



# THE *Healthy* LIFE

LIVING YOUR VERY BEST AT GLENEAGLES

ISSUE 34 • AUGUST 2022



## PARTNER STRONG

*Connections for a Healthy Lifestyle*

**The journey starts here. Stay tuned for these exciting additions to the Partner Strong Program!**

- Fitness Buddy
- Support Groups
- Integrative Medicine Nurse Practitioner
- Functional Medicine Health Coach
- Mental Health with Boca West Hospital

## Partner Strong



KAREN MIKUS  
Healthy Lifestyle Director

Our Partner Strong Program is the focus of this issue of *The Healthy Life*. Many of you may not be familiar with the program or might just know about parts of it. Partner Strong was created to reach beyond the borders of the Healthy Lifestyle Center to build connections within our community and to offer programs that meet the needs of all members, particularly members who might not routinely or even occasionally utilize, in person, what the Center has to offer.

The pages inside will introduce you to all the Partner Strong activities offered that you might find will work for you.

- The Partner Strong Walking Group led by Lynda Edwards, already in its third successful year.
- Sports-specific workshops and lectures to improve your golf and tennis games and your everyday movement, with Louis Scorzello.

- Hands-on instruction on getting the most out of the HLC weight equipment by Victor Noriega. The hope here is that we reach members who would like to work out but don't because the equipment might be too daunting.
- Melt Method with Ainsley Venner, perfect for everyone – as you can see in the details inside on the workshops she has planned for the next three months.

The Partner Strong Program continues to grow. Next up, Fitness Buddy, bring your bestie (spouse or friend) to work out with you. Stay tuned for all the details.

The next issue of *The Healthy Life* will be out in November. We welcome your suggestions and feedback.

Be Healthy,  
*Karen*



# Walk Strong!

## Partner Strong Walking Group

Our walking group was started two years ago after lockdown and physical distancing restrictions were lifted. Moving your body, getting fresh air, and connecting with the community seemed to be the antidote everyone needed.

Walking is one of the best ways to stay active, and our incredibly beautiful community at Gleneagles automatically provides a safe and comfortable place to walk. Breathing in the fresh air and enjoying the company of your neighbors, all these factors add up to a hugely beneficial mental boost.

We are now heading into our third season with Lynda Edwards coordinating and leading the walking group. Lynda maps out a one-mile walking route to keep things interesting, but she also makes sure to leave time for everyone to be together and chat.

You will see our group of walkers out every Wednesday at 3:30 PM, building strong muscles and strong relationships.

If you would like to join the walking group, please contact [ledwards@gleneagles.cc](mailto:ledwards@gleneagles.cc). The group will start walking again in October.





I looked forward to it all week. It was light exercise (perfect for me). I met such nice women - we walked, talked and became friends.

-Phyllis Goldblatt

During the season we had a great walking group. It was a nice way of meeting new people and getting some exercise.

-Melinda Richman



## Member Spotlight: ANA KING

Ana King is a real estate broker and a specialist in the Gleneagles community. She started as a hostess in Gleneagles back in 2001 and worked her way up to eventually becoming the Membership Coordinator. After getting married, having two kids, and working at Gleneagles for 17 years, she decided that she needed a more flexible schedule and went into real estate full time. She has a very busy life between owning her own brokerage, being a mom, and assisting her husband's general contracting business.

Ana finally purchased her home in Gleneagles in 2021 and is now officially a Gleneagles member. As a full member she is taking full advantage of what the community has to offer. Dining, golfing and exercising has become a family affair. Working out at the fitness center has been a perfect stress release from her busy life. Ana says Victor has been such a blessing and so patient in teaching and guiding her how to use each and every machine available at the fitness center. Between the Zumba classes, Yoga classes, and Victor's guidance at the gym, she is in perfect condition to continue on with her busy daily life.

Ana loves Gleneagles, its staff, facilities, events, and of course its members!



# Swing Strong

## Sports Performance Workshops with Louis

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Have you ever watched your favorite golfer hit ball after ball on the range before they go out to play their round? How about the dynamic flexibility routines that the world's best tennis players perform before their grueling five-set matches?

It's no secret that properly preparing your body to play your activity of choice is instrumental to playing at your best level. This becomes even more paramount when we consider the rising prevalence of acute injuries suffered by our pickleball players and the chronic pains that seem to nag our golfers here at Gleneagles.

At the Healthy Lifestyle Center, we believe that incorporating the right kinds of exercises into your routine can be just the spark you need to decrease your stiffness and increase your enjoyment in all of these activities! To get you started on this new journey, we have prepared three separate interactive seminars hosted by our Master Trainer- Louis Scorzello Jr.- to teach you everything you need to know about these new protocols. Save these dates and we'll see you there!



Hit longer, play better and have a happier body with fewer injuries with Louis' program of dynamic stretches before, after and between rounds. In this fun presentation, Gleneagles' Titleist Performance Institute-certified fitness coach explains not only how to stretch and strengthen, but why these simple moves work together to prepare the body for more enjoyable rounds of golf.

