wallace, Office Manager
Bryan Dowler, Operations Supervisor
Pat LeMasters, Member Services Coordinator
Janet Crockett, Aquatic Coordinator
Dee Dee Phibbs, Aerobic Coordinator
Jennifer Daley, Health Promotion Coordinator
Rusty Riggs, Operations Supervisor

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