



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

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

A graphic for National Suicide Prevention Awareness Month. It features a teal and purple ribbon on the left, the word "HOPE" in white, and two hands reaching towards each other. The text "September Stronger Together" is in large teal letters. Below it, it says "Join Healthtrax on September 15th for a Group Fitness Event to raise funds for The American Foundation for Suicide Prevention". A paragraph explains the event's purpose and registration details. The event date "September 15th" is highlighted in teal. At the bottom, it says "Stop by the Front Desk to Register." and includes the Healthtrax logo with the tagline "FIT FAMILIES FOR LIFE".

HOPE

**KNOW THE SYMPTOMS
SUPPORT THE FIGHTERS
REMEMBER THE VICTIMS**

September Stronger Together

Join Healthtrax on September 15th 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

Autism Spin-A-Thon September 8

Join us for cycling fun to raise money for a great cause. Two of our members are running the Chicago Marathon and are raising funds for Autism Speaks and the Organization for Autism Research. Classes will be ongoing in 45-minute blocks taught by 4 different instructors.

September 8 / 7:30-10:30 a.m.
Suggested donation \$20

Contact [Mary Rossi](#) for details.

Les Mills Barre is HERE!

LES MILLS BARRE™ is a modern version of classic balletic training: a 30-minute workout designed to shape and tone postural muscles, build core strength and allow you to escape the everyday.

Grab a copy of the group fitness class schedule for the latest days and times for LM Barre and all your favorite programs!

Contact [Annie Barra](#) for details.

Health Spotlight: Pappas Physical Therapy



Physical Therapy for Pain Management

Physical therapy is among the safe and effective alternatives to opioids [recommended by the Centers for Disease Control and Prevention](#) for the management of most non-cancer related pain. Whereas opioids only mask the sensation of pain, physical therapists treat pain through movement, hands-on care, exercise and patient education.

Here's how physical therapists manage pain:

Exercise

A study following 20,000 people over 11 years found that those who exercised on a regular basis experienced less pain. And among those who exercised more than 3 times per week, chronic widespread pain was 28% less common. Physical therapists can prescribe exercise specific to your goals and needs.

Manual Therapy

Research supports a hands-on approach to treating pain. From carpal tunnel syndrome to low back pain, this type of care can effectively reduce your pain and improve your movement. Physical therapists may use manipulation, joint and soft tissue mobilizations and dry needling, as well as other strategies in your care.

Education

A large study conducted with military personnel demonstrated that those with back pain who received a 45-minute educational session about pain were less likely to seek treatment than their peers who received no education about pain. Physical therapists will talk with you to make sure they understand your pain history, and help set realistic expectations about your treatment.

Teamwork

Recent studies have shown that developing a positive relationship with your physical therapist and being an active participant in your own recovery can impact your success. This is likely because physical therapists are able to directly work with you and assess how your pain responds to treatment.

If you are currently experiencing or have a history of low back pain, come in for a **FREE assessment** to determine if physical therapy can help you!

To learn more or to schedule an assessment, contact [Dan](#) at 401-398-2326.

Client of the Month: Eric

Eric and his family moved to this area last summer, and the stress of moving meant that he was eating a lot of unhealthy stuff and not working out at all. Once settled, Eric was ready to make some lifestyle changes--and thankfully, Healthtrax was nearby!





Now, Eric tries to work out at the Center four or five times a week. "Healthtrax makes it easy to want to come here," said Eric. "Great facilities, friendly staff and even child care if needed." He finds that the diverse equipment--whether it's free weights, kettlebells or machines like Jacob's Ladder--encourages him to try different things and get a total body workout. "I've noticed my posture, stamina and overall muscle tone have greatly improved. I've also dropped enough weight so that my clothes fit much better," reports Eric.

When he first started working with personal trainer Tiffany, Eric wasn't sure what to expect, but he appreciated the way she customized his training plan. "She is all about attention to detail and I'm reminded how important stretching and proper technique are when we work out. And the job is never done. She's constantly challenging me!"

For further information on personal training, contact [Huw Meyrick](#), Director of Fitness.

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**

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Healthtrax Fitness & Wellness at East Greenwich Square

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