



Healthtrax
FIT FAMILIES FOR LIFE

Stay connected to Healthtrax at home, at work or on the road.
Visit our [website](#) for class schedules, programs, services, events and announcements.



June is Men's Health Month



01

Eat Healthy.

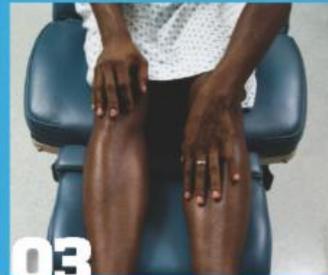
Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

Get Moving.

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

Make Prevention a Priority.

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." — Congressman Bill Richardson (May 1994)

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

1 in 2

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

1994

On May 31, 1994 President Bill Clinton signed the bill establishing National Men's Health Week.

88.9

In 2010, there were 88.9 men for every 100 women in the age group 65-69.

ONLINE RESOURCES

Men's Health Month
MensHealthMonth.org

Men's Health Network
MensHealthNetwork.org

Get It Checked
GetItChecked.com

Talking About Men's Health Blog
TalkingAboutMensHealth.com

Men's Health Resource Center
MensHealthResourceCenter.com



AWARENESS. PREVENTION. EDUCATION. FAMILY.

Visit Our Blog for Men's Fitness Tips for Every Age

June is [Men's Health Month](#), and we at Healthtrax want to share a few fitness tips that can be incorporated into your workouts. Our goal is to meet you at your stage in life and in fitness!

[Read our latest TraxTalk blog here.](#)

Advertise Your Business or Practice to Healthtrax Members!

Would you like a new way to advertise your business or practice to your fellow local Healthtrax members? Healthtrax is offering advertising in our monthly enewsletter. Your ad will be seen by over 1,000 members each month. We offer monthly ad options or annual packages.

Ads are sold on a first-come, first-served basis and space is limited. For more information, email ads@healthtrax.net.

1 YEAR MEMBERSHIP
giveaway
H

Refer friends and co-workers to take a free tour of Healthtrax and you get a chance to win a one year membership.* See a Membership Advisor for more info.

Healthtrax
REWARDS

*Current members over age 18 are eligible for the drawing for the one-year individual membership. Must refer a non-member friend who tours between June 1-30.

Visit the front desk today to schedule your free trial.*

Experience HydroMassage®

Sore Muscles? Stress?

*Relax and refresh with a warm water massage;
convenient and always ready when you need it*

HYDROMASSAGE
WELLNESS FOCUSED. INNOVATION DRIVEN.



*One free massage per member. Must be age 18 or older. Some restrictions apply.

Traveling jets move up and down the body with wave-like streams of heated water. HydroMassage helps you recover faster after a workout and it feels incredible!

Click the graphic to find out more about HydroMassage or to **schedule your free trial visit**.

Fuel for Your Workout

For quick energy, building and repairing muscle tissue and regulating blood sugar, it's important to fuel your body one to three hours before your workouts with an easy-to-digest high-carbohydrate meal or snack. Opt for familiar foods that are high in carbs and moderate in protein, such as apple slices with peanut butter or Greek yogurt with fruit.

Test what foods and timing work best for you--and don't try anything new the day of an event!

Source: Academy of Nutrition and Dietetics

Healthtrax Physical Therapy Opening Soon!



We are excited to welcome **Healthtrax Physical Therapy** and our new on-site physical therapist, **Brian J. Ferreira**.

Brian is pleased to bring his practice to Healthtrax Fitness & Wellness. A physical therapist since 2006 who has operated several outpatient physical therapy clinics, Brian earned a Certification in Manual Therapy at the Manual Therapy Institute and an MS in Physical Therapy at the University of Hartford. Brian is trained in advanced manual therapy skills and is an experienced outpatient orthopedics specialist.

Keep your eyes open for special meet & greet hours. For more information or answers to your questions, contact [Brian](#).

