



February 2012



The **Virtua Center for Health Fitness** now offers the “Diet to Go” meal service! This program is designed for those who desire healthy eating and are looking for the convenience of portion-controlled customizable, healthy, and fresh prepackaged meals. The program offers chef-inspired menus that include: Traditional Low Fat, Vegetarian Low Fat, and Low Carb options. The “Diet to Go” program is easy, delicious, proven, personalized, and affordable! For more information, please inquire with our fitness staff, or visit the DTG website at www.diettogo.com (phone 1-800-743-7546) - from there, it’s as easy as 1) Choose your menu, 2) Personalize your plan, 3) Pick up your order!

DTG is offering free “taste testing” this month! Join us in our main lobby of Wednesday 2/15 (9:00 - 11:30) and Saturday 2/25 (9:00 - 12:00). Enjoy free consultations, diet analysis, special discounts, and delicious samples.

Free Wellness Lectures

Commit to Wellness and attend FREE wellness lectures hosted by the Virtua Center for Health Fitness. Lectures are available each month, with upcoming topics that include:

- **Survival of the Fittest**
- **Metabolism 101**
- **Physical Conditioning improves Parkinson’s and Multiple Sclerosis**
- **Improve the effects of osteoporosis**
- **Outsmarting Diabetes**
- **Core Training for Optimal Fitness**

All lectures begin at 7:00pm in our large 2nd floor conference room.

To register for a lecture, contact us at 856-341-8111.

Fibromyalgia Wellness Program

The Virtua Center for Health Fitness is please to announce a new session of our **Fibromyalgia Wellness Program**, commencing in March.

Benefits of exercise relating to Fibromyalgia include:

- ✓ **Decrease stress, tension, stiffness, pain**
- ✓ **Increased muscle strength, and energy**
- ✓ **Enhanced sleep patterns**
- ✓ **Improved ability to do daily activities**
- ✓ **Weight control**
- ✓ **Maintenance of health, including bone and cartilage**

For details of this beneficial program, please join us for a brief informational meeting here on our campus with Dr. Michael Schuster, MD, PhD, on **Thursday 2/23 at 7:00pm**. Register now at our service desk!

Pool, Pump & Pedal For a Healthy Heart

Saturday, February 25, 2012

Support the American Heart Association by participating in one or more of these fun activities at the Center for HealthFitness at Washington Township (all events are open to the public)

2-hour SPIN Journey
Zumba Party Marathon (2 hr)
Aquatic Fitness Fiesta (2 hr)
Kids' Kommotion (ages 4-11)

Join us later in the evening for "Party Hearty" at the William G. Rohrer Center (Voorhees). This special evening's entertainment includes The Weekenders Band, music by DJ's Available Sound & Lighting, a Silent Auction (with Flyers and Sixers tickets), sports memorabilia, restaurant gift certificates, spa and fitness packages, and more! Local restaurants will be present and will provide *A Taste of South Jersey*, accompanied by wine and beer tastings.

Must be 21 or older to attend this event.

All proceeds to benefit the American Heart Association
For tickets or information, please stop by our Member Services desk or call
856.341.8111

American Heart
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KIDZ in Motion BIRTHDAY PARTIES! We offer pool plunge, hip-hop, Zumbatonic, and much more! For more information or to schedule a party, call us at 856-341-8142. Schedule you child's next birthday party with us!

Center for Athletic Performance

We have expanded sports performance training at the Center! Our Center for Athletic Performance offers individual, group, and team sport-specific training programs for all ages and sports. Our intense training is designed to prepare athletes for regular season play, with sessions that include speed, agility, quickness, strength, power, flexibility, and balance. Our program is part of the **Virtua Center for Sports Medicine**, a comprehensive program of health resources available to athletes of all ages.

Most training programs last 8 to 12 weeks, with sessions offered either once or twice weekly. Participants undergo both pre- and post-program assessments, as well as a sports training consultation. For more information on how to get the athletes in your family involved, please contact a fitness specialist or call the Virtua Center for Sports Medicine at 856.325.5390.

Got Something to Share?

Please take a moment to let us know! We encourage your constructive comments (comment card boxes are located in several areas of the Center) – and we always welcome direct conversation with you as well! For responses to your comments and suggestions, please be sure to leave us your name and contact info – thanks for helping us get better in all areas of your Center!

We appreciate your membership at **Virtua's Center for HealthFitness at Washington Township**, our area's most complete wellness center. *Health. Life. Virtua. We're glad you're with us!*

Don't forget to visit our website at www.virtuafitness.org
For all the news related to the Center!