

Senior Wellness & Fitness

Outdoor Adventures
for a Healthier Life


RANCHO FAMILY
MEDICAL GROUP

*Learn more about our
Quality Senior Care!*

- Meet Local Doctors
- Free Fitness Classes
- Medicare Accepted

Find local trails inside:



**Interested in joining
a walking club?**

Call to learn more! 951.430.4969

Dr. Jerry Hizon

Family Physician • Temecula, CA

**Welcoming
New Patients
951.430.4969**

Why Rancho?

Trusted Primary Care Since 1942

Rancho Family is dedicated to helping patients achieve and maintain optimal health!

45+ Providers

12 Offices

Wellness Programs

1

Specialize in Senior Healthcare

To learn more call us!
951.430.4969

Free Senior CrossFit+Jazzercise

Rancho offers classes featuring strength training through CrossFit (Murrieta) and aerobic exercise with Jazzercise (Temecula). Our goal is to make fitness easily accessible to senior patients, motivating them to embrace an active and healthy lifestyle. Call for more information.

Patient Relations Team

Our senior concierge team assists incoming senior patients (65+) and remains accessible throughout your care, ready to address inquiries regarding doctor changes and insurance concerns.

Medicare Experts

We have trusted local experts to guide you in choosing the right plan for your individual needs. A Broker can offer you a personalized review of the plans that you are interested in and even help you to enroll, all at no cost to you.



2

More available appointments

Nurse Practitioners & Physician Assistants

Have specialized training in:

- Diagnosis and treatment
- Medical history updates
- Lab and diagnostic test orders
- Result analysis
- Treatment plans
- Patient education
- Referrals
- And more!

3

Large Network of Specialists

Regal Medical Group

Rancho Family Medical Group has partnered with Regal Medical Group as our IPA (Independent Physicians Association), a prominent medical group in Southern California for over 35 years. Our partnership guarantees premier healthcare for our patients to access local specialists, hospitals, and insurance companies.

4

Elite Hospital Affiliations

Our patients are cared for by our hospitalist team at the following locations:

- Loma Linda University Medical Center in Murrieta
- Rancho Springs Medical Center
- Temecula Valley Hospital
- Inland Valley Hospital

5

Medical Scribes

Scribes let physicians focus on you, not the computer.

We invest in having medical scribes take notes during your visit so your provider can be more attentive and intentional to your individual needs.

Interested in becoming a patient?

Did you know you can switch your doctor any time of the year?

Patient Relations Team

If you are 65 or older, our dedicated team is here to help in any way we can!

Our team can help with:

- Switching to a Rancho Family doctor
- Complications with your care
- Insurance and specialist questions
- And more!



Call our team directly!
951.430.4969

Here are some major insurances that we accept!

If you don't see your insurance please call us for assistance. 951.430.4969



Alignment Healthcare

We accept Medicare!

Call our Patient Relations Team, and they can help you with everything!

951.430.4969



Single Oak Office

28780 Single Oak Drive
Temecula, CA 92590

Office Number
951.252.8650



Dr. Jerry Hizon

- Loyola Marymount University
- University of California, San Diego School of Medicine
- Specialized in Sports Medicine at UC San Diego
- Family Medicine Residency at UC Irvine Medical Center



Dr. Alethea Poste

- California State University Long Beach
- Universidad Autónoma de Guadalajara School of Medicine
- New York Medical College
- Mercy Health, Family Medicine Residency Program in Janesville, WI



Senior CrossFit Murrieta, CA

These classes are free to all Rancho Family Medical Group senior patients 55+. Caregivers and family are welcome to accompany any patients.



Jazzercise Temecula, CA

Call to learn more!
951.430.4969



Medical team physician for the
San Diego Chargers for 14 years.

**Welcoming
New Patients**
951.430.4969

Dr. Jerry Hizon

Family/Sports
Medicine Physician

Education

- Loyola Marymount University
- University of California, San Diego
School of Medicine
- Specialized in Sports Medicine at UC
San Diego

Residency

- Family Medicine Residency at UC
Irvine Medical Center

Volunteer team physician for Temecula
Valley High School for 28 years

Hobbies

- Biking
- Pickleball
- Pilates

*Temecula local
for over 30 years!*

**Want to meet Dr. Hizon
before making an
appointment?**

Give us a call for more information
about our Meet the Doctor events
coming up. 951.430.4969



Single Oak Office

Interested in seeing
Dr. Hizon? Call us!

951.430.4969

ranchofamilymed.com/jerry-hizon/

Embracing Physical Exercise in Our Golden Years: A Path to Wellness

As we age, maintaining our health becomes more important than ever. One of the best ways to ensure we stay vibrant and active is through regular physical exercise. Far from being an activity reserved for the young, exercise offers a wide array of benefits for seniors, enhancing both physical and mental well-being.



