

Lake Forest Hospital Construction Update

Construction planned for this summer will impact patients and visitors to Northwestern Medicine Lake Forest Hospital, particularly around our Medical Office Buildings. Please be aware of temporary closures, as well as new parking locations scheduled to open. For more information and to view a map of parking changes visit nlfh.nm.org.



Work continues on the new, state-of-the-art Lake Forest Hospital through the summer.

Make an impact in our community during 2016!

Register at lakeforeshfc.com to participate, sponsor or donate. All donations are tax deductible. Contact HFC5k@nm.org for more information or how to be involved.



Parkinson's Support Group News

Wednesday, June 8, 2016 from 10:00 a.m. to 12:00 p.m. at the Lake Forest Health & Fitness Center - Exercise, support group and guest speaker Dr. Daniel Corcos from the NM Parkinson's Disease and Movement Disorders Center will speak about the importance of exercise with PD.

Wednesday, July 13, 2016 from 10:00 a.m. to 12:00 p.m. at the Lake Forest Health & Fitness Center - Exercise, support group and guest speaker Dr. Cindy Zadikoff from the NM Parkinson's Disease and Movement Disorders Center will speak about Deep Brain Stimulation (DBS) and DuoDopa Pumps for PD. Please call 847.535.7060 for more information.



Colorectal Cancer is Preventable and Treatable.

Join the commitment to screen 80 percent of men and women by 2018!

Northwestern Medicine Lake Forest Hospital, Northwestern Medicine Glenview Outpatient Center and Northwestern Medicine Grayslake Outpatient Center are providing complimentary at-home colorectal screening kits and encouraging anyone over 50 to schedule a colonoscopy.

Among cancers that affect women and men, colorectal cancer is the second leading cause of cancer death in the U.S., according to the Centers for Disease Control. However, colorectal cancer is one of a few cancers that may be prevented. Through proper screening, such as a colonoscopy, physicians can better understand colorectal health and can find and remove hidden growths (called "polyps") in the colon, before they become cancerous.

Patients can pick up complimentary screening kits at the registration desk inside the main entrance at Lake Forest Hospital, the Glenview Outpatient Center's immediate care, or at Grayslake Cancer Center. If you are over the age of 50 or have a family history, schedule your colonoscopy today!

For more information about colorectal cancer, scheduling a colonoscopy or for questions about the screening kits, please call Lake Forest Hospital at 847.535.6186.



Cardiac Rehab IV (Phase 4)

Have you completed Cardiac Rehab Phase 3 and are ready to take the next step? Register today for this supervised exercise program. Tuesday and Thursday from 8:00 a.m. to 9:00 a.m. (Lake Forest) Tuesday and Thursday from 9:30 a.m. to 10:30 a.m. (Lindenhurst) Fill out a health form and register at the front desk today! For more information contact Anthony Simone at 847.535.7140 or email asimone@nm.org.

* physician clearance is required before participation

Summer Youth Wellness Programs - Demo Classes

Lake Forest:

Tuesday, June 14

from 12:00 p.m. to 1:00 p.m. (Boys, Ages 8-11)

Wednesday, June 15

from 4:00 p.m. to 5:00 p.m. (Boys, Ages 12-16)

Thursday, June 16

from 12:00 p.m. to 1:00 p.m. (Girls, Ages 8-11)



Personal Training

Looking to lose weight or get in shape for an upcoming event? Do you need extra motivation to reach your goals? If so, our team of Certified Personal Trainers can work with you to create an exercise program specifically tailored to your needs to help you reach your fitness goals! For more information on our Personal Trainers, contact Kristina Wrezel at 847.535.7038 or e-mail kwrezel@nm.org.

Pilates Reformer Class for Teens

Calling all athletes and superstars! Join us this summer for our 8 week Teen Pilates class. Pilates is a great way to improve your skills or strengthen your core to help improve your game. Ages 12 to 16 are welcome!

Lindenhurst: Tuesdays starting June 14 from 3:30 p.m. to 4:25 p.m.

Lake Forest: Thursdays starting June 16 from 3:00 p.m. to 3:55 p.m.

