

# THINK EAT AND MOVE BETTER

A MONTHLY NEWSLETTER

## PAST EVENTS

At Pulseology Health every Tuesday in September is Spirit day—Employees wear their favorite team gear

Pulseology attended the 2021 Bluffton High School Bobcat Scorcher 5K on August 14th

Hope Performance Systems attended Back-to-School event at Oscar Frazier park on August 8th

Pulseology Fitness Club hosted Beauty & Bubbly spotlighting Xeomin on July 28th

## Upcoming Events

Hope Performance Systems will participate in the Out of the Darkness Walk on November 7th in Bluffton

## Hiring

Mental Health Counselors

Contact Amanda Coleman at

[acoleman@hopeperformancesystems.com](mailto:acoleman@hopeperformancesystems.com)

Childcare Worker at Pulseology Fitness Club

Contact Chris Knight at

[Cknight@pulseology.biz](mailto:Cknight@pulseology.biz)

Chiropractor

Contact Rachel Clark at

[rclark@pulseology.biz](mailto:rclark@pulseology.biz)

## Our Companies

Hope Performance Systems  
[www.hopeperformancesystems.com](http://www.hopeperformancesystems.com)  
(843) 547-0200

Pulseology Health  
[www.pulseology.biz](http://www.pulseology.biz)  
(843) 277-0270

Pulseology Fitness Club  
[www.pulseologyfitnessclub.com](http://www.pulseologyfitnessclub.com)  
(843) 706-9700

ETC by Pulseology  
<http://pulseologyetc.com>



## A WORD FROM OUR CEO & COO

First and Foremost, thank you to all of our Pulseology and Hope Performance Systems clients and family. We know that the last year has brought unprecedented circumstances for all of us and our families. The tragedy of the pandemic created a plethora of struggles for our community and for each of our individual businesses. Luckily due to the resilience of our staff members and the support of our clients we were able to survive the unprecedented Economic down turn. Our focus has now turned to how to continue to provide the highest level of health and fitness services in the low country. We are introducing new virtual training plans and have already established virtual counseling services. Our goal as we move forward is to continue to focus on how to provide the best and most accessible health and wellness programs for our community. If at any time you have any questions, or feedback for our team please feel free to let us know. We love hearing from all of our clients and are here to help you navigate both your mental and physical fitness journey.

Thank you

Scott Otwell and JP Hester

### Best of Bluffton Winners

Chiropractic Office, Pulseology Health  
Chiropractor, Rachel Clark, DC, CSCS  
Physical Therapist, Danielle Demerdjian  
Physical Therapy Office, Pulseology Health  
Pilates Studio, Pulseology Fitness Club  
Therapy/Rehab Center, Pulseology Health  
Yoga Studio, Pulseology Fitness Club  
Fitness Center/Gym, Pulseology Fitness Club  
Personal Trainer, Dee John  
Place to Work 20-50 Employees, Pulseology Fitness Club

### Sun Select Today Winners

Yoga Studio, Pulseology Fitness Club  
Fitness Center/Gym, Pulseology Fitness Club  
Group Workout, Pulseology Fitness Club  
Personal Trainer, John Duberly

# Hope Performance Systems

*Written by Kim Adkins*

## **Back-To-School Anxiety in the time of COVID-19**

"I'd rather just do virtual school!" "I don't feel like going back." These are just a few things parents are hearing as the kids head back to school after more than 18 months of virtual, hybrid, face-to-face, and other variations of educational settings. We have seen an upswing in the number of cases of generalized anxiety and social anxiety in school-aged children and teens in our practice. When our ability to have social interaction was diminished by health precautions, many kids and teens became more used to social distancing than social interactions. This may have caused their social comfort zone to shrink and increase the likelihood of regular school and social activities becoming triggers for anxiety. The students want to avoid those uncomfortable feelings. Giving in to those avoidant behaviors can lead to withdrawal, isolation, low mood, and low energy. Human beings need regular social interaction or symptoms of other mental health conditions may set in.

### *How to Help*

During those times of social isolation, we get out of practice for being social and need to work our way back into society. For social anxiety, treatment includes practice with social interactions, even and especially when they feel a little uncomfortable. For withdrawal, increasing social interaction can boost mood and reverse the downward spiral of depressive symptoms. Parents can help kids and teens to increase social interactions with classmates, peers, and family members. Have faith, this social anxiety is unlikely to last long. As our kids and teens grow to feel safe, healthy, and social, our return to "normal" might not be so far off.

# Pulseology Health

*Written by Rachel Clark*

As the clinic director of Pulseology Health, my goal is to provide a safe environment for all staff and patients to rehabilitate and recover from pain. A place where we respect each other, care about our health, and reach our goals. Now and always, I thank our patients for putting in the work and trusting our providers to help reach your goals! Please join me in welcoming our newest team member, physical therapist Melissa Wagner, to our team!

### *Provider Spotlight:*

*Melissa Wagner, PT, DPT*

Melissa Wagner grew up in Altoona, PA and graduated with her Bachelor of Science degree in exercise physiology from Indiana University of Pennsylvania. She then obtained her Master and Doctor of Physical Therapy degrees from Chatham University in Pittsburgh, Pennsylvania. She relocated to Hilton Head in 2009 and has been practicing physical therapy in the Lowcountry since.

Melissa has more than 23 years of experience in physical therapy and has enjoyed her time in orthopedic outpatient settings most. She specializes in spinal and knee conditions but enjoys treating a variety of disorders and is also certified in dry needling. She believes that one-on-one direct patient care is most effective and beneficial and loves that she can provide this at Pulseology.

# Pulseology Fitness Club

*Written by Chris Knight*

Our goal here at PULSEology Fitness Club is to provide the Bluffton and Hilton Head area with a quality fitness experience in a positive and motivating gym atmosphere. We offer a variety of services and classes that will accommodate any schedule or fitness level. We strive to help our members reach their personal goals and ultimately redefine their quality of life.

The last few months we have purchased multiple upgrades for the facility. A new front door key tag scanner for 24-hour access, complete class sets of equipment for the group exercise classes, 12 premium console Life Fitness treadmills that have the latest capabilities such as Netflix, web browsing, tv, solitaire, YouTube, trail runs, and more.

This next month my goal is to ensure all members are taking full advantage of the memberships and utilizing all amenities we have to offer.

To help with the recent increase in COVID-19 cases, extra cleaning and deep cleanings have been scheduled to ensure a safer environment here at the club.

# ETC by Pulseology

*Written by Matt Ferraris*

There is no doubt that the COVID-19 pandemic has had a lasting impact on the fitness industry. Some of us have taken necessary steps toward protecting our physical health such as working remotely, practicing social distancing, and increasing our daily sanitizing efforts. PULSEology Personal Training is committed to helping you reach your fitness goals whether you are right down the street or across the country. We are excited to introduce our Virtual Personal Training program which will allow our personal trainers to help individuals who either don't feel comfortable being back in the gym or may be too far away to drive to PULSEology Fitness Club. We will meet with you virtually for 30 minutes to go over all of your individual needs and set up a detailed workout program based entirely on what equipment is available to you. For those of you who are back at the gym, we encourage you to stop in and get your starting measurements taken using our Fit3d Body Scanner. Not only will the Fit3d provide extremely accurate starting measurements, but our Fitness Director will sit down with you afterwards to answer any additional questions you have regarding fitness and nutrition.