

"One should eat to live, not live to eat."



Aquatics/Swim Lessons

- ✓ **Spring Learn to Swim registration** opens February 2nd! Call 770-956-STAR (7827) to register. These classes fill up fast so don't miss out!
- ✓ **Registration is now open for our Aqua Yoga workshop** Friday February 8th from 4:00-6:00 pm with Meg Hannon. The cost is \$30 for members. Feel the world of land and water bridge together and work hand in hand in releasing pain and relaxing the body.
- ✓ Feel free to email michelle.wood@wellstar.org for any questions or concerns.

Click on the [blue](#) links for more information!

DIRECTOR'S UPDATES

New TV was installed in the ladies locker room.

Security has been contacted to help **improve parking** for Health Place members.

Kennestone Hospital grounds crew has been engaged in **helping to clean up the pond/track.**

Safety Messages

Facility Maintenance Requests

If you have any maintenance concerns please let the front desk know so we can address it promptly.



[Click here to contact our dietitian!](#)

Dietitian's Corner

Love Yourself with Red Foods



Beets – can create nitric oxide in your body which can help with blood pressure and improve athletic performance. Try beets roasted with carrots or grated raw into a salad!



Raspberries- are the highest fiber berry at 8 g fiber per 1 cup. They are also a low sugar fruit and high in antioxidants and vitamin C. Try them in yogurt, salads or as a tasty snack or dessert!

- ✓ **To make a nutrition appointment** with our dietitian Kayla, ask your doctor to send a referral to Wellbeing 365 Nutrition (if in the WellStar system) or have them fax it to 770-793-7922. See the difference healthy eating can make for you!

What's in the recipe box?



Land Group Fitness

Join us for our MOSSA Group Launch Saturday February 9th 9:00-11:30 AM—enjoy classes of Group Power, Group Centergy, Group Ride, Yoga and Power Boxing .

We will have vendors from Big Peach Running Company, Ancient Awakenings, Tropical Smoothie Café and more! They will be at Health Place with samples and discount coupons for you our members!

Check out our new virtual trainer and virtual dietitian videos to get quick workout and nutrition tips on:

<https://www.wellstarhealthplace.org/>





Sean Burnett

Sean has been at Health Place for 8 months. He is a Certified Personal Trainer and certified Performance Enhancement Specialist. He's also a Certified Health Coach and Certified Group Fitness Instructor. At Health Place, Sean is an Exercise Specialist, Personal Trainer, and Group Fitness Instructor. His specialty is creating programs for improving performance in active daily living as well as sports.

Sean says, "I love the daily interaction with the members and staff at Health Place. I enjoy helping everyone with their health and fitness goals while having fun." One interesting fact about Sean is he went from bowling being his primary competitive sport, to track and field which are complete opposites when it comes to fitness levels.

A Health Place member states that "He's a very nice and friendly guy. To me he's a great young man who cares about people. He's willing to help you in any way he can."



Massage



Valentine's Day Sale

Don't forget that special person in your life for Valentine's Day with a massage gift certificate! Take advantage of our Valentine's Day special - \$55 for a 1-hour massage (limit 6 per customer). Gift bags available upon request. **Sale runs February 1st through February 14th.**

See the front desk for more details!

Need Help?

Front Desk

New Personal Trainer Wall

Check out the new trainer wall outside of the gym floor to see info about your favorite trainer. Don't have one? Take a look and see who would be right for you!



Check out our Pro-Shop!

✓ Pegan Protein Bar

- ✓ Plant based - No dairy, no soy, no gluten
- ✓ 17 g of prebiotic fiber and 20 g of protein



✓ Thinkthin Protein Powder with Probiotics

- ✓ Plant based - No dairy, no soy, no gluten
- ✓ 20 g protein and 1 billion probiotic bacteria as well as 5 g prebiotic fiber
- ✓ Great for post-workout or added into oatmeal for extra protein boost

