

Valley Hospital to open new fitness, rehab center

You have probably heard that exercise is good for your health, but did you know that it can actually help to heal your body? Understanding the value of exercise is more important than ever since our nation is in the midst of an “inactivity epidemic.” This inactivity is the fourth leading cause of death nationwide and is responsible for 3.2 million deaths each year. The financial cost is also enormous – the medical repercussions of inactivity result in \$102 billion of U.S. health care expenditures annually.

Risks of Inactivity

If you are one of the 56 percent of American adults who do not meet the recommendations for sufficient physical activity, you are putting yourself at an increased risk for a variety of serious and potentially life-threatening health issues such as obesity, diabetes and cancer. “Believe it or not, it is actually better to be physically fit and overweight than unfit with a lower percentage of body fat. This, coupled with that fact that one third of all cancers may be fat related, and therefore preventable, means that all of us should be making an effort to increase our physical activity,” explains Don Tomaszewski, director of the Valley Hospital Sports Institute.

Benefits of Exercise

No matter one’s age, when combined with a commitment to healthy eating, regular physical activity can provide a wealth of health benefits. Exercise is an essential tool that contributes to managing weight, building lean muscle, reducing fat, strengthening bones and joints, and lowering the risk of obesity.

“By getting at least 30 minutes of moderate intensity exercise at least three days a week, you can make a positive impact on both your physical and emotional health,” said Tomaszewski. Some of the many benefits of exercise are:

- Emotional benefits:
- Improved mood

- Decreased feelings of depression
- Decreased anxiety
- Increased ability to concentrate
- Physical benefits:
- Decreased risk for developing type 2 diabetes
- Reduction in the incidence of heart disease
- Reduction in the incidence of high blood pressure
- Lowered risk of stroke
- Improved sleep
- Decreased risk for developing Alzheimer’s disease
- Decreased risk of developing obesity
- Increased energy and stamina

Getting Started

The safest and most effective way to get in shape is to partner with a trained fitness professional who can assist you with creating a personalized fitness plan. Your plan should follow these “F. I. T. T.” guidelines:

- Frequency – “How often?”
- Intensity – “How hard?”
- Time – “How long?”
- Type – “What mode?”

In addition, it is important to choose a fitness facility that will support you and guide you in reaching your health and fitness goals. With this in mind, we are excited to introduce you to Valley Health System’s new Center for Health and Wellness. Valley’s unique facility, which is slated to open in early 2018, combines outpatient medical and rehabilitation services with LifeStyles, a world-class fitness center. This integrated campus will offer a hub for diagnostic, therapeutic and preventive services in one convenient location at 1400 MacArthur Blvd. in Mahwah. All services will be provided by Valley’s award-winning team of professionals.

For more information about Valley Health LifeStyles and its pre-opening sales membership offer, please call (201) 389-0839.



