

NewsQuest  
June 2010



514 N. Bright Leaf Blvd.  
Smithfield NC 27577  
Phone: 919-938-7581  
[www.johnstonhealth.org](http://www.johnstonhealth.org)  
Click on HealthQuest to view  
our aerobic class schedules

## What is going on at HealthQuest??

HealthQuest will be having their 1<sup>st</sup> **Hiking Trip** on June 5<sup>th</sup>. Here is your chance to experience the natural beauty of Raven Rock State Park. This is a fun and unique fitness opportunity to enjoy the personal challenge of an 8 mile day hike. We will be meeting in the HealthQuest parking lot at 7:00am to load gear and will be departing at 8:00am to **Raven Rock State Park** in Harnett County NC.

Everyone needs to be **preregistered** at the front desk in HealthQuest no later than **June 3rd**.

The cost of the hiking trip is \$50.00, this includes guide, lunch and transportation.

## Raven Rock Fitness Adventure



## Student Summer Membership Special

Ends August 15th

Offered for ages 12 years and up, under 18 must have parent or legal guardian to sign agreement.

Cost is \$29.99 per month or **3 Months for \$70.00**



HealthQuest is very excited about our *coffee café*.  
Serving coffee, hot chocolate, hot tea and healthy snacks.



**Re "Quest" a Cup Café**



**Monday – Friday 5:30am – 11:00am**

**Saturday 8:00am – 11:00am**

**HealthQuest and Coffee *two great ways to start your day!***

**HealthQuest Father's Day Sales**

**June 13<sup>th</sup> – June 20<sup>th</sup>**

*25% off 1 Hour or 1/2 Hour Massage Sessions*



**OR**



*25% off Personal Training Packages*

***Gift Certificates are available at the Reception Desk!***

**HealthQuest  
Wellness Center**

**It's a Healthy  
Kid Thing**  
  
**Summer Camp 2010**  
**June 14<sup>th</sup> – August 20<sup>th</sup>**  
 7:30am – 5:30pm ages 5 – 12yrs

**Space is limited.  
So Call TODAY!!**

**\*\*Pre-registration is required for all participants.**  
CPR and lifeguard certified. Located inside the South entrance of the Medical Mall.

***Come join us!!***

***Come explore the world or help your team win a survivor challenge. Maybe dance with a star or be part of a medieval mystery. We will swim and even do a little healthy cooking.***

***25% discount each additional child.***

**Weekly Rates**  
\$125/wk member  
\$135/wk non-member

**Daily Rates**  
\$30/daily rates

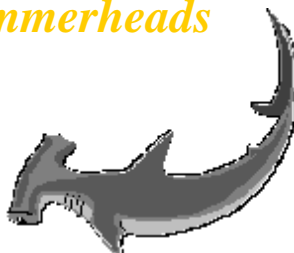
***Aquatics***

***Summer Swim Team practice starts Tuesday June 1<sup>st</sup>***

***Deadline to Enroll is June 21st***

***Hammerheads***

**Ages 5yrs – 18yrs of age**

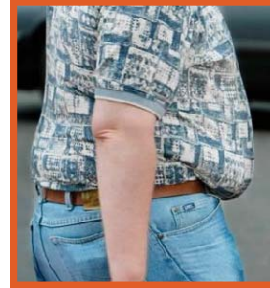


**This is a FUN competitive summer swim team. We will be competing at HQ and other local pools!!**

***Don't Forget About:***

***Fit In*** Bariatric Support Group is designed to help overweight individuals learn techniques to lose weight and regain control of their lives to achieve a sense of normality and well-being. We will be offering open, honest and candid discussion about weight loss struggles, issues and or concerns; as well as success stories to start a program that works for you and how to maintain it. The next session will be held **Monday, June 7<sup>th</sup> at 6pm.**

This will be held in the kitchen inside HealthQuest and the support group is ***FREE to everyone.***



This session we will be having; ***Megan Starling, RD, LDN Register Dietitian.***  
She will be speaking about the food pyramid and nutrition.

**Monday, June 7<sup>th</sup> at 6pm**

***Group Land Aerobics***

***NEW group aerobics class***



***“Chop the Fat”***

This is a class that has a combination of ***Karate and Kickboxing Techniques***  
Offered every Tuesday at 4:15pm  
in the Aerobics Room.

