

Kaweah Health Lifestyle Fitness Center

5105 W. Cypress Ave. • Visalia, CA 93277 • 559 624 3400



The Benefits of Personal Training

Article courtesy of Ace Fitness
acefitness.org

1. Motivation

Most of us work harder in the presence of others. Having a trainer by your side can provide the encouragement, energy and motivation you need to jumpstart your routine. A trainer can also help you set goals, create a plan to accomplish them and celebrate the day you reach them.

2. Consistency

Do you find it difficult to stick with a program or habit? A trainer can hold you accountable and help you overcome all the excuses you might use to avoid your commitment to exercise. It's a lot harder to skip the gym when you know someone is waiting for you.

3. Clarity

Fitness can be confusing. There is a lot of information to sort through. Eat this, not that. Cardio before or after strength training? Your trainer can help you find credible information and provide direction on your fitness journey. A trainer can help remove the guesswork so you can put all your energy toward accomplishing your goals.

4. Confidence

The gym can be intimidating. Working with a trainer allows you to become confident with how to perform exercises, use machines and navigate the facility. After a few sessions, you will feel ready to tackle the weight room on your own. Even better, an ego boost during exercise can promote stronger self-confidence and self-efficacy, which can help you stick with your exercise program over the long term.

5. Avoid Injury

If you are new to exercise or find that some movements are painful, it is worth hiring a trainer to be certain that you are moving in a safe and effective way. Taking the time to learn proper exercise technique can improve your results and prevent annoying injuries.

6. Individual Attention

When it comes to fitness, everyone is different. Your unique body mechanics, experience, goals, fitness level, likes and dislikes can guide your trainer in creating a plan that is specific to your needs. With a program that fits, you are more likely to maintain the habit and see results.

7. Sport-specific Training

Do you want to run your first 5K or prepare for a backpacking trip? Looking to shave some strokes off your golf game? Your trainer can design a fitness program specific to your sport, which will improve your performance and reduce your chance of injury during the event(s).

8. Training With Medical Conditions

Exercise is beneficial for preventing or managing many common chronic conditions such as diabetes, heart disease and hypertension. However, exercising with a medical condition requires additional precautions. A knowledgeable trainer with experience training clients with chronic conditions can design a program that ensures your safety and provides a positive exercise experience.

9. Aging Gracefully

Our bodies change as we age. Perhaps the exercises you used to do no longer work with your body, or maybe you've stopped seeing results. A trainer can help you adjust or adapt your program as you age, which will allow you to maintain functionality and strength.

10. FUN

Believe it or not, exercise can be enjoyable. A savvy personal trainer can make exercise both effective and fun. Group or buddy training can be a great way to increase enjoyment, make exercise social and attain the services of a trainer for a cheaper rate. And simply working with a trainer who you like and respect can be enough to provide you with more gratification from your workouts.

THE LIFESTYLE FITNESS CENTER

WELLNESS WORKS



Sept
Oct | 22

» News and information helping people make healthy lifestyle choices

UPDATES

Facility Adjusted Hours: Labor Day, September 5th

Facility- 6 AM to 6 PM
Membership- 8:30 AM to 4:30 PM

Personal Training Special

10% Off all
One on One
Training Packages
9/1/22-9/30/22

Member Referral Program

Bring Your Friends &
Family to Visalia's
Medically Based Health Club

For more information,
contact (559) 624-3410.



Aquatic Tides

MARYANN MARQUEZ, Aquatic Coordinator

P & P (Parents & Pollywogs)

This three-week class provides an introduction to basic swimming skills and water safety for children six months to two years. A parent must attend with the child and be in the water with them at all times. Each session consists of six, 30-minute classes on Tuesday and Thursday evenings. Class size is limited and pre-registration and payment is required. For more information please call (559) 624-3421.

Family Swim

Family Swim is BACK! Sundays ONLY! 1PM to 3PM

Come enjoy our pools with your family and practice what you have learned in Learn to Swim and Parents & Pollywogs. Family Swim is for families to come and enjoy the pools together. Participants must be at least six months old. A parent or legal guardian must directly supervise their own children at all times. Non-member guest fee required for ages five and above.

Pool Etiquette

The pools are open to all members while classes are scheduled. However, please remember to be courteous to class participants and the instructors. Please do not swim through the class or hold conversations while classes are in progress.

Circle Swimming: What is it?

While everyone loves having a lane to themselves, sometimes you may end up having to share a lane with one or even two swimmers. When this happens, you'll need to know how to circle swim. In the United States, it is similar to how we drive on the road. Circle swimming goes counterclockwise: swim on the right side of the black line that runs down the middle of the lane. You will be on one side of the lane going down the pool, and the other side of the lane coming back. Think of the black line as a double yellow line in the middle of the road. We hope this helps make your experience in our lap pool more enjoyable.



Enjoy karate as part of your gym membership.

We are now offering Karate and Kobudo. Must be at least eight years old to participate in these classes.

Classes:

Mondays
(Advanced Karate)
7:30 PM-9 PM Room B

Wednesdays
(Beginner Karate)
6:30 PM-7:30 PM Room A

Fridays
(Beginner Karate)
6:30 PM-7:30 PM Room A
(Advanced Karate & Kobudo)
7:30 PM-9 PM Room A

Classes Taught by Sensei Kaumron Torabi 5th Degree Blackbelt with over 35 years teaching experience.



