

hackensack meridian fitness wellness

Hackensack Meridian Fitness & Wellness: Your Guide to a Healthier You

Are you ready to prioritize your well-being and embark on a journey towards a healthier, happier you? Hackensack Meridian Health's Fitness & Wellness centers offer a comprehensive approach to fitness and wellness, going beyond just a gym membership. This in-depth guide dives into what makes Hackensack Meridian Fitness & Wellness stand out, exploring their facilities, programs, and the overall experience you can expect. We'll cover everything from their state-of-the-art equipment to their personalized wellness plans, helping you decide if their services are the right fit for your health goals.

Understanding Hackensack Meridian Fitness & Wellness

Hackensack Meridian Fitness & Wellness isn't your typical gym. It's a holistic wellness destination integrated with the renowned Hackensack Meridian Health system. This integration offers a unique advantage, seamlessly blending expert medical guidance with fitness and wellness programs. This approach ensures a safe and effective path to achieving your health goals, no matter your starting point. Instead of a one-size-fits-all approach, they prioritize personalized plans tailored to individual needs and aspirations.

State-of-the-Art Facilities & Equipment

Hackensack Meridian Fitness & Wellness centers boast impressive facilities equipped with top-of-the-line equipment. Forget outdated machines and cramped spaces. You'll find spacious workout areas filled with advanced cardio equipment, strength training machines, and free weights. The facilities are designed for comfort and convenience, with clean and well-maintained locker rooms, showers, and ample parking. Specific amenities may vary by location, so it's always a good idea to check the individual center's website for details on what's available at your preferred location.

Personalized Wellness Programs: More Than Just a Workout

What truly sets Hackensack Meridian Fitness & Wellness apart is its commitment to personalized wellness. Their programs extend far beyond simply lifting weights or running on a treadmill. They offer a range of specialized programs designed to address various health goals, including:

Weight Management Programs: These programs often incorporate nutritional guidance, fitness training, and behavioral modifications to help individuals achieve and maintain a healthy weight. They might include workshops, group sessions, and one-on-one coaching.

Cardiac Rehabilitation: For individuals recovering from heart-related events, these programs provide medically supervised exercise and education to improve cardiovascular health and reduce the risk of future events. This is a crucial service provided in collaboration with Hackensack Meridian Health's

cardiology specialists.

Diabetes Management: Specialized programs focus on exercise and lifestyle modifications to help manage blood sugar levels and improve overall health for those living with diabetes. Educators and trainers work collaboratively to create a tailored plan.

Strength Training & Functional Fitness: Whether you're a seasoned athlete or a beginner, their programs cater to all fitness levels. Certified trainers design programs to improve strength, endurance, and balance, focusing on functional movements that translate to everyday life.

Group Fitness Classes: From Zumba and Yoga to spin classes and HIIT workouts, a diverse range of group fitness classes caters to different preferences and fitness levels, creating a motivating and supportive community environment.

Experienced & Certified Professionals

Hackensack Meridian Fitness & Wellness employs a team of highly qualified and experienced professionals. These include certified personal trainers, registered dietitians, physical therapists, and other healthcare specialists. This multidisciplinary approach ensures that you receive comprehensive support and guidance throughout your wellness journey. The staff is dedicated to providing personalized attention and creating a supportive environment to help you achieve your goals.

Beyond the Gym: A Holistic Approach

Hackensack Meridian Fitness & Wellness takes a holistic view of wellness, understanding that physical activity is only one piece of the puzzle. They often integrate educational components into their programs, offering workshops and resources on nutrition, stress management, sleep hygiene, and other crucial aspects of overall well-being. This comprehensive approach contributes significantly to long-term success in achieving and maintaining a healthy lifestyle.

Finding the Right Hackensack Meridian Fitness & Wellness Center for You

Hackensack Meridian Health has multiple Fitness & Wellness centers across its service area. Before signing up, it's recommended to explore the locations nearest to you and check their specific amenities and programs to ensure they align with your needs and preferences. You can easily find location details and contact information on their official website.

