



NEW YORK FOOTBALL GIANTS

PRESS RELEASE

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GIANTS TEAM UP WITH HACKENSACK UNIVERSITY MEDICAL CENTER TO OPEN FITNESS & WELLNESS CENTER

Fitness & Wellness Center in Maywood, a first of its kind, promises to offer a unique focus on health, education, prevention and motivation.

EAST RUTHERFORD, N.J. – Hackensack University Medical Center and the New York Giants proudly announce plans to team up with Fitness and Wellness of Hackensack, LLC to open a premier full-service fitness and wellness center located on Route 17 North in Maywood. The facility will be the first in the area to merge fitness, wellness, and sports performance training. The 112,000 square foot facility, scheduled to open the end of 2013, will include an expansive state-of-the-art fitness floor, three-pool salt water filtered aquatic center, spacious group exercise studios, sports performance center featuring workouts (some of which will be coordinated with the assistance of the New York Giants trainers), Pilates Reformer studio, demonstration cooking studio, day spa, complimentary child care, and healthy food Café. The mission of “HackensackUMC Fitness & Wellness Powered by the GIANTS” is to help people of all ages and fitness levels achieve their health and wellness goals comfortably and safely.

The center will offer a personalized approach to fitness and wellness, by providing each member with quarterly health risk and fitness assessments and personalized training programs provided by the Center’s staff of fitness and medical professionals, all included in the user-friendly, month-to-month memberships. A multidisciplinary Medical Advisory Panel comprised of physicians from HackensackUMC ensures only the highest standards in programming, training and education. “HackensackUMC Fitness and Wellness Powered by the Giants” is designed to satisfy the needs of everyone, from the avid exerciser to the deconditioned, to those with chronic illness. The Center is for all that demand structure, education, motivation and supervision in a first class facility.

In addition, the center also will house the Debra Simon Center for Integrative Medicine, a comprehensive wellness pavilion, offering programs for specific health concerns such as heart disease, arthritis, senior health issues, stress management, obesity and much more. The pavilion houses a myriad of health and wellness services and centers including physical therapy, The Diabetes Treatment Center, nutritional counseling, demonstration cooking studio, behavioral health services, corporate wellness center, as well as, mammography and bone density screening.

“The focus is on preventative care, as HackensackUMC’s primary goal is to be a major contributor to the health and well-being of the community,” said Robert C. Garrett, president and chief executive officer of the Hackensack University Health Network.

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The strategic alliance with the four-time Super Bowl Champion New York Giants will bring the professional team's experience and success in sports performance, training and healthy lifestyle programs to the Center. There will be a strong focus on community outreach, combating childhood obesity, and an overall push to get the adults and children of the community active.

"The Giants are very pleased to expand our affiliation with HackensackUMC in opening a full-service fitness and wellness center, it is a great opportunity for the organization to reach out to the community and promote health and wellness," said New York Giants Chief Marketing Officer, Mike Stevens.

For more information or to enroll at reduced, pre-construction rates, call (201) 843 -4422 or stop by the information and enrollment center located at 137 Route 17 North in Maywood, NJ. What is your GAMEPLAN to health?

"HackensackUMC Fitness & Wellness Powered by the GIANTS" is a strategic alliance of Fitness and Wellness of Hackensack LLC, Hackensack University Medical Center and the New York Giants.

