



FOR IMMEDIATE RELEASE

## Peninsula Health Care District Health & Fitness Center Wins SFGATE's Best Gym in the Bay Award for the Second Consecutive Year

*Community-Focused Fitness Center Earns Back-to-Back Recognition in SF Gate's Best of Bay Area Awards*

**BURLINGAME, Calif. (June 29, 2026)** — Peninsula Health Care District (PHCD) announced today that its Health & Fitness Center has been named **SFGATE's Best Gym in the Bay** in the publication's **Best of Bay Area 2026** awards. District representatives accepted the award during the Best of Bay Area celebration at **Chase Center** in San Francisco on **Monday, June 22**, marking the Health & Fitness Center's second consecutive year receiving the honor.



*Richard Berstrom (Fitness Director, PHCD Health & Fitness Center), Ana Pulido (Chief Executive Officer, PHCD), and Matt Ordoña (Business Operations Coordinator, PHCD)*



The award recognizes the Health & Fitness Center's commitment to providing exceptional fitness, wellness, and healthy aging programs in a welcoming environment for adults of all ages and fitness levels. The Center offers evidence-based fitness classes, personal training, health education, fall prevention programs, and opportunities for members to build meaningful social connections while improving their overall health.

"This recognition is especially meaningful because it reflects the voices of our members and community," said Richard Bergstrom, Fitness Director of the Peninsula Health Care District Health & Fitness Center. "Winning this award for a second consecutive year is a testament to the incredible dedication of our staff, instructors, and members who have helped create a welcoming, supportive place where people can improve their health, build friendships, and thrive together. We are deeply grateful to everyone who voted for us and continues to make our Health & Fitness Center such a special community."

Over the past year, the Health & Fitness Center has expanded its programming and increased participation, creating more opportunities to support healthy aging and lifelong wellness. In addition to fitness equipment, the Center offers group exercise classes, personal training, health education seminars, balance and fall prevention programs, caregiver support resources, and social activities designed to promote both physical and emotional well-being.

"The Peninsula Health Care District Board of Trustees is proud to see our Health & Fitness Center recognized once again as the Bay Area's best gym," said Lawrence W. Cappel, Ph.D., Chair of the Peninsula Health Care District Board of Trustees. " This award reflects the District's commitment to investing in preventive health and creating opportunities for residents to live healthier, more active lives. It also recognizes the outstanding community that has made the Center a place where everyone feels welcomed, supported, and inspired."

Unlike traditional fitness facilities, the Peninsula Health Care District Health & Fitness Center emphasizes whole-person wellness by combining exercise, education, social connection, and preventive health programming. The Center serves as an important community resource, helping residents maintain independence, improve strength and mobility, reduce social isolation, and achieve healthier lifestyles.



The back-to-back recognition reinforces the District's ongoing commitment to expanding innovative wellness programming while continuing to provide an exceptional member experience.

"Our mission extends far beyond fitness," said Ana M. Pulido, MPA, Chief Executive Officer of Peninsula Health Care District. "It's about supporting the whole person: physical, mental, and emotional well-being. Our programs strive to create a welcoming environment where people feel encouraged, connected, and empowered to live healthier lives. This award belongs to every member who walks through our doors and every staff member whose dedication, compassion, and commitment make our Health & Fitness Center feel like home."

The Peninsula Health Care District Health & Fitness Center is located at 1875 Trousdale Drive in Burlingame and offers a wide variety of fitness, wellness, and healthy aging programs designed to support the health and well-being of Peninsula residents.

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**About Peninsula Health Care District:** Founded in 1947, the Peninsula Health Care District serves the communities of San Bruno, Millbrae, Burlingame, Hillsborough, San Mateo, and a portion of Foster City and South San Francisco by supporting the unique health and wellness priorities of our Peninsula communities, and safeguarding access to health services, today and in the future. PHCD fulfills its commitment to the community through oversight of District assets and infrastructure, providing direct services, planning for future healthcare needs, and investing taxpayer dollars in local health-focused programs and partner organizations. For more information:  
[peninsulahealthcaredistrict.org](http://peninsulahealthcaredistrict.org).

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