Conclusion

Hackensack Meridian Fitness & Wellness offers a unique and valuable approach to fitness and wellness, combining state-of-the-art facilities, personalized programs, and expert guidance from experienced professionals within the renowned Hackensack Meridian Health system. Their commitment to a holistic approach extends beyond just physical fitness, encompassing various aspects of overall well-being. By focusing on personalized plans and a supportive community, they empower individuals to take control of their health and achieve lasting results. If you're seeking

more than just a gym membership, and are looking for a truly transformative wellness experience, Hackensack Meridian Fitness & Wellness is definitely worth exploring.

Frequently Asked Questions (FAQs)

1. Do I need a referral to join Hackensack Meridian Fitness & Wellness? No, a referral is generally not required to join. However, for specific programs like cardiac rehabilitation, a referral from your physician may be necessary.
1. What are the membership options available? Membership options vary by location, so it's best to check the specific center's website for details on pricing and packages. They usually offer a range of options to suit different budgets and needs.
1. Is childcare available at the facilities? Childcare availability varies by location. Check with the specific center you're interested in to see if they offer childcare services.
1. What if I have specific health concerns? Hackensack Meridian Fitness & Wellness works closely with healthcare professionals within the Hackensack Meridian Health system. They can help you develop a personalized program that considers your specific health needs and limitations.
1. How can I contact Hackensack Meridian Fitness & Wellness? You can find contact information for all locations on the official Hackensack Meridian Health website. You can typically contact them by phone, email, or through their online contact form.

hackensack meridian fitness wellness: Wellness by Design Jamie Gold, 2020-09-01 Design your home to optimize your healthy lifestyle with this room-by-room guide from certified kitchen designer and wellness design consultant Jamie Gold. Residential designer Jamie Gold has spent years exploring how simple changes to things like lighting, fixtures, storage, and outdoor space can impact our health and wellness. In *Wellness by Design*, Gold offers a room-by-room guide to refreshing your space so that it supports your wellness journey. Good news, it doesn't require a yoga room and can be done in small apartments as well as large houses. This book explains how simple changes can make a huge difference in how you feel every day. You'll learn: - How to maximize accessibility and organization in your kitchen for faster, healthier, and more delicious meals. - How to make easy fixes to your ventilation system to help ease symptoms of asthma and allergies - How to

optimize your home office to eliminate back, neck, and foot pain. - How to enhance your bathroom tub and shower spaces to support fitness goals and simplify family life. - And much more! It's time for your home to work as hard as you do to support your health. With the right organization and interior design, your home can help you maintain and improve your health in a variety of ways, from improving health and preventing disease to encouraging clean eating, sustainable living, safety, fitness, serenity, and joy. Whether you're building your dream home or decorating your new rental, this book will help you keep your fitness goals and stay on track for a long and healthy life.

hackensack meridian fitness wellness: Integrative Nursing Andrew Weil, 2018-11-27 The second edition of Integrative Nursing is a complete roadmap to integrative patient care, providing a guide to the whole person/whole systems assessment and clinical interventions for individuals, families, and communities. Treatment strategies described in this version employ the full complement of evidence-informed methodologies in a tailored, person-centered approach to care. Integrative medicine is defined as healing-oriented medicine that takes account of the whole person (body, mind, and spirit) as well as all aspects of the lifestyle; it emphasizes the therapeutic relationship and makes use of appropriate therapies, but conventional and alternative. -- From publisher's description