-Steve Wilstein

Louis' Golf Workshop Seminar explained that in just a few minutes, while at the driving range before a round of golf, a few simple exercises can help avoid or reduce any muscle aches and pains. I use what I learned and recommend this seminar to all new and experienced golfers.

-Irwin Simon



## GOLF EXPERIENCE WORKSHOP

NOVEMBER 18 • 2:30 PM

Our first lecture goes over an entire sequence of warm-ups, strength training exercises and range preparation drills that will lead to you shooting your best rounds moving forward.

## TENNIS/PICKLEBALL PREPARATION

FEBRUARY 2 • 2:30 PM

Our second lecture is our deep-dive into why injuries seem to occur so frequently playing tennis and pickleball, and how we can address these concerns through specific movement patterns and flexibility sequences.

## THE HIDDEN THINGS

MARCH 2 • 3:30 PM

Our third lecture brings forth the less-recognized concepts of exercise as it pertains to pain syndromes and balance. This seminar will introduce you to new unique exercises and reframe the way you perceive ordinary ones.

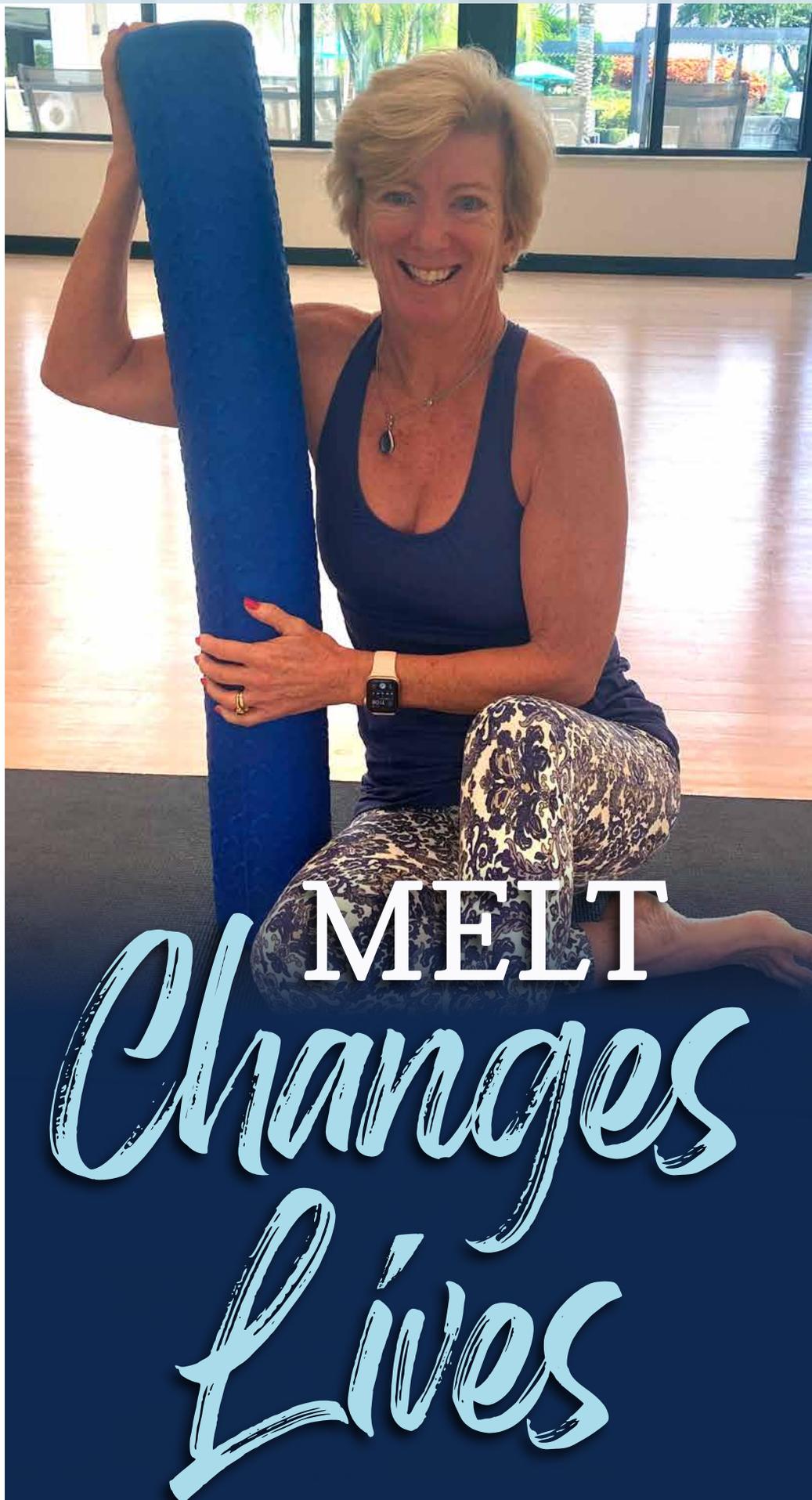
## Melt Method Techniques Beyond the Class

By Ainsley Venner

In 2014, I had the privilege of attending a retreat with the founder of MELT at the Omega Institute in Rhinebeck, NY, and was “sold” on the benefits of MELTing. I arrived at the retreat with various aches and pains and left two days later free of any and all discomfort. I’ve been a believer and advocate ever since!