The Benefits of Physical Exercise for Seniors

Engaging in regular physical activity helps seniors maintain their independence, improve their balance, and reduce the risk of falls. Exercise strengthens muscles, improves cardiovascular health, and boosts flexibility, which can significantly enhance the quality of life. Moreover, it can help manage chronic conditions such as arthritis, diabetes, and heart disease, making day-to-day activities easier and more enjoyable.

Exercise also has profound mental health benefits. It can alleviate symptoms of depression and anxiety, improve mood, and enhance cognitive function. For many seniors, regular exercise provides a sense of accomplishment and a way to stay socially connected, whether through group classes or outdoor activities with friends.

The Role of Preventative Medicine

While physical activity is essential, it's equally important to approach it with a preventative mindset. Preventative medicine involves measures taken to prevent illnesses or injuries before they occur, and it plays a crucial role in a senior's fitness journey.

Regular check-ups and screenings can identify potential health issues early, allowing for timely intervention. Vaccinations, healthy eating, and managing risk factors such as high blood pressure and cholesterol are all part of preventative care. By staying proactive about health, seniors can reduce the likelihood of injuries and illnesses that could sideline their physical activity plans.

The Importance of Sports Medicine

For seniors who are particularly active or looking to embark on a new fitness journey, sports medicine is an invaluable resource. This specialized field focuses on the prevention, diagnosis, and treatment of exercise-related injuries. Sports medicine professionals understand the unique needs of older adults and can provide tailored advice and treatment plans to help them stay active safely.





Embrace Your Fitness Journey

Physical exercise is a cornerstone of healthy aging, offering numerous benefits that enhance our quality of life. By combining regular activity with preventative and sports medicine, seniors can enjoy their favorite activities with confidence and vitality. With experts like Dr. Hizon leading the way, the path to wellness is both accessible and rewarding.

Take the first step today—embrace physical exercise, prioritize preventative care, and seek out specialized support to make the most of your golden years.

Meet Dr. Hizon: Championing Senior Fitness

At the forefront of sports and fitness medicine for older adults is Dr. Jerry Hizon. With an extensive background in sports medicine, Dr. Hizon has dedicated his career to helping individuals of all ages achieve their fitness goals. His impressive resume includes serving as the lead team physician for the San Diego Chargers, where he honed his expertise in managing sports-related injuries.

Dr. Hizon is not only a medical expert but also an avid fitness enthusiast himself. He understands the joys and challenges of maintaining an active lifestyle as we age and is passionate about empowering seniors to pursue physical activity confidently and safely. His approach to medicine combines preventative care with cutting-edge sports medicine techniques, ensuring that his patients receive comprehensive support tailored to their needs.

Whether you're looking to start a new exercise regimen or need specialized care to continue your fitness journey, Dr. Hizon's expertise can guide you. His commitment to senior health and fitness makes him a trusted partner in achieving a vibrant, active lifestyle in your golden years.



Walking & Hiking

Explore Local Trails

Discover the joy of outdoor exploration with our handpicked trails tailored for patients in local areas. Rated as easy, these walking and hiking paths invite you to bask in the sunshine and relish the beauty of nature while prioritizing your well-being.



Temecula Creek Trail Park

33662 Channel St.
Temecula, CA 92592
Difficulty: Easy
Distance: 1.1 miles



Harveston LakePark

29005 Lake House Rd.
Temecula, CA 92591
Difficulty: Easy
Distance: 0.8 miles



Bear Valley Park

23340 Holly Dr.
Murrieta, CA 92562
Difficulty: Easy
Distance: 1.1 miles



Santa Rosa Plateau Trails

39400 Clinton Keith Rd.
Murrieta, CA 92562
Difficulty: Easy - Moderate
Distance: 1.1 - 8.5 miles

ranchofamilymed.com/hiking-trails/



Join Our Rancho Wellness Walks!

Rancho senior patients who join our wellness walks love it for staying active and making social connections.

Call to learn more! 951.430.4969

Dr. Alethea Poste

Family Physician

Hometown

- San Pedro, CA

Education

- California State University Long Beach
- Universidad Autónoma de Guadalajara School of Medicine
- New York Medical College

Residency

- Mercy Health, Family Medicine Residency Program in Janesville, WI

Why Dr. Poste pursued medicine

- When her grandfather fell seriously ill, she became his English translator during hospital visits. Seeing his deep respect for his doctors

sparked her interest in becoming one. Encouraged by her family, she aimed to pursue medicine, drawn by the opportunity for hands-on patient care to make a meaningful difference in their well-being.

Hobbies

- Spending time with her husband, children, extended family, cat, and dog
- Traveling
- Cooking
- Learning about different cultures
- Peloton workouts

Languages

- English
- Spanish
- Italian



Single Oak Office

Interested in seeing Dr. Poste? Call us!