Jumpstart To Fitness

CHRISTIAN HERRERA, Membership Coordinator

We have a number of short-term, no-commitment membership options available over the summer months. Our three-month Jumpstart to Fitness membership is \$249, all fees included. At the end of each three-month term, you can renew it for only \$177. This is an unlimited membership, so you are welcome to utilize the facility anytime during our facility hours: Monday - Friday from 4:30 AM to 10 PM and Saturday - Sunday from 6 AM to 7 PM



Richard "Kiki" Torrez Jr., professional boxer, signing his membership agreement with Director Patrick Tazio.

Membership Special

CHRISTIAN HERRERA, Membership Coordinator

Experience the medical fitness difference. Join now with 60% off initial fees for regular members. As a medically-based fitness facility, our certified and experienced fitness professionals will design an individual fitness program specifically tailored to you and your personal goals, as often as you need and at no additional charge to your membership.

*Certain restrictions may apply. A \$39 annual facility fee is due upon enrollment. Offer not valid with any other offers or discounts. See a membership representative for details. Offer valid 9/1/2022 through 10/31/2022.

We also offer guest passes at the following rates:

Daily Guest Pass:	\$20.00 (\$15.00 if accompanied by a member)
Week Guest Pass:	\$35.00 (7 Consecutive Days)
Month Guest Pass:	\$75.00 (30 Consecutive Days)

Guest passes may be purchased at the front desk any time during business hours.



Richard "Kiki" Torrez Jr., professional boxer, enjoying the benefits of Cryo Therapy.

Recovery Zone Services

MONICA SOTO, BS, ACSM EP-C, Fitness Program Coordinator

The Recovery Zone is the latest addition to the Kaweah Health Lifestyle Fitness Center. The Recovery Zone focuses on helping you recover from your workouts and recreational activities faster with the use of Cryotherapy and/or NormaTec® Compression Therapy. Not only do these therapies help you recover from exercise and activity, they can speed your recovery from injuries, alleviating everyday aches, pains, and stiffness, improving sleep quality, boosting energy, and much more.

Our XR Cryotherapy Chamber uses liquid nitrogen to produce extremely low temperatures of up to -220°F for a short period of time (three minutes). There is no moisture involved so the extreme cold is tolerable. During the three-minute session, your skin temperature will drop but your core temperature will remain at 98.6°F. The blood vessels of the exposed skin react to the extreme temperatures by vasoconstriction, which pushes some of the blood from the skin's surface area and skeletal muscles towards the body's warm core. Once the cryotherapy session is over, your skin returns to normal temperature as the warmer blood circulates throughout the entire body.

NormaTec® Compression Therapy uses full-length leg, arm, or hip attachments to rejuvenate muscle tissue and dramatically reduce tightness and soreness. Through pulsing compressions that mimic the muscle pumping action of the legs and arms, fluid and metabolites are moved out of the limbs after an intense workout. Sequential pulsing through the attachments eliminates backflow of fluid and allows adequate rest time in each portion of the limb(s). NormaTec® Compression Therapy feels like a massage and is very relaxing.

All cryotherapy users are required to complete a health questionnaire and sign a waiver at lifestyle.cryoinnovations.com. Certain conditions, diseases, or injuries can preclude you from using these services. To get more information or to schedule your Recovery Zone appointment, please contact the Exercise Physiology department at (559) 624-3450.

Upcoming events For Exercise Physiology

Hydrostatic Weighing starting at 8 AM by appointment only.

Sat 9/3/22

Sat 10/1/22

Members \$25.00

Non-members \$35.00



Facility Etiquette

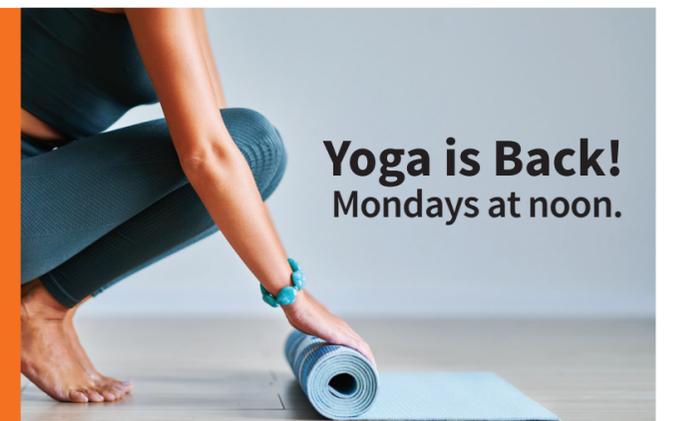


An adult member must directly supervise children under the age of 16. No children under the age of 12 are permitted in the fitness floor, pools, aerobic rooms, drop zone or gymnasium unless they are participating in a Children's program.

Group Exercise Etiquette



Please be considerate and refrain from entering scheduled classes while in session.



Yoga is Back!
Mondays at noon.

Train Like a **CHAMPION.**

Recover like a **CHAMPION.**

Enjoy the benefits of Cryotherapy at The Lifestyle Fitness Center