With 30+ years as a group exercise instructor and personal trainer, and a lifelong participant in many sports including golf, tennis, bowling and diving, I, like you, have muscle and joint soreness – aches and pains. My solution, which can be yours too: THE MELT METHOD. You might ask, “is MELT for me? The short answer is YES, MELT is for everyone, every day.

Here’s the thing: daily living (the kind we all do) creates repetitive motions, whether it’s hitting a tennis ball, striking a golf ball, chopping up veggies for dinner, sitting at your desk using a computer, playing cards or mahjong, or texting a friend. Over time, these repetitive motions can lead to stress injuries, chronic aches and pain, or joint decentralization causing imbalance and loss of structural integrity in the body.



MELT  
Changes  
Lives



No matter what your age or activity level, MELT should be an integral tool in your self-care kit.

MELT is the perfect “in addition to” technique to any activity (sports, fitness, biking, cards, etc). With just 10-15 minutes a day, you can create positive changes to your body that are not addressed in traditional exercises, yet will enhance those exercises. Utilizing small balls for hands and feet and a soft roller for the body, the MELT Method is a simple self-treatment method to help reduce pain, create stability and quiet the stress reflex.

MELT quickly rehydrates connective tissue and allows the body to release long-held tension and stress that leads to chronic pain. MELT is easy to learn and offers results you will see and feel the first time you try it. Changes in alignment, flexibility, energy, mood and performance occur within just a few sessions. Best of all, your body feels great long after you MELT!

### Check out our summer MELT Method Workshops:



**AUGUST 16 • 3:30 PM**

#### Hand and Foot

Learn how to use the hand and foot tools to create whole body changes in as little as 10 minutes per day. These treatments are ideal for addressing plantar, fasciitis, carpal tunnel syndrome, arthritis, frozen shoulder, migraines, bunions and more.



**SEPTEMBER 13 • 3:30 PM**

#### Calming Treatment

Try this 20 minute upper body treatment if you want to reduce stress and anxiety, relieve tension in your neck and upper body, and help your entire nervous system function more efficiently.



**OCTOBER 11 • 3:30 PM**

#### Melt for Immune Support

Did you know your calves are inherently linked to your sinuses through a fascial continuum? This head-to-toe treatment will be your hero when you're feeling sick and stuffy, helping support your immune system as well as your balance and stability.

## Save the Dates

### Cures for Common Ailments

**DECEMBER 12 • 4:30 PM**

Get relief from lower body joint pain, improve hip stability, and release tension in your low back with this 40 minute integrative technique. These techniques can be performed prior to athletic activity to enhance your performance, or used afterward as a recovery treatment.

### Upgrade Your Golf Swing

**JANUARY 31 • 3:00 PM**

Torso rotation is a reality if you play golf or any other swing sport. Restore mobility and stability to torso and hips (i.e. the essentials to slaying your next game) with this 25-minute treatment. It's an ideal combo for upgrading your swing and relieving stuck stress in the core, spine, and upper body.

### Backhand Mastery

**MARCH 24 • 1:00 PM**

Whether you're lifting weights or taming your tennis opponents, you're probably in need of a shoulder and upper back check-in, prep tissue for performance and clear stuck stress throughout the hands and forearms. With a 25-minute treatment you'll learn to treat both hands at the same time loosen the back and shoulder girdle. The result? Happier hands, freedom in your upper body and a noticeable performance boost to help you take on daily tasks—or maybe whoop your tennis nemesis?



# LEARN STRONG

with Victor

## Why YOU need to start using machines for general strengthening

Are you hesitant to come into the fitness center because you feel intimidated by the equipment? Are you unsure how to properly use machines and believe they are unsafe and serve no true benefit? Well, this is your opportunity to learn not only the importance of our selectorized machines for general strengthening, but also their intended use and why they are important for YOU.

I bring 10 years of knowledge and experience at no cost to those who want to learn. I will provide cues to develop an internal focus based on YOUR anatomy specific to the machines you will be using. I will also help you determine your settings and what to do to best optimize the use of each of our machines. You will leave feeling confident and more aware of your body. Let's learn and get strong together!

**Victor was outstanding! He took the time to show and educate me on the facility's equipment. As always, he did an awesome and thorough job with making me feel comfortable to come back by myself without assistance.**



-Donna Schiffman



Spotlight on:

## Wenda Fils-Aime

Fitness Administrative Assistant

Wenda joined us in July, working in the Healthy Lifestyle Center as the Fitness Administrative Assistant. She is also a student at Florida International University majoring in Hospitality Management and Tourism, looking to graduate this upcoming fall semester. She has an incredible background and worked at other country clubs as an administrative assistant. During her free time, she enjoys walks in the park by herself or with friends, attending social networking seminars to meet professionals in her field, and learning a new skill. Her favorite hobbies pertaining to fitness are Zumba, Yoga and early morning walks on the beach. She has an amazing, bubbly personality, so don't be afraid to stop by and introduce yourself!