For more information please contact, Garret Tolley at 938-7161



***Congratulations to the May 5K winners!***

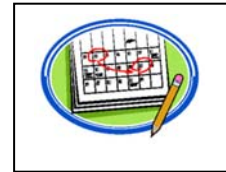
Top male finisher **Robert White**  
and  
Top female finisher **Dionne Fortner.**

*Keep A Look Out For Upcoming Events in July*

**Sunday, July 4<sup>th</sup> HealthQuest will be CLOSED**

**We will be operating on regular hours**

**July 3<sup>rd</sup> and July 5<sup>th</sup>**



***Congratulations  
Johnnie Lee***

***Weight Loss***

Johnnie Lee lives in Four Oaks, where she has lived most of her life. She is married to a wonderful husband (Sherwood) and has 2 children and 1 grandchild. Johnnie loves to quilt and has been quilting for over 15yrs and now teaches quilting. She is a nurse at the Wake County Alcohol Treatment Center in Raleigh NC. She is very committed to her church, First Baptist in Four Oaks. Every night she enjoys cooking supper for her father and carrying it to him. She loves doing this for him, just as much as he loves eating it.

Johnnie joined HealthQuest in February 2, 2004. She came faithfully the month of February of 2004 and then her mother became ill. Johnnie then had to care for her mother every morning until of her passing. Johnnie stated that she really didn't know what to do in the mornings, now that she wasn't taking care of her mother. Johnnie started coming back to HealthQuest in the mornings of May 2009, she stated it was very good therapy for her.

Johnnie comes faithfully 4 days a week and sometimes 5 days. She enjoys working out in the Hydrofit program and believe it or not she enjoys the Stair Master, *which she has another word for it.*

Since she started back coming to HealthQuest she has lost 57lbs and counting.

She states that through her weight loss, her physician recommended for her to stop taking 2 of her medications, one for acid reflux and one for cardiac arrhythmia. For all of these reasons and many more, she states that she loves coming to HealthQuest.

We are so proud of her dedication, motivation and all her hard work in becoming healthier.

*If you see Johnnie Lee, please congratulate her for all of her  
hard work and accomplishments!*

## On Going Programs.....

**Swim lessons** are offered year round. We offer group or private swim lessons for children and adults. HealthQuest members receive a discounted rate. Group lessons include 5 lessons 45 minutes per session. Member price is \$50 and Non-member price is \$60. Private lessons include 5 lessons of 30 minutes per session. Member price is \$75 and Non-member price is \$85.00.

We also have Infant Levels (3 months – 4 years), 1- 30 minute session per week for 6 weeks. Member price \$40 and non-member \$50, a parent must be in the pool with each child during all Infant Levels classes.

**Pool Parties** are also offered year round. HealthQuest offers a choice of different parties. The Wave, which is a 1 hour rental, the price is \$50 for members and \$100 for non-members. The Big Splash, which is a 2 hour rental, the price is \$150 for members and \$200 for non-members. Please contact our Director *Ashley Scott* for more information.



**Hydro Fit** this is a program designed to offer members monitored exercise and risk management program; such as those members with Diabetes, Hypertension, High Cholesterol, Morbid Obesity, Arthritis, Fibromyalgia and other physician diagnosis. Hydrofit is a referral-based program, consult with your physician today or for more information about Hydrofit, please call Garrett Tolley at HealthQuest 938-7161.

**GoldSharks** is a year round USA Swimming team for ages 6-18, to improve their skill, technique and endurance. GoldSharks offer different levels and practices, Grey level: 1 time per week, Bronze level: 2-3 times per week, Silver level: 3-4 time per week and Gold level: 4-5 times per week. Please stop by the front desk to find out more information about the GoldSharks swim team or contact the Head Coach, Michael Rogers at 938-7161.

Nutrition Matters



**Nutrition Consults** Megan Starling, RD; LDN Register Dietitian offers a variety of nutritional counseling for members and non-members. She offers 30 minute or one hour sessions. Please contact the front desk staff for more information and prices. All sessions must be scheduled please contact Megan at (919) 934-8171 ext. 6995 to set up an appointment.

**Personal Training Session (Land or Aquatic)** this is a great way for you to get an extra push on your workout goals. Also helps you learn new ways to exercise and proper training techniques. There are several different packages that you can purchase, please talk with one of our trainers for more information.



**Massage Therapy** is a hand on mobilization of muscles and other soft tissues of the body. Massage therapy can help you feel better, relieve muscle spasms and tension and also help to reduce chronic pain. Anyone from infants to older adults can benefit from massage. *Benefits of Massage:* Enhanced mental alertness and energy, improved joint range of motion and flexibility, reduces anxiety, stress, heart rate, muscle spasm and cramping, formation of scar tissue and relaxes muscles. Provides relief from muscular tension, fatigue and insomnia and pain for migraine sufferers. Massage also increases circulation allowing the body to pump more oxygen and nutrients into tissues and vital organs. We offer several different types of massages, please call to schedule an appointment today!