hackensack meridian fitness wellness: Physical Medicine and Rehabilitation Board Review, Fourth Edition Sara J Cuccurullo, MD, 2019-10-28 Note to Readers: Publisher does not guarantee quality or access to any included digital components if book is purchased through a third-party seller. Praise for the Third Edition: "The author has done it again, producing an excellent, concise resource that provides clinicians with an optimal solution for studying for the written board examination. © Doody's Review Service, 2015, Alan Anshel, MD (Shirley Ryan AbilityLab) This fourth edition of the incomparable review bible for the Physical Medicine and Rehabilitation Board Examination has been thoroughly updated to reflect current practice and the core knowledge tested on the exam. Recognized for its organization, consistency, and clarity through editions, the book distills the essentials and provides focused reviews of all major PM&R topics including stroke, traumatic brain injury, musculoskeletal medicine, spinal cord injuries, pain management, and more. Every chapter in the fourth edition has been rigorously evaluated and refreshed to ensure that the information is accurate and up to date. Sections on cancer treatment and rehabilitation, rheumatologic disease, and ultrasound have been significantly upgraded to incorporate new board requirements and changes in criteria for diagnosis and management. Written in outline format for easy access to information, Physical Medicine and Rehabilitation Board Review, Fourth Edition is modeled on the content blueprint for the Self-Assessment Examination for Residents (SAE-R) used by residents nationwide. Board pearls are indicated with an open-book icon to highlight key concepts and flag important clinical and board-eligible aspects of each topic. The topics are divided into major subspecialty areas written by author teams with clinical expertise in the subject and reviewed by senior specialists in each area. More than 500 signature illustrations—now with color added—clarify and reinforce concepts. In addition to its proven value as the primary resource for Board preparation and MOC, the book is also a trusted clinical reference for day-to-day practice needs. New to the Fourth Edition: Thoroughly reviewed, revised, and updated to reflect current practice and core knowledge tested on Boards Significant upgrades to ultrasound content Expanded sections on cancer treatments and rehabilitation along with rheumatologic guidelines and treatments, including new criteria for diagnosis Addition of color to highlight artwork and content areas Key Features: Board Pearls are highlighted with an open-book icon to flag key concepts and stress high-yield aspects of each topic Covers all topics on the content outlipne for the Self-Assessment Examination for Residents (SAE-R) used by residents nationwide Authored by physicians with special interest and expertise in their respective areas and reviewed by senior specialists in those areas Organizes information in outline format and by topic for easy reference Includes over 500 detailed illustrations to clarify concepts Provides updated epidemiologic and statistical data throughout

hackensack meridian fitness wellness: Lessons in Leadership Steve Adubato, 2016-09 In

this practical guide, Emmy Award-winning public broadcasting anchor Steve Adubato teaches readers to be self-aware, empathetic, and more effective leaders at work and at home. His powerful case studies spotlighting dozens of leaders—from Pope Francis to New Jersey governor Chris Christie—are complemented by concrete tips and tools based in real-life scenarios. With *Lessons in Leadership*, readers can learn to steer others through difficult economic times, to mentor rising leaders, to provide straight talk to underperforming employees, and even how to lead a company through a significant change.

hackensack meridian fitness wellness: *Revision Lumbar Spine Surgery E-Book* Robert F. Heary, 2021-03-03 Offering in-depth coverage of an often-neglected topic, *Revision Lumbar Spine Surgery* identifies clinical problems and discusses recent major advances in this challenging area. Dr. Robert F. Heary and a team of international experts share their knowledge and experience with even the most difficult lumbar cases, helping you provide optimal outcomes for your patients. You'll find authoritative guidance on indications, diagnosis, approaches, and follow-up, with a focus on the significant advances that have occurred over the past two decades in this fast-changing field. - Identifies the clinical problems related to unsuccessful back spine surgery as well as indications, diagnosis, and new treatment options and advances in this complex area. - Provides in-depth information on the multiple options that exist for most clinical situations: anterior, posterior, lateral, and combined anterior and posterior approaches. - Covers methods of fixation, the use of interbody grafting, and surgical planning related to scar tissues, bleeding, and spinal fluid leaks. - Discusses critical follow-up topics such as key clinical procedures, radiography, patient reported outcomes, and pain management. - Includes timely chapters on robotics, bone density issues, medical fitness concerns, instrumentation options, imaging considerations, and much more.

hackensack meridian fitness wellness: *The Memory Bible* Gary Small, 2003-09-10 Clear, concise, prescriptive steps for improving memory loss and keeping the brain young—from one of the world's top memory experts. Everybody forgets things sometimes—from your keys to your lunch date to the name of an acquaintance. According to Dr. Gary Small, the director of the UCLA Center on Aging, much of this forgetfulness can be eliminated easily through his innovative memory exercises and brain fitness program—now available for the first time in a book. Using Small's recent scientific discoveries, *The Memory Bible* can immediately improve your mental performance. One of the ten commandments that Dr. Small has pioneered to improve your memory immediately is LOOK, SNAP, CONNECT: 1: LOOK: actively observe what you want to learn 2: SNAP: create a vivid snapshot and memorable image 3: CONNECT: visualize a link to associate images In addition, Dr. Small's comprehensive program includes a brain diet of memory-enhancing foods and a list of the most effective drugs, as well as a workbook with a weekly and daily calendar. Remember, as Dr. Small says, Great memories are not born, they are made.

