

"This is my body, my only body. I will give my body love, respect and gratitude."

Aquatics/Swim Lessons

- ✓ The pool is OPEN! We sincerely appreciate your patience as we spent time replacing the plaster to the pool. We were able to make a few improvements along the way, and it looks beautiful! Please help us keep it clean and safe throughout the year.
- ✓ The aquatic group exercise schedule is available on the website and there are a few changes. We have added some new classes!
- ✓ Learn to Swim winter registration is open now, and there are still a few spots left! Please call 770-956-STAR to register today. 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 handrail will be installed this month.



Safety Messages

Feeding Stray Cats
Please do not feed stray cats in our area.

Unsafe Parking
The area in front of the Cardiac Rehab entrance is our emergency access point for the ambulance. No parking is permitted in this area.



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



Dietitian's Corner

Creating a Healthier Diet – How to Start



Eat frequently – eating every 3-4 hours can help stabilize blood sugar levels which can keep you from craving sugar and make you less likely to overeat at your next meal. Pick snacks with protein and fiber to keep you full.



Drink water – water can improve blood sugar, blood pressure, skin health, kidney health and improve your metabolism. Get at least your minimum 64 oz in every day and quit the sugary drinks.

- ✓ **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?



[Click here to find out](#)



Land Group Fitness

2019 Land Group Fitness Schedule: Starting in January 2019, the Land Group Fitness Schedule will have a fresh look and class times will be more consistent throughout the week!

New member PT Package: We will be offering a new 10 one hour session PT package for new members for \$350.00! Tell your family and friends to sign up to take advantage of this special by becoming a member of Health Place!





Meet the Staff

Do you know a staff member that goes above and beyond? Someone who always greets you with a smile and makes your experience at Health Place a special one? Nominate them for next month's staff spotlight! **Send nominations to:** kayla.perry@wellstar.org with a few reasons why you appreciate them

Massage

\$10 OFF



First Time Clients

If you have not had a massage here at Health Place, be sure to ask for the \$10 off coupon for first-time clients!

See the front desk for more details!

Front Desk



New Year No Enrollment Special

New members will have their enrollment fee waived for the month of January! From January 1st-31st new members will save a minimum of \$119. Tell your friends and family about this great offer!

Member Incentive (personal training discount)

Any current member who refers a family member or friend will be eligible to take advantage of our discounted PT package. The referred person must become a member. The discounted PT package includes six 1-hour sessions for \$199, or six 30-minute sessions for \$125). There is no limit to this incentive.

Check out our Pro-Shop!

✓ Superhero Shaker Cups

- ✓ Fun designs such as Batman, Superman, and Wonder Woman
- ✓ Great for quick post-workout protein shake



✓ Xtend Free BCAAs

- ✓ No artificial sweeteners, flavors or colors
- ✓ BCAA's (branched chain amino acids) can be taken before, during or after a workout to help with muscle recovery

