



**SINGING RIVER  
HEALTH SYSTEM**

HEALTHPLEX  
FITNESS & WELLNESS CENTER

# THERAPY TRANSITIONS



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ISSUE 1**

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## **SINGING RIVER HEALTHPLEX** Fitness & Wellness Center

Singing River Health System’s mission statement is to improve health and to save lives in our community every day. At Singing River Healthplex, our trainers and staff work diligently to provide the best fitness & wellness services to improve the overall health of not just the community of Pascagoula, but for the entire Mississippi Gulf Coast.

SINGING RIVER HEALTHPLEX is a state of the art health and wellness facility located in Pascagoula, Mississippi. Healthplex offers a wide variety of fitness & wellness programs for all individuals. With Healthplex, we offer over 60 group exercise classes per week, a full cardio theater, state of the art strength training equipment, and a pool area for swimming and water aerobics. We also have our world class fitness trainers who have received their degrees in health and wellness as well as their certifications through the American College of Sports Medicine.

For more information about how to become a member of Singing River Healthplex, please call 228-769-3430 or visit our website at [www.singingriverhealthplex.com](http://www.singingriverhealthplex.com).



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# Healthplex Testimonial - The Hoggatt's



“On February 11, 2013, my husband and I, who are retired educators, decided to join the family at Healthplex in Pascagoula MS. Prior to joining the Healthplex, we had been working out in Gautier MS where we live, although not in a regular or organized manner.

We found the employees at Singing River Healthplex to be most friendly and courteous. The clean facilities, offering water therapy, as well as the exercise equipment and knowledgeable trainers was an immediate hit with us! Over the years since we joined we have made new friends among those working out at the gym, and rejoined former teachers and administrators who also found Healthplex to be the place to exercise and be encouraged by each other.

In February of 2017, we decided to get more serious about our health and hired Aaron Williams to set up a diet for them, as well as a program of exercise. We realized that we were not challenging ourselves by doing it alone and welcomed the expertise of Aaron as well as accepting the diet and the life changes that come with it. Working with Aaron two days a week and alone 2-3 other days, we have had great results with learning how to eat healthier, losing weight, and ending medications.

Together we have lost 64 lbs and 6 inches in EACH of our waist's! Allen has been able to reduce AND discontinue blood pressure and diabetic medicine respectively.

We are happy for Aaron's help and encouragement, and are glad not to be " Living Large" anymore!”



*Want to be our next success story? Call 228-471-1595 today to schedule a personal training session. You may be the next Healthplex success story we share!*



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# BE GOLD

BE GOLD is our state-of-the-art senior citizen program that is designed to improve the overall health of individuals who are 65 years or older. We focus on different areas of fitness to improve an individual's ADL (activities of daily living), including mobility, stability, endurance, and strength.

BE GOLD will include a thorough fitness assessment, customized training program, and most importantly - RESULTS!

**For more information on how to sign up for our BE GOLD program, please call 228-471-1596 or e-mail [aaron.williams@mysrhs.com](mailto:aaron.williams@mysrhs.com).**



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# **BE EMPOWERED**

**BE EMPOWERED** is the personal training brand that Singing River Healthplex implements for their clients.

It consists of four training programs to help individuals *improve* their health and fitness, *set* personal records, and *break* the stereotypes that are set in the fitness industry.

The four programs include Be Lean (for weight loss), Be Brave (for conditioning), Be Strong (for strength training), and Be Fast (for athletic training).

**For more information on how to join a BE EMPOWERED program, please call 228-471-1595.**



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