hackensack meridian fitness wellness: *The Memory Prescription* Gary Small, 2004-06-09 In his bestselling book *The Memory Bible*, Dr. Gary Small showed us how to improve our memory by changing our diet and lifestyle and by incorporating physical and mental exercise. Now, in response to readers' requests, Dr. Small offers *The Memory Prescription* -- a simple, effective two-week program to improve memory quickly. Based on years of medical research at one of the country's leading memory loss institutions, Dr. Small focuses on 'the Big 4': mental activity, healthy brain and body diet, stress reduction, and physical fitness, and he offers a step-by-step regimen that can be customized to each reader's specific needs.

hackensack meridian fitness wellness: *Basic Health Screening* David Lo, Aayush Visaria, 2019-01-25 GAIN CLINICAL EXPERIENCE BY LEARNING SOME OF THE MOST IMPORTANT HEALTH SCREENING TECHNIQUES FOR ASPIRING HEALTH CARE PROFESSIONALS, FROM TAKING BLOOD PRESSURE TO USING A ONE-LEAD EKG Here's why this is the ultimate basic health screening book: More than 10 must-know concepts for health screening success Over 12 health screening techniques Journal & reflection questions Learning and training tips Reference Charts Rapid Review ...and more!

hackensack meridian fitness wellness: *Medical and Health Information Directory* Gale

Group, 2002-12

hackensack meridian fitness wellness: Joy's Simple Food Remedies Joy Bauer, 2020-03-31 Now in paperback, the nutrition and health expert for the TODAY show helps you to heal yourself easily from 20 everyday ailments using key power foods and recipes. Do you often wake up in the morning not feeling your best? Maybe it's a nagging cold or a dreaded hangover, or perhaps it's something more chronic, such as PMS or seasonal allergies. In Joy's Simple Food Remedies, New York Times best-selling author and TODAY show nutritionist Joy Bauer tackles 20 of the most common everyday ailments. For each ailment, she explores the science, explains the causes, and offers five healing foods. You'll also enjoy more than 60 mouthwatering recipes to increase your energy, ease aches and pains, boost brain power, reduce anxiety and stress, and live your life to the fullest!

hackensack meridian fitness wellness: Third Window Syndrome P. Ashley Wackym, Carey David Balaban, Tetsuo Ikezono, Yuri Agrawal, 2021-08-18

hackensack meridian fitness wellness: The Complete Book of Colleges 2021 The Princeton Review, 2020-07 The mega-guide to 1,349 colleges and universities by the staff of the Princeton Review ... [including] detailed information on admissions, financial aid, cost, and more--Cover.

hackensack meridian fitness wellness: Yummy Yoga Joy Bauer, 2019-10-08 Written by beloved health expert Joy Bauer, Yummy Yoga is a fun and fresh introduction to yoga and nutrition. Playful photographs feature a diverse group of kids demonstrating yoga poses. On the opposite sides of the spreads, imaginatively sculpted fruits and vegetables mirror the same poses! Lift the gatefold flaps to find simple, child-friendly recipes incorporating all of the healthy ingredients featured in each photo.

hackensack meridian fitness wellness: Female Pelvic Reconstructive Surgery Stuart L. Stanton, Philippe Zimmern, 2002-09-24 The interest in pelvic floor reconstruction has grown rapidly in recent years. The collaboration between urologists, gynaecologists and colorectal surgeons has also increased. The book covers the surgical anatomy, urinary and faecal incontinence and their treatment, prolapse surgery, fistulae and post-operative management. Female Pelvic Reconstructive Surgery is a multi-disciplinary book edited by Stuart L Stanton, Urogynaecologist, and Phillippe Zimmern, Urologist, with contributions by internationally known and experienced clinicians. The book is well illustrated, up to date and authoritative.

