



# Roseville Health & Wellness Center



## MAKE 2021 *Your Year!*

2020 took its toll on our health, we are certainly not complacent in the face of these new challenges and we are constantly adjusting to the world around us to find continued success for the health of our community. Recent limitations in our daily activities have reminded us how much better we feel physically, mentally and emotionally when we move our bodies. Building habits of wellness has become more important than ever.

Our twenty years of experience have demonstrated time and again that wellness, the ability to live life with vitality and balance is essential. In 2021, we will continue our focus on providing a comprehensive and personal approach to health and fitness, promoting vitality, and reducing/eliminating risk factors.

Our unique approach to health and fitness coupled with the areas highest qualified staff, award winning facility and on-site medical services afford us the opportunity to lead the evolution on Wellness. Check us out at [www.rosevillehwc.com](http://www.rosevillehwc.com) to learn more about our fitness, wellness, aquatic, sports medicine and medical offerings.



RH&WC makes living your best life possible by offering a wide array of professional services coupled with an unrelenting zeal for empowering individuals to achieve optimal health thru mindset, movement, lifestyle, and recovery. Come and see why we were designated the #1 Wellness Center in the US (American College of Sports Medicine) and voted #1 Fitness center for 20 consecutive years by Roseville/Granite Bay Style Magazine.



## HEALTH & FITNESS

At RHWC you'll find the best of everything: facilities, equipment and fitness professionals dedicated to helping you get the most out of your workout. You'll find convenient personal services that make it easier to fit your sport or exercise routine into your busy life. No other fitness center in the area offers you so much.

- Personal Training
- Pilates Reformer
- Senior Programs
- Weight Loss Programs
- Nutrition Counseling
- Wellness Coaching
- Breathing for Optimal Health
- 4 week Myo Fascial Mobility series
- 4 week Shoulder Mobility Workshop
- 6 week Jump Start Fitness Program

### GROUP FITNESS CLASSES:

- Spin
- Mat Pilates
- Yoga
- Bootcamps
- Aqua Fit Classes
- Aqua Pilates
- Circuit Training
- Cardio Blast and more

## SPORTS PERFORMANCE

- Athlete Development Program
- Youth & Athletic Training & Injury Prevention
- ACL Screening
- Concussion Management
- Sports Nutrition
- Endurance Athlete Training
- Bike Analysis / Fitting
- Golf Fitness Program
- Sports Physical Therapy
- Normatech Recovery System



## MEDICAL FITNESS / WELLNESS PROGRAMS

RHWC is Northern California's ONLY medical fitness center! We offer a comfortable environment for people of all ages, shapes and sizes. With state of the art fitness and rehabilitation center, an in-door heated salt water pool and professional staff, we've created a safe and supportive environment to improve your health.

- 12 week Comprehensive Wellness Program
- Physical Therapy
- Pre/Post Rehab
- Aqua Arthritis
- Healthy Heart (minimum 4 weeks)
- Diabetes & Exercise
- Cancer Well-Fit
- Parkinson's Exercise Program
- Fall Prevention and Functional Balance
- Chair Yoga
- Bone Health
- Adaptive P.E.
- 8 week Bone Health
- MD to Wellness Transition Programs
- 8 week Pre Surgery Conditioning





## SUCCESS STORY: SHARON B.

From my earliest conscious memory, I lived on a hamster wheel of food bliss. Round and round I went. Staring 60 in the face was the time to jump off the wheel. I needed good nutrition and a commitment to exercise. Being extremely athletic when it came to a good brisk sit and a modest walk, the exercise piece was a challenge. I knew I would not do this without an assist. Google and I spent some time together, and I stumbled on the website for RHCW, and it looked promising. I met Mark and started on my personal fitness journey, to say I was intimidated was an understatement. Mark's experience prevented my overburdened body from being injured. He seemed to know exactly how much to ask of me to prevent me from walking away. I got to know the other coaches and members and realized they were all there for the same reason. The common denominator was to

improve. I am often asked about the number. For those curious, the number is over 90 pounds. I left that focus behind some time ago. The scale is just another tool to maintain health and no longer a weapon to determine good or bad days. To RHCW, and most especially, Mark, I offer my most sincere thank you for the inexhaustible faith in my ability to continue to improve.



## SUCCESS STORY: CHRISTINE

"I was referred to RHCW by my cardiologist Stephen Peters, MD. after being placed on medical leave with symptoms of sudden weakness, shortness of breath, high BP and dizziness. I had been admitted into the hospital several times and was unable to walk more than a few hundred feet. At RHCW I was paired with Personal Trainer Kevin, who understood my goals and limitations

and quickly gained my trust. I began my journey at 211lbs, with goals to lose weight, feel better and be able to sit on the floor and play with my grandson. Kevin was very perceptive, knowledgeable, and professional. He understood how to challenge me and constantly changed my routines as I progressed. Currently I weigh 163lbs and no longer have any of the issues that I was admitted to the

hospital for. My journey has brought me confidence, self-esteem, improved memory & attention span, productivity and improved relationships with family and friends. When I visit my grandchildren I can crawl all over the floor and play with them. I see the world in a more positive life and find myself laughing more. I'm grateful for the referral to RHCW and the subsequent journey with Kevin."



## Roseville Health & Wellness Center

1650 Lead Hill Blvd, Roseville

**916.677.1200**

**[www.rosevillehwc.com](http://www.rosevillehwc.com)**

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# LOOK & FEEL YOUR *Absolute Best!*

Our unique approach to health & fitness coupled with the areas highest qualified staff, award winning facility and on-site medical services afford us the opportunity to lead the evolution on Wellness. Schedule an appointment today for a tour by calling (916) 677-1200 or check us out at [www.rosevillehwc.com](http://www.rosevillehwc.com) to learn more about our fitness, wellness, aquatic, sports medicine and medical offerings.

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## TIPS TO REDUCE OR MANAGE THE STRESS IN YOUR LIFE:

**Quiet your mind.** Use deep breathing and visualization methods to calm your mind and slow your breathing. When you're stressed, your mind can make things seem worse. It does this by creating endless versions of the coming disaster. This affects your body, too. The body can't tell the difference between what's real and what's not. So it reacts with greater physical response.

**Stay in the present.** You can calm both your mind and your body by keeping your mind in the present. The present is hardly ever as stressful as an imagined

future or a past full of regrets. To stay in the present, center your attention on your breathing, a sound or visual pattern, a repetitive movement, or meditation.

**Review your coping responses.** Confidence is helpful in fighting stress. And it builds on memories of past successes. Think about successes you've had with other stressful life events. Recall some of the things you did to cope. Think about writing this information down.

**Take time out to relax.** Take time to calm down by relaxing. Use relaxation methods to calm your mind

and body. Try listening to soothing music, taking a walk, gardening, reading, or exercising. You could also choose to do more formal relaxation such as deep breathing or meditation.

**Meditate.** A great way to help destress is meditation. You may be thinking, "I don't have time for that." But you do! It only takes one minute. Start with a minute and work up to five. A great way to meditate is through affirmations. Tell yourself something great, like, "I am love."

**Eat well and stay active.** Eat a healthy diet and exercise regularly. A healthy,

well-balanced diet and exercise can keep your body fit and able to fight disease. Exercise also is an excellent way to lift up your mood.

**Stick to structure.** Keeping some semblance of your regular routine and staying organized will help manage your time more efficiently. A great way to declutter your mind is by making a to-do list. This helps get all those thoughts in your brain down on paper and you no longer have to feel as though you've forgotten something, which helps to lower anxiety. Not only that, but you also get the added bonus of crossing them off your list.