951.430.4969

ranchofamilymed.com/alethea-poste/

URGENT CARE

+No Appointments Required
+Extended hours 7 days a week

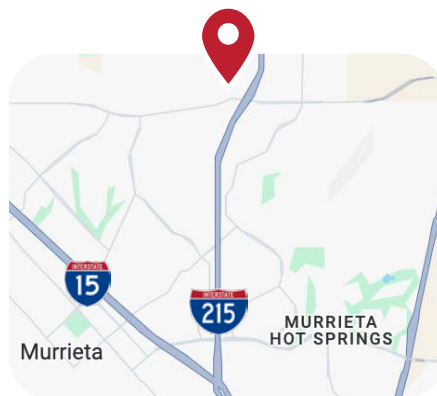
SERVICES

- Walk-in Visits
- Illness or Injury Visits
- Sport Injuries
- X-Ray On-Site
- Mobile Ultrasound

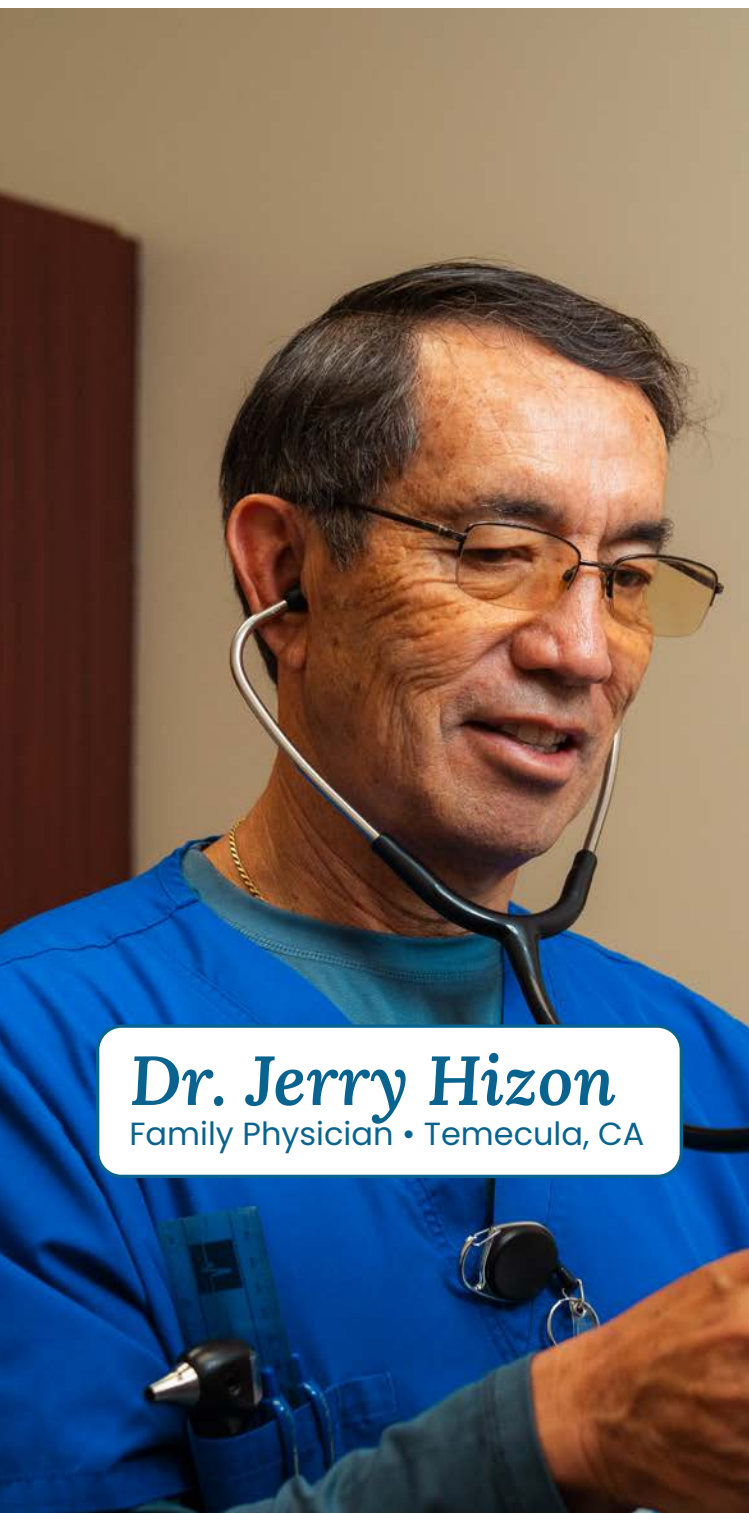


27722 Clinton Keith Rd.
Murrieta, CA 92562

951.878.9820



icareuc.com



Dr. Jerry Hizon

Family Physician • Temecula, CA

Join us for our next *Meet the Doctor* event!

Want to meet Dr. Hizon or Dr. Poste
before making an appointment?
Give us a call for more information.

Did you know?

You can switch your physician
anytime throughout the year.
Call today to switch!

951.430.4969

ranchofamilymed.com


RANCHO FAMILY
MEDICAL GROUP