hackensack meridian fitness wellness: Catheter Ablation of Cardiac Arrhythmias David J. Wilber, Douglas L. Packer, William G. Stevenson, 2011-09-22 Radiofrequency Catheter Ablation of Cardiac Arrhythmias has been so extensively updated for its third edition that the book now features a new title: Catheter Ablation of Cardiac Arrhythmias: Basic Concepts and Clinical Applications. The editors bring you 21 polished chapters, each updating the fundamentals and progressing to advanced concepts, providing state-of-the-art knowledge with highly relevant material for experienced electrophysiologists as well as fellows in training. This streamlined new edition features: • Two new editors, both widely published and leaders in the field of catheter ablation • 21 instead of 39 chapters, achieved by focusing on primary topics of broad interest and assimilating information from a wide range of sources • Fewer authors, chosen for their recognized contributions to the topics under discussion, providing a more integrated and coherent approach • Anatomic insights from leading pathologist Siew Yen Ho, integrated with new information from imaging technologies Each chapter dealing with ablation of a specific arrhythmia features the author's personal approach to ablation of the arrhythmia, including practical how-to tips, and a review of potential pitfalls. Alternate approaches and variations are succinctly summarized. Original figures and drawings illustrate specific approaches to improve the usability of the book.

hackensack meridian fitness wellness: Acute Leukemias Stefan H. Faderl, Hagop M. Kantarjian, Elihu Estey, 2020-10-10 Better therapy of acute leukemias depends ultimately on better understanding of the distinction between leukemic and normal progenitor cells. This hugely important new book describes the current knowledge of acute leukemia biology and discusses new

classification systems that have arisen as a result of emerging insights into pathogenesis. Estey, Faderl and Kantarjian, who all work at the respected Anderson Cancer Center in Houston, Texas, USA, examine in detail advances in the treatment of particular types of acute leukemia. Their book also covers the management of acute leukemia in general as well as the development of new therapies. This book will be extremely useful to clinicians.

hackensack meridian fitness wellness: Interventional Nephrology Alexander S. Yevzlin, Arif Asif, Loay Salman, 2013-12-05 Interventional Nephrology: Principles and Practice describes a very direct approach to clinical problems encountered by the community of care providers who treat chronic kidney disease and dialysis patients. Practical scenarios faced on a day-to-day basis are presented by experts in the field utilizing the latest scientific information. In addition to internal medicine residents, nephrology fellows and practitioners, this comprehensive and useful resource is a must-have for the allied health professionals taking care of patients with hemodialysis and peritoneal dialysis access problems.

hackensack meridian fitness wellness: Fostering Healthy Mental, Emotional, and Behavioral Development in Children and Youth National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Fostering Healthy Mental, Emotional, and Behavioral Development Among Children and Youth, 2020-01-18 Healthy mental, emotional, and behavioral (MEB) development is a critical foundation for a productive adulthood. Much is known about strategies to support families and communities in strengthening the MEB development of children and youth, by promoting healthy development and also by preventing and mitigating disorder, so that young people reach adulthood ready to thrive and contribute to society. Over the last decade, a growing body of research has significantly strengthened understanding of healthy MEB development and the factors that influence it, as well as how it can be fostered. Yet, the United States has not taken full advantage of this growing knowledge base. Ten years later, the nation still is not effectively mitigating risks for poor MEB health outcomes; these risks remain prevalent, and available data show no significant reductions in their prevalence. Fostering Healthy Mental, Emotional, and Behavioral Development in Children and Youth: A National Agenda examines the gap between current research and achievable national goals for the next ten years. This report identifies the complexities of childhood influences and highlights the need for a tailored approach when implementing new policies and practices. This report provides a framework for a cohesive, multidisciplinary national approach to improving MEB health.

hackensack meridian fitness wellness: *Health Needs of the Elderly* Gill Garrett, 1987 Since the first edition of this book was published the population profile for the elderly has continued to swell. How many elderly people are there? Where are they now? How well off are they? The new edition answers these and many more key questions and takes a fresh look at approaches to planning future health care. The original text has been updated throughout and there are suggestions for additional reading at the end of each chapter. The future of our ageing society is considered in depth, alongside the necessity to prepare nurses to meet the inevitable future health needs of the elderly.

