



live well

WINTER 2016

AdventurePlex's
**TODDLER
TOWN**

Rolls Out Loads of
Farm-to-Table Fun
January 16

**ONE
MAN'S
200-LB.
WEIGHT
LOSS**

**HEALTH
INSURANCE
HELP**

**FIND YOUR
PURPOSE
IN 2016**



Letter from the CEO

Be Resolute in Your Commitment to Health

WE ARE JUST DAYS INTO THE NEW YEAR, SO IT'S PROBABLY safe to assume most of us remain committed to our resolutions – which, for an overwhelming number of Americans, revolve mostly around health and wellness. In fact, “getting fit and healthy” (37%) and “losing weight” (32%) were the two most common resolutions last year, and health-related goals are again expected to be tops in 2016, according to Nielson.

At Beach Cities Health District (BCHD), our annual pledge is to continue providing the innovative programming, facilities and community services necessary to help transform your healthy resolutions into lifelong habits – regardless of your age, ability or income.

In 2016, let us help you ...

Make Health a Family Affair. Healthy habits learned at a young age can last a lifetime – which is precisely why BCHD operates AdventurePlex in Manhattan Beach. The 17,000-square-foot facility is specially designed to help kids (ages 0-12) reach their target heart rates, learn about farm-to-table nutrition and surpass developmental milestones in a dynamic environment built for fun. (See pages 6&7)

Commit to Exercise. Low-cost gym memberships are available at the Center for Health & Fitness in Redondo Beach, where you'll find the modern equipment, evidence-based programming, welcoming atmosphere and expert staff necessary to achieve your health goals. Looking for inspiration? Read how a 68-year-old member lost 200 pounds the healthy way. (See page 9)

Find your Purpose. In addition to improving overall well-being, identifying what motivates you to get out of bed each morning can add up to seven years to your life expectancy, according to the research of Blue Zones Project Founder/National Geographic Explorer Dan Buettner. And impressively, more than 3,000 residents have already discovered how to align their individual talents, passions and interests in life through BCHD-led purpose workshops – the next of which is slated for Feb. 10. (See page 4)

Give Back. Studies show that volunteers are more socially connected to their community, putting them at lower risk of suffering from mental health issues like depression. Additionally, a growing body of research suggests people who give their time to others may reap physical benefits, too, including lower blood pressure and a longer lifespan. Visit www.bchd.org for a complete list of volunteer opportunities through BCHD.

I hope you take the time to explore and learn about the many programs and services offered through Beach Cities Health District, as well as the variety of ways you can help us create a healthy beach community.

In health,

Susan Burden
Chief Executive Officer

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Life

Programs for every stage of

YOUTH

- Nutrition Education
- School Gardens
- Social-Emotional Learning
- Physical Activity
- Substance Use Prevention
- Fitness Classes
- Walking School Bus



ADULTS

- Blue Zones Project®
- Covered California™
- Low-Cost Fitness Center
- Health Referrals for Underinsured/Uninsured
- Volunteer Opportunities



OLDER ADULTS

- Plans for Successful Aging
- Independent Living Assistance
- Peer Counseling
- MoveWell In-Home Exercise
- Errand Assistance
- Social/Conversational Support
- Health Referrals for Underinsured/Uninsured
- Advanced Care Planning



COMMUNITY calendar

Beach Cities Health District (BCHD) and its community partners host a variety of **events** to help residents live longer, healthier lives. Here's a snapshot of what's coming up.

Now – Jan. 31, 2016

Covered California Open Enrollment

Free enrollment assistance at BCHD,
514 N. Prospect Ave., Redondo Beach
Call (310) 374-3426, ext. 256
bchd.org



COVERED
CALIFORNIA



January 16, 2016

Grand Opening of AdventurePlex's Toddler Town

9 a.m. – 1 p.m.
1701 Marine Ave.,
Manhattan Beach
AdventurePlex.org



February 9, 2016

Wine @ Five

King Shabu Shabu
903 N. Catalina Ave. #100
Redondo Beach



February 10, 2016

Purpose Workshop featuring best-selling author Richard Leider

6 – 8:30 p.m.
Hermosa Beach Community Center
710 Pier Ave., Hermosa Beach
bchd.org/purpose



Living on PURPOSE



By Lauren Nakano
Director, Blue Zones Project

BCHD is hosting a free purpose workshop, led by *New York Times* best-selling author Richard Leider, on February 10 in Hermosa Beach

BUY A GYM MEMBERSHIP—AND ACTUALLY USE IT THIS TIME. Run a marathon. Eat more fruits and vegetables. It's now January 2016 and, for many of us, that means we are deeply focused on setting and achieving health-related goals in the coming year.

