



2015 NEW GOOD NEIGHBOR AWARDS

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Chief Executive Officer
Meadowlands Regional
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Mind & Body Regimen in Maywood

HackensackUMC Fitness & Wellness Powered by the Giants

Don't let the name mislead you. The HackensackUMC Fitness & Wellness Powered by the Giants is not just for jocks. This incredible center on Route 17 in Maywood was designed as a venue where a comprehensive approach to individual healthcare could be offered at a single location, with proactive attention to both the mind and body to treat the whole person. The Giants are a leading partner with HackensackUMC in achieving this mission.

HackensackUMC's healthcare philosophy has evolved from the traditional mindset of simply treating people who are sick to keeping healthy people well. As a result, the 112,000-square-foot, \$16.5-million facility was designed as an inviting space that would support its multidisciplinary and customized approach for each member.

The center boasts an expansive fitness floor with state-of-the-art cardiovascular and strength equipment, a range of group exercise studios, locker rooms with steam and sauna, and a unique aquatics center with saltwater-filtered pools. On the upper level is an equipped sports performance center with a turf field, running strip and power equipment. The center also is a go-to spot for simply relaxing at the spa and healthy café.

To further support its goal of total well-being, the facility houses some of HackensackUMC's nationally recognized healthcare services within the Debra Simon Center for Integrative Medicine and the MOLLY Diabetes Education/Management Center for Adults and Children, physical therapy, nutritional counseling, mammography and bone density screening, corporate wellness programming, pain management, acupuncture and chiropractic care. With wellness a function of the mind and body, HackensackUMC's behavioral health division is now located at the center. Specialized lectures and community outreach complement its efforts, which already have reached a broad spectrum of the community's residents, from high school students to seniors.

The center generated 300 jobs during its construction and employs nearly 150 full- and part-time staff.