hackensack meridian fitness wellness: *Families in Court* Meredith Hofford, 1989

hackensack meridian fitness wellness: **Strengthen Your Back** DK, 2013-10-21 Strengthen Your Back covers all practical aspects of back care from diagnosis and treatment to exercises and pain relief. Illustrated step-by-step exercises help you address your back and neck pain, alongside carefully planned strategies to stop injuries recurring. Simple, clear diagrams show the anatomy of your back and neck and specialized sections deal with back pain in specific scenarios such as home, work, driving and gardening. Includes advice on where to seek help and how to get the best results from rehabilitation. Play an active role in your healthcare with Strengthen Your Back!

hackensack meridian fitness wellness: **Clinical Manual of Addiction**

Psychopharmacology, Second Edition Henry R. Kranzler, M.D., Domenic A. Ciraulo, M.D., Leah R. Zindel, R.Ph., M.A.L.S., 2013-11-06 This new edition of Clinical Manual of Addiction

Psychopharmacology offers information on the pharmacology of the major classes of drugs related to addiction and the latest pharmacological treatment of dependence on these drugs. The manual reflects recent research and evidence-based perspectives on the pharmacological actions of drugs of abuse.

hackensack meridian fitness wellness: Consumer Action Handbook, 2010 Edition U.S. Services Administration, 2010 Use this guide to get help with consumer purchases, problems and complaints. Find consumer contacts at hundreds of companies and trade associations; local, state, and federal government agencies; national consumer organizations; and more.

hackensack meridian fitness wellness: Sleep and Aging Mark P. Mattson, 2005-06-20 The book describes the mechanisms involved in the maintenance of neuroendocrine-immune interactions in ageing. The lack of this maintenance leads to the appearance of age-related diseases (cancer, infections, dementia) and subsequent disability. The capacity of some hormones or nutritional factors in restoring and remodelling the neuroendocrine-immune response during ageing is reported presenting possible new anti-ageing strategies in order to reach healthy ageing and longevity

hackensack meridian fitness wellness: Male Pelvic Fitness Andrew L Siegel MD, 2014-06 MALE PELVIC FITNESS: OPTIMIZING SEXUAL & URINARY HEALTH unveils the largely unrecognized and little known powers of the mysterious male pelvic floor muscles and how to harness their potential. The pelvic floor muscles

hackensack meridian fitness wellness: Be All In Christie Pearce Rampone, Dr. Kristine Keane, 2020-08-18 Soccer star and Olympic gold medalist Christie Pearce Rampone and sports neuropsychologist Dr. Kristine Keane share the best practices that athletes, parents, and coaches can use to turn the lessons learned through sports into lifelong skills. Sports offer a vital path for children to get healthy, self-confident, and social. In *Be All In*, three-time Olympic gold medalist, World Cup Champion, and US team captain Christie Pearce Rampone and sports neuropsychologist and brain health expert Dr. Kristine Keane offer practical, real world advice on how to handle the pressures felt by youth athletes, parents, and coaches today and provide kids with their best shot at reaching their dreams. In contrast to outdated adages like no pain, no gain, the ethos of *be all in* is about being authentically present in everything you do, on and off the field. Through a unique blend of neuroscience, parenting strategies, and wisdom gleaned from the extraordinary experiences of a world-class athlete, this transformative book explains how to create realistic expectations for kids, help them succeed in all aspects of their life, improve game day performance, and reduce the stress of dealing with their coaches, ambitions, and losses. With invaluable insight into parenting behaviors that may derail children's performance despite best intentions, and concrete strategies for teaching accountability, confidence, self-efficacy, and resiliency, this fundamental guide has tips to support athletes of any age, sport, or level of competition.

hackensack meridian fitness wellness: Industrial/Organizational Psychology Michael Aamodt, 2009-02-04 Striking a balance between research, theory, and application, the sixth edition of *INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY: AN APPLIED APPROACH* prepares students for their future careers through a combination of scholarship, humor, case studies, and practical applications. Students will see the relevance of industrial/organizational psychology to their everyday lives through such practical applications as how to write a resume, survive an employment interview, write a job description, create a performance appraisal instrument, and motivate employees. Charts and tables simplify such complicated issues as employment law, job satisfaction, work motivation and leadership. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