But even with our country's intense focus on self-improvement each New Year, pledging to live with a clear sense of purpose conspicuously falls outside the top 10 resolutions annually – despite an overwhelming body of research showing the mental and physical health benefits associated with discovering what motivates you to get out of bed each morning.

Take, for example, the research of Blue Zones Project Founder and National Geographic Explorer Dan Buettner – who spent years observing human behavior in the five areas of the world with the highest rate of centenarians – Okinawa, Japan; Loma Linda, California; Nicoya, Costa Rica; Sardinia, Italy and Ikaria, Greece. Buettner and his team identified “living with purpose” as one of the nine most powerful behaviors that drive the unparalleled longevity enjoyed by people living in the “Blue Zones.”

“The Okinawans call it *ikigai* and the Nicoyans call it *plan de vida*; for both it translates to ‘why I wake up in

the morning.’ In all Blue Zones people had something to live for beyond just work,” writes Buettner in his *New York Times* best-selling book *The Blue Zones Solution*.

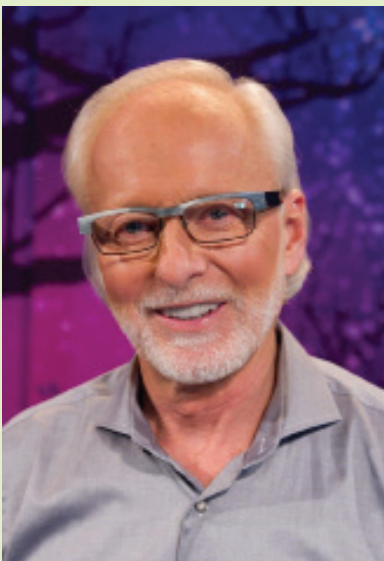
Fellow best-selling author and renowned purpose expert Richard Leider, who will be leading a workshop in Hermosa Beach on Feb. 10, defines purpose as “the reason we are alive.” He stresses that each of us needs a reason to face the day each morning – because without it, we can lose our will to live.

Both Buettner and Leider also agree that purpose significantly impacts a person's health, happiness and longevity and that it's never too late for people discover it, regardless of age.

In fact, Buettner's research suggests that purpose may add up to seven years to your life expectancy.

Now, that's what I call resolution-worthy.

Beach Cities Health District urges all residents to begin the New Year with clear purpose by attending a community workshop on Feb. 10 at 6 p.m. at the Hermosa Beach Community Center. The workshop will be facilitated by nationally acclaimed speaker Richard Leider and preregistration is required at bchd.org/purpose.



Meet Richard Leider

A pioneer in the field of executive-life coaching, Richard Leider has become an internationally respected author, speaker and a noted spokesperson for the “power of purpose.” *Forbes* ranks him as one of the top five most respected executive coaches, and he was prominently featured in the PBS Special – *The Power of Purpose*.

As a keynote speaker, Richard has worked with more than 100,000 leaders from more than 100 well-known organizations, including AARP, Mayo Clinic, National Football League (NFL) and MetLife. His ten books, including best-seller *The Power of Purpose*, have sold over one million copies.

Richard will be leading a purpose workshop, in partnership with Beach Cities Health District, on Feb. 10 at the Hermosa Beach Community Center. Visit bchd.org/purpose for more details.

MY PURPOSE IS...



"... to do the next right thing."

— Tom Bakaly, Hermosa Beach City Manager

"... to learn about the world, people and ideas."

— Patricia Escalante, Hermosa Beach City School District Superintendent



"... to continuously drive our students and staff to inquire, collaborate and reflect as they savor every step of the teaching and learning journey."

— Nicole Wesley, Redondo Union High School Principal

"... to make a positive difference in the lives of those I touch through gentle care and by positive example."

— Charlotte Lesser, 1999 Los Angeles County Woman of the Year



"... to use experiences and observations to visualize, analyze and identify community needs and to create programs empowering others."

