



**QUARTER 3
ISSUE 4**

**IN THIS
ISSUE:**

Aquatic Personal Training At Singing River Healthplex

Now exclusively at Singing River Healthplex is **Aquatic Personal Training!** Have you ever been interested in personal training, but suffer from arthritis or degenerative joint disease? Aquatic Personal Training is just what you need!

Along with the standard benefits (increased stamina, strength, circulation, improved muscle tone), you also get the benefit of low impact exercise that does NOT put wear and tear on the joints! Also, aquatic personal training is **customized** training that is designed to meet **YOUR** needs and to help you achieve **YOUR** goals.

For more information about how to sign up for Aquatic Personal Training, call 228-471-1595.

Aquatic Personal Training
P.1

**Healthplex Testimonials for
Quarter 3**
P.2

STP Graduations
P.3

Athletic Development Camp
P.4

HEALTHPLEX TESTIMONIALS

BE LEAN

“My Weight Loss Journey”

In July 2017 I joined the Healthplex in an effort to lose weight and feel better. As a healthcare provider, I was not setting a good example by being obese. My initial goals were to lose 10 lbs in 6 months and alleviate constant back pain which I had experienced for several years. Needless to say, with the help of my personal trainer Drew, I achieved my initial goal in less than 6 weeks. Seven months later, I am still here, still losing weight and growing stronger. The BE LEAN program has worked for me. I have lost 43 lbs and tons of inches!

- Ramona Lanea Williams , FNP



“Aqua Transition Program”

In August, I was sent to physical therapy for arthritis in my knees. I have a separate chronic back issue, and therapy for my knees was aggravating my back. I signed up for the Aqua Transition Program at Singing River Healthplex and was amazed at how much it helped me. I learned to strengthen my legs and knees and condition my body, all without ANY pain! I joined the Healthplex right away and haven't looked back. I love it here!

- Lynn Crane



SUPERVISED TRANSITION PROGRAM



Congratulations to George Howell and Sandra Welch for graduating our four week Supervised Transition Program!

If you have been medically released from your Physical Therapist or primary physician and are interested in learning how to exercise safely and effectively, the Supervised Transition Program was made for you!

For more information, please call 228-471-1596.



 **BEEMPOWERED**

We are hosting an Athletic Development Camp during the summer 2018. It consists of 2 sessions per week. If you want to take your athletic performance to the next level, you need to be here. We'll host several timeslots to choose from.

Drop by the Singing River Healthplex to find out more.

3101 Denny Avenue, Pascagoula.

228-471-1595.

HEALTHPLEX
 SINGING RIVER HEALTH SYSTEM™