hackensack meridian fitness wellness: Neuroplasticity: Your Brain's Superpower Philippe Douyon MD, 2019-04-23 We live in a time in which more than 100 million Americans suffer from a neurological illness. Not only is that number expected to rise and the annual cost to care for people with neurological disorders expected to surpass 1 trillion dollars, but the impact of these illnesses on our lives is unlike any other. Neurological disorders affect every fiber of our being. They cause physical, psychological, emotional, and cognitive impairments. They rob us of our lives and families

in a way that diseases of other organs can't. Oftentimes it seems that we are helpless to do anything about it. But, what if that wasn't true? **Neuroplasticity: Your Brain's Superpower** empowers us to have a different relationship with our brains. Instead of just succumbing to whatever potential dysfunction, degeneration, or disease that may impact our nervous system, in this book we explore the ways in which we can give our brains exactly what they need to adapt, heal, and thrive. **Neuroplasticity: Your Brain's Superpower** takes us on a journey through things that influence the evolution of our brains, including various diseases. Not only do we learn about these illnesses, but also about the potential healing that can take place after the injury. This book expands the conversation about brain health so that we can include the principles of neuroplasticity to help us take control of our neurological destinies.

hackensack meridian fitness wellness: Immunity Strong Robert G. Lahita, 2022-01-05
There is a biological force within the body that wants you to live to old age. While conventionally this force is known in medicine as the immune system, Dr. Bob calls it: "The Biological Soul." The Biological Soul is designed to protect you and allow you to live a healthy life. This force is tangible, measurable, lives within the physical body and determines our age and wellbeing through life. It is physical and complex and, in many ways, spiritual. It is affected by life's stresses, by diets, and by overall health and though not immortal; it both shapes your life and your life shapes it. **IMMUNITY STRONG** walks readers through how the immune system works, what makes it implode or keeps it safe and what modern science reveals about how it connects to every part of the body to keep it alive—as the seat of our "Biological Soul." Written in Dr. Bob's trade-mark down-to earth style, the book explains that the normal immune system functions like a police department protecting the body from harm. While as a nation we have recently been focused on the effects of infections, the book reveals that it is important to note that disorders of immunity are at the root of most diseases that shorten or impact our lives. From chronic pain and fatigue syndromes, heart disease and clogged arteries and even the ability to recognize and destroy cancer, to multiple sclerosis, lupus, celiac disease, rheumatoid arthritis and autoimmune disorders are all linked to one or another glitch in the immune system. The purpose of this book is to provide significant information on the incredible complexity of the immune system and how the integration of spiritual, scientific, and emotional values can enhance health. It is Dr. Bob's hope that readers will find a new appreciation of the miracle that is the physical body and to understand the potential within our Biological Soul to promote longevity and overall happiness to life. **IMMUNITY STRONG: Boost Your Body's Natural Healing Power and Live to 100** is a must-read for anyone wishing to nurture and enhance their health.

hackensack meridian fitness wellness: The Big Unlock Paddy Padmanabhan, 2017-11-17
Along with a shift towards value-based care, a digital transformation is under way in health care. However, health care enterprises are having a hard time keeping up with advances in information technology. Organizations that could once spend months or years developing a strategy to deliver solutions now must implement changes on a near real-time basis. Complicating matters is the emergence of new data sources, new technology architectures and models, and new methods to analyze an avalanche of data. This book provides a framework for understanding the competitive landscape for digital health and advanced analytics solutions that are harnessing data to unlock insights. It reveals a set of key principles, or universal themes, for success in the digital health marketplace. Whether you're a health care information technology specialist, a digital health startup or technology firm with a strategic focus on health care, a venture capitalist, or just interested in the industry structure and the emerging technology landscape in health care, you'll learn how to grow revenue and profits while creating a sustainable competitive advantage. Take a key step in navigating the exciting transformation of health care, and harness the power of data and analytics with **The Big Unlock**.

hackensack meridian fitness wellness: Schools and Health Committee on Comprehensive School Health Programs in Grades K-12, Institute of Medicine, 1997-12-09 **Schools and Health** is a readable and well-organized book on comprehensive school health programs (CSHPs) for children in

grades K-12. The book explores the needs of today's students and how those needs can be met through CSHP design and development. The committee provides broad recommendations for CSHPs, with suggestions and guidelines for national, state, and local actions. The volume examines how communities can become involved, explores models for CSHPs, and identifies elements of successful programs. Topics include: The history of and precedents for health programs in schools. The state of the art in physical education, health education, health services, mental health and pupil services, and nutrition and food services. Policies, finances, and other elements of CSHP infrastructure. Research and evaluation challenges. Schools and Health will be important to policymakers in health and education, school administrators, school physicians and nurses, health educators, social scientists, child advocates, teachers, and parents.