Success at Healthtrax: Sandi Z's Client

"I'm 66 years young and up until now had never really exercised with any consistency. My eating habits were hit or miss and my commitment to my own body health was not kept. After my husband made his transition I realized that if I wanted to be healthy and fit I needed to change my perception on how I looked at my physical health. I had joined gyms many, many times before but never went more than a handful of times. Last November I realized

that I was eligible for SilverSneakers and so I joined Healthtrax and was given two free visits with a trainer. What a gift! On my first visit we tested my balance and I could hardly walk without tipping over. That was a wake-up call.

"Now, thanks to my trainer, Sandi Zanetti, I shifted my perspective from losing weight to building healthy and clean eating habits (and I've released over 30 pounds), building overall strength, keeping my commitment to my Tribe (best thing ever) and creating an overall lifestyle of health and well-being. I am now on a path of abundance in all areas of my life and it started with that first free visit at Healthtrax. THANK YOU!" -- *Deborah*

Success at Healthtrax: Caroline K's Client

"My journey at Healthtrax began much like everyone else's: I wanted to lose weight. I also had many physical ailments (bad back, injured ankles, etc). I began to use the treadmill as that was the only machine I felt comfortable using. After about a month I realized I wasn't getting much out of the Center, so I decided to work with a personal trainer.

"We began with one half hour a week. Caroline tailored the exercises and machines to strengthen my weak areas. She has been amazing guiding me through my journey. With Caroline's assistance, I ran my first 5K and she was there to encourage me all the way.

"As I have progressed, my strength has enabled me to join several small group training and group fitness classes without fear of hurting myself. At this time I am a regular spinner and take Tribe Life class. The instructors are very helpful and caring and I have made some wonderful new acquaintances.

"As I continue on my journey, I have realized it is about a healthy lifestyle not simply a weight loss program. My increased energy and decreased stress levels are proof of that--not to mention my 50-pound weight loss. It works!" -- *Rita D.*

Success at Healthtrax: Tribe Team Training

"I found myself eating McDonald's on a daily basis, sometimes even twice a day. Within the past year I had gone up two pant sizes. It was when I was going up yet another pant size that I decided that I had to do something about it. I joined Healthtrax and met with Sandi for my fitness analysis.

"It was during that visit that I learned how unhealthy I had become: I couldn't even make it through her fitness assessment! The InBody was a real wake-up call. Sandi outlined a diet and exercise program based on my fitness goals. The first step was to cut out McDonalds completely; that was hard but I stuck to the plan.

"Within 2 weeks I lost 5 pounds but more importantly, I felt healthier. My energy level increased and I found that I was sleeping better. My body started changing and I really liked what I was seeing. This kept me motivated to keep going. At six weeks I had lost 12 pounds. I can now pull myself up and over the bars. I can lift heavier weights and can walk longer and faster. I'm excited to see what else this new body can do." -- *Ana R*



TRIBE Team Training FREE Trial Week

When you're part of a TRIBE Team Training class, you'll get a challenging workout as part of a small group. Cheer each other on and be motivated by the support of your team and group trainer as you work to achieve your workout goals. Join us and learn something new and fun!



Invite your friends, family or co-workers to join you for FREE Trial Week! And be sure to follow us on Facebook, Instagram and Twitter.

FREE Trial Week June 10-16
Season starts June 17
See Fitness staff for schedule

Contact [Sandi Zanetti](#) or the fitness desk for details and to register.

Register for Summer Swim Lessons

Our summer sessions of 30-minute swim lessons for Starfish, Beginner I and Beginner II starts soon!

Session 1 starts July 8
Session 2 starts July 22
Session 3 starts August 5
Days & times vary
\$79 members / \$105 nonmembers

Check schedule at front desk and contact [Bridget Sullivan](#) for details.

Clear, consistent writing and design for
marketing, editorial and business communications.
cerebration.biz ! cere@cerebration.biz ! 860-298-9224

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Healthtrax Fitness & Wellness

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