— Patricia Dreizler, former BCHD Board Member

Health Insurance Help at BCHD



By Kerianne Lawson,
Director, Community Services



THE ENROLLMENT WINDOW FOR HEALTH INSURANCE through Covered California is open, giving families who already have coverage the opportunity to shop around for a better deal – and those without it an opportunity to purchase insurance and avoid a tax penalty.

At Beach Cities Health District, we understand that navigating your family's insurance options can be challenging and confusing – not to mention time-consuming! – so we have a team of trained enrollment counselors available to provide no-cost assistance to Beach Cities residents.

Since the 2014 launch of Covered California – the state's implementation of the Affordable Care Act – our enrollment counselors have worked directly with hundreds of individuals and families to help them better understand

their health insurance options and, ultimately, select a plan that best suits their unique needs. Phone consultations and one-on-one appointments are both available at no cost; however, in-person counseling sessions must be scheduled in advance by calling (310) 374-3426, ext. 256.

To date, more than 2 million people have enrolled in health insurance, however, an estimated 2.2 million uninsured Californians are still eligible to get financial help to make their insurance affordable by enrolling in the state healthcare exchange, according to Covered California. You can access Covered California by visiting CoveredCA.com.

For more information on enrollment assistance, visit bchd.org.

Welcome to TODDLER

FARM-TO-TABLE FUN officially debuts January 16 at Toddler Town – a new kids' zone inside AdventurePlex offering active play, dynamic classes and exciting health-related activities and programming for 0- to 5-year-olds. Here's a special sneak peek at healthy play the Toddler Town way.



The Farm

Toddlers are encouraged to get their tiny hands "dirty" down on The Farm by raking, planting and harvesting fruits and vegetables in the play garden and plucking oranges, apples, strawberries and tomatoes straight off the walls.

TOWN!



A Beach Cities Health District Program

Opening January 16!



The Beach Home

The Toddler Town Beach Home gives kids a chance to put healthy food on the table, quite literally! A kitchen, complete with a dining table, refrigerator, microwave, cabinets and sink, is included in this beach bungalow. Now, this home is truly where the toddler heart is!



The Market

Fresh fruits and vegetables are on every shopping list at the Toddler Town Market – where the shelves are stocked with healthy foods approved by Beach Cities Health District's LiveWell Tots and LiveWell Kids anti-obesity programs. Toddlers can bring their harvested crops straight from The Farm to the checkout stand and gain firsthand knowledge of the organic farm-to-table food cycle in the process.



Birthdays

Book a toddler birthday party and you'll enjoy private access to Toddler Town!



Toddler Town Memberships

Toddler Town offers a variety of members-only classes that are tailored specifically for parents and toddlers, including Toddler Movement, Stroller Fitness, Parent-Tot Yoga and more! With a wide variety of age-specific options available, you'll be sure to find the class and instructor you and your toddler love!

MEMBERSHIPS

1-month \$129 (siblings \$99)

3-months \$99/month (siblings \$49)

6-months \$89/month (siblings \$39)

All Memberships Include:

- 8 Classes per Month
- Unlimited Drop-in Play on Weekdays
- 2 Parent Lectures per Month
- Events & Weekly Activities
- Daily Members-Only Hour, 9–10 a.m.

Grand Opening & Family Expo

Saturday, January 16
9 a.m. – 1 p.m.

Enjoy FREE:

- General Admission
- Toddler Movement Class Demos
- Arts & Crafts
- Toddler Safety Education
- Food Samples & more!

AdventurePlex.org/ToddlerTown

Determination, Exercise and Nutrition: Losing 200 Pounds the John Niehaus Way

The road to weight loss can be a bumpy ride, however, as this 68-year-old's inspiring journey clearly illustrates, the healthy route is always worth taking



By Eric Garner
BCHD Senior Communications Specialist

IT DIDN'T HAPPEN SUDDENLY, BUT JOHN NIEHAUS IS not half the man he used to be. And he couldn't be happier about his transformation.

Using nothing but exercise, nutrition and group therapy, John – a gritty 68-year-old member of the Center for Health & Fitness (CHF) in Redondo Beach – lost more than 200 pounds the healthy way. Now weighing in at a trim 182 pounds – it's hard for even him to believe the scale tipped at nearly 400 pounds just two years ago.