hackensack meridian fitness wellness: Tumor Invasion and Metastasis L.A. Liotta, I.R. Hart, 2012-12-06 The clinical significance of tumor spread has always been appreciated. Yet, in spite of the pioneering work and outstanding contributions of investigators such as D. Coman, H. Green, B. Fisher, S. Wood and I. Zeidman, studies on metastasis rarely achieved the popularity afforded to more esoteric areas of tumor biology. Tumor dissemination, occurring as it does in a responding host and being composed of a series of dynamic interactions, is a highly complex phenomenon. Few investigators were brave enough to attempt to unravel the mechanisms involved. Paradoxically, this very complexity may have contributed, in part, to the recent upsurge of interest in metastasis research. More and more researchers are becoming fascinated by the complexities of the cellular interactions involved in tumor spread. Accompanying this intellectual stimulation have been technological advances in related fields which allow the derivation of new model systems. The mechanisms of metastatic spread are increasingly amenable to both the reductionist and holistic approaches and it is the purpose of this volume to present many of these model systems while emphasizing the intricacy and complexity of the processes they mimic. We have attempted to emphasize two topics not previously covered in depth in previous books on metastases. These are in vitro models of invasion and in teractions of tumor cells with connective tissue.

hackensack meridian fitness wellness: Captain for Life Harry Carson, 2011-08-30 Captain for Life offers a unique and powerful personal tale about the great joy and devastating price of playing professional football, by a legendary former NFL linebacker Harry Carson. One of the greatest linebackers to ever play professional football, Harry Carson built a reputation during his 13 years in the NFL as a fearsome, physical and passionate player who would give everything he had to win. Whether violently tackling running backs, engaging blockers with reckless abandon or ferociously attacking the line of scrimmage, Carson will always be remembered as having played the game the way it's meant to be played--all out. For the first time ever, this legendary athlete takes readers on an unlikely journey to the NFL that began in the small town of Florence, South Carolina to his days at little known South Carolina State University--and then the bright lights of professional football in New York, playing for the Giants. Carson's story of his life as a football player and after his retirement is more powerful and eye-opening than any that's come before. Within these pages, Carson reveals the startling truth behind the sacrifices these great warriors make for our entertainment, the thrill of stepping onto a field with 80,000 fans screaming your name, and the debilitating physical and mental toll this violent and uncompromising game takes. With insight into some of the game's biggest stars, from Lawrence Taylor to Bill Parcells to Phil Simms this book is a must for any NFL fan.

hackensack meridian fitness wellness: Healthcare Digital Transformation Edward W. Marx, Paddy Padmanabhan, 2020-08-02 This book is a reference guide for healthcare executives and technology providers involved in the ongoing digital transformation of the healthcare sector. The book focuses specifically on the challenges and opportunities for health systems in their journey toward a digital future. It draws from proprietary research and public information, along with interviews with over one hundred and fifty executives in leading health systems such as Cleveland Clinic, Partners, Mayo, Kaiser, and Intermountain as well as numerous technology and retail providers. The authors explore the important role of technology and that of EHR systems, digital

health innovators, and big tech firms in the ongoing digital transformation of healthcare. Importantly, the book draws on the accelerated learnings of the healthcare sector during the COVID-19 pandemic in their digital transformation efforts to adopt telehealth and virtual care models. Features of this book: Provides an understanding of the current state of digital transformation and the factors influencing the ongoing transformation of the healthcare sector. Includes interviews with executives from leading health systems. Describes the important role of emerging technologies; EHR systems, digital health innovators, and more. Includes case studies from innovative health organizations. Provides a set of templates and frameworks for developing and implementing a digital roadmap. Based on best practices from real-life examples, the book is a guidebook that provides a set of templates and frameworks for digital transformation practitioners in healthcare.

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