



**Healthtrax**  
FIT FAMILIES FOR LIFE

**Stay connected to Healthtrax at home, at work or on the road.**

Visit our [website](#) for class schedules, member services, upcoming events and special announcements.



We will be open on Labor Day (Monday, September 3) from **7:00 a.m.-1:00 p.m.** Check at the Center for updates to class and kidZONE schedules.

### **Announcing our Grand Prize Winner!**

We are pleased to announce that the grand prize winner of the Justin Timberlake tickets and overnight stay at Mohegan Sun is **Virginia Llanes**, Healthtrax member at Garden City, New York.

Congratulations, Virginia, and enjoy the show!





REFER A FRIEND AND GET A  
**FREE MONTH OF DUES**  
WHEN THEY JOIN HEALTHTRAX!\*

See Membership Advisor for details and Guest  
Passes or login to your Healthtrax Rewards  
account at  
[Healthtrax.com/HealthtraxRewards](https://Healthtrax.com/HealthtraxRewards)

Ask Center Staff how to register on  
Healthtrax Rewards.



HEALTHTRAX  
REWARDS MEMBERS  
ALSO RECEIVE

**+400 pts**

IF YOUR FRIEND  
JOINS

\*Must refer a friend who joins on an annual dues paying contract between 9/1/18 - 10/14/18. Free month of dues applicable to current individual monthly rate. Only valid on certain membership types. Some restrictions apply. See a Membership Advisor for more information.

## Benefits of Exercise for Mental Health

Exercise has been researched and validated for treating a variety of mental issues and mental health conditions, including depression, anxiety, eating disorders, bipolar disorders, schizophrenia, addictions, grief, relationship problems, dementia and personality disorders. Additionally, exercise alleviates such conditions as bad moods, stress, chronic pain and chronic illnesses.

Exercise is not only free from negative stigma, it is safe when done appropriately, with a doctor's approval. Any side effects are ultimately positive, and even better, exercise is easy

to access and available for everyone.

Like medicine in the treatment of mental illness, exercise can increase levels of serotonin, dopamine and norepinephrine in the brain. It improves and normalizes neurotransmitter levels, which ultimately helps us feel mentally healthy. Other important benefits include enhanced mood and energy; reduced stress; deeper relaxation; improved mental clarity, learning, insight, memory and cognitive functioning; enhanced intuition, creativity, assertiveness and enthusiasm for life; and improved social health and relationships, higher self-esteem and increased spiritual connection.

Source: National Alliance on Mental Illness



The graphic features a teal and purple ribbon on the left, with the word "HOPE" in white capital letters. To the right, two hands are shown in a supportive grip. Below this, the text reads: "KNOW THE SYMPTOMS", "SUPPORT THE FIGHTERS", and "REMEMBER THE VICTIMS". The main title "September Stronger Together" is in a large, teal, rounded font. Below the title, it says "Join Healthtrax on September 15<sup>th</sup> for a Group Fitness Event to raise funds for The American Foundation for Suicide Prevention". A paragraph follows: "September is National Suicide Prevention Awareness month, and this year Healthtrax is teaming with The American Foundation for Suicide Prevention to help save lives and bring hope to those affected by suicide. Registration is \$10/person, all contributions will be given to the AFSP to help fund education and community programs on mental health, develop suicide prevention through research and advocacy, and provide support for those affected by suicide." The event date "Event Date: September 15th" is highlighted in teal. At the bottom, it says "Stop by the Front Desk to Register." followed by the Healthtrax logo (a teal diamond with a white 'H') and the tagline "FIT FAMILIES FOR LIFE".

**HOPE**

KNOW THE SYMPTOMS  
SUPPORT THE FIGHTERS  
REMEMBER THE VICTIMS

**September Stronger Together**

Join Healthtrax on **September 15<sup>th</sup>** for a Group Fitness Event to raise funds for **The American Foundation for Suicide Prevention**

September is National Suicide Prevention Awareness month, and this year Healthtrax is teaming with The American Foundation for Suicide Prevention to help save lives and bring hope to those affected by suicide. Registration is \$10/person, all contributions will be given to the AFSP to help fund education and community programs on mental health, develop suicide prevention through research and advocacy, and provide support for those affected by suicide.

**Event Date: September 15th**

Stop by the Front Desk to Register.  **Healthtrax**  
FIT FAMILIES FOR LIFE

### Labor Day Group Fitness Classes

We will be holding these classes on Labor Day:

- 8:30 a.m. Cycle 60
- 9:30 a.m. Group POWER



### TRX Small Group Training Forming Now!



TRX suspension training transforms your body. Whether you are a new exerciser or a weekend warrior, TRX is the ticket to improving how your body moves.

Small group classes are forming now. Please contact our fitness director, [Tony Nguyen](#), or one of our trainers for more details.

### ViPR Workout and ViPR Move



Try one of these movement classes today! Space is limited. Registration required at least 2 days in advance.

### ViPR MOVE

Improve your movement health in ViPR Move. This class focuses on fundamental movements, such as squatting, lunging, rotation and ground to standing, which are used in daily activities. This class is perfect for the non-exerciser, or the hard-core athlete who needs to re-tune and recondition the body.

Tuesdays / 9:00 a.m. & 5:00 p.m.  
Thursdays / 11:40 a.m.

### ViPR WORKOUT

This action-packed, 3-dimensional movement class will change the way your body looks, feels and moves. ViPR Workout is a cutting-edge, 30-minute, high intensity interval training class that delivers a full-body workout including cardiovascular and muscular strength training.

Tuesdays / 8:30 a.m.  
Thursdays / 5:00 p.m.

## Now Hiring Personal Trainers

**Healthtrax personal trainers:** *more than just a job ... it's a life's passion.* [Apply online today!](#)



Healthtrax trainers enjoy:

- opportunity to advance through multiple tiers and compensation levels
- generous quarterly bonuses & commissions
- full-time benefits package, including medical, dental and 401K
- professional development, including CEUs, certification renewal and specialty training discounts, workshops and more
- long-term career growth opportunities ... advancement to head trainer and beyond is possible
- the chance to work with a wide spectrum of highly motivated members



### Making a Difference

Healthtrax has a rich history of serving our communities' fitness needs since 1979 in our 17 locations in 6 states.

## How Are We Doing?

We value your comments, suggestions and compliments. Your feedback helps us keep our promise of service excellence. Please [click here](#) to let us know how we are doing.

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Follow us on **twitter**

FOLLOW US ON **Pinterest**