"Looking back, I just let myself go," says John. "My self-discipline weakened, my mentality changed and I became inactive. I knew I was gaining weight, but I told myself 'I'll do something about it tomorrow.' But tomorrow never comes."

A former bodybuilder and nine-year Air Force veteran, John didn't struggle with obesity during the first 40 years of his life. He was blessed with a naturally muscular and athletic





I was one of those guys who would drive to the nearest McDonald's as soon as the McRib came out.

build, which helped him endure a strenuous military deployment to Southeast Asia. But as he entered his late 40s and 50s, his eating habits slowly worsened and the extreme weight gain quickly began.

"I was one of those guys who would drive to the nearest McDonalds as soon as the McRib came out, but I couldn't eat just one – I'd have to have three or four. It was out of control."

Soon, John was diagnosed with Type II Diabetes – requiring a daily regimen of insulin injections and pills. Doctors pointed to obesity as the root of his health problems, but John resisted a lifestyle change.

That was, however, until his weight complicated a surgical procedure.

"I was so big that the doctors couldn't roll me over or move me from one table to another... I finally just said 'enough is enough.'"

John's 5 Secrets to Success

Though he hadn't used his membership in years, John summoned the resolve to return to the Center for Health & Fitness in 2013. He hired trainer Lauren Phelan and started exercising four days a week.

"People can be hesitant to spend money on personal training, but it was a no-brainer for me. Lauren designs new exercises and coaches me on nutrition, too. She's been instrumental to my success. Plus, any money I spend on training isn't spent on food."

To address overeating, John met with a Kaiser Addiction Specialist who explained that food was his "drug of choice." He was referred to group therapy to help with his addiction and quickly became a class regular.

"The mental side of weight loss is just as difficult as the physical, if not more. And it's much easier to make healthy decisions when your trainer and friends help hold you accountable. It's also important to remember that it took years to put on the weight, so it will take years to take it off. There's no quick fix."

Two years of hard work later, John is an astonishing 200 pounds lighter and honing in on his goal weight of 175 pounds. He continues to exercise two to three times a week, eats well-rounded meals and meets with his support group weekly to stay on track. He's still diabetic but no longer needs insulin shots or pills, to the delight – and utter dismay – of his doctor.

Yet, despite John's eye-popping transformation and success, his advice for others – true to form – is inspiringly humble, honest and poignant.

"You'll find all the tools you need at the Center for Health & Fitness. It will take time and hard work, but it's worth it. So don't give up on health, and never give up on yourself."



- 1 Patience.** "You didn't gain weight overnight, so don't expect it to come off in 24 hours. It's going to take time – and lots of it. So make a long-term investment in your health."
- 2 Get Help.** "Being strong enough to admit you're weak is half of the battle. I'd still be struggling with overeating if I hadn't gotten professional help."
- 3 Eat Smarter.** "You can still enjoy the foods you love and lose weight, but the key is moderation. Set calorie limits for yourself and stick to them. If you're still hungry, reach for fresh fruits, nuts and vegetables."
- 4 Sweat Daily.** "You don't have to visit the gym seven days a week, but make sure you are physically active every day. I like to walk along the beach, stroll around Disneyland and, of course, exercise at the Center for Health & Fitness."
- 5 Believe in Yourself.** "If I can do this, anyone can. Believe me. I still make mistakes and, at times, succumb to temptation, but I refuse to ever give up on my health again."



514 N. Prospect Ave., 1st floor
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PRST STD
U.S. POSTAGE

PAID

Beach Cities
Health District

*****ECRWSEDDM****
POSTAL CUSTOMER

Get More FROM YOUR Membership

BASIC MEMBERSHIP Includes full fitness center access plus group exercise classes.
\$39/mo.

\$0 ENROLLMENT. NO COMMITMENT.

- ✓ More than 65 weekly group exercise classes
- ✓ Complimentary towel service
- ✓ One complimentary group orientation
- ✓ One complimentary yoga class
- ✓ One complimentary Mat Pilates class
- ✓ Locker room amenities



NEW YEAR'S DEAL

Join in January and receive **\$100 CHF Credit**



A Beach Cities Health District Program

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