For more information, please contact Jen Solar at 847.535.7157 or e-mail jsolar@nm.org.

5 tips to stay safe and enhance your workouts over the summer

One of the best things about summer is that you get to take your workout outside. But the great outdoors can also expose you to elements you don't face in a climate-controlled gym. Everything from airborne pollutants to UV radiation can affect your performance.

Consider these 5 tips to help you stay safe and enhance your workouts over the summer:

Acclimate yourself to the climate - When the weather warms, you need to acclimate to the temperature change. Start with lighter workouts or train very early or late in the day when temperatures are cooler.

Don't count on your clothes to keep the sun's radiation off your body. Polyester fabrics provide more protection than cotton, and dyed clothing is better than white, but both of those options also crank up the heat. Instead, look into purchasing safe but cool sportswear with extra-tight knitting or sunscreen-treated fabrics.

Do what you can to avoid air pollution - If you live in a city, your local weather report will provide an Air Quality Index or Pollution Standards Index; when ozone or carbon-monoxide levels are over 100, consider moving your workout indoors. If you're allergic to pollen, plan your runs, hikes and bike rides away from any fields of weeds. Since pollen counts are highest in the morning, work out after 10 a.m. or stay inside. Shower after outdoor exercise, and clean your nose with a saltwater rinse.

Keep Hydrated - A little dehydration raises your heart rate while decreasing its efficiency, and severe dehydration is extremely dangerous. You should drink 16 to 32 ounces of water to prepare for your workout before you go outside, then bring plenty with you. Be sure to drink regularly throughout your workout, not just when you feel thirsty.

Assess the Previous Day - It's not enough to know how you feel right before going out to exercise in the heat. It's very important for those who exercise regularly to take into account the physical activity, fluid ingestion, and diet of the previous day. You could be dehydrated or fatigued even prior to exercising, which could get you into trouble faster on a hot day.

Annual Mammograms

Mammograms can detect changes in the breasts before they can be noticed during a self-examination or an office exam. Early detection saves lives! Yearly screening mammograms are recommended for women aged 40 years or older. If you are at a higher risk for breast cancer, talk with your healthcare provider about whether to have screening mammograms before age 40. Visit takecare.nm.org or call 847.535.8000 for more information on Northwestern Medicine Lake Forest Hospital's mammogram screening program.

SPA Father's Day Special

June 17-19, 20% off all massages

THANKS TO ALL OUR MEMBERS

who contributed to the Annual Member Survey – we appreciate your input! CONGRATULATIONS TO THE WINNERS FROM OUR MEMBER SURVEY: Lake Forest – Paula Clair
Lindenhurst – Jayne Swiatek

Misplaced your membership card?

Receive 50% off a new one during the month of July.

"You asked, we listened."

Stay tuned for the next edition of our August/September Newsletter to learn more about updates to the club based on your requests in the Annual Member Survey.



LAKE FOREST:



Summer Ironman Challenge

Registration is open until June 19. This challenge is from June 13 – July 15. \$10 for members only.

The 2016 Summer Ironman Challenge is a five week individual program starting June 13, 2016. Each participant is encouraged to complete a Full Ironman which includes a 2.4 mile swim, 112 mile bike ride, and 26.2 mile run/walk/jog. All training must take place at the Lake Forest or Lindenhurst Health & Fitness Centers.

Once you have finished all segments you will have successfully completed the full Ironman and you will be entered in a drawing for \$50 club cash.

Bone Density Screening

Did you miss out on our complimentary Bone Density Screening in May? We are giving you a second chance to take advantage of this amazing service. During July we will be offering the Bone Density Screenings once a week. Offered on:

July 8 8:00 a.m. - 9:00 a.m.

July 13 11:00 a.m. - 12:00 p.m.

July 18 4:00 p.m. - 5:00 p.m.

July 27 10:00 a.m. - 11:00 a.m.

Full Lipid Panels

During the month of June all Full Lipid Panels will be offered for \$15 (Valued at \$40). These must be scheduled during the month of June. You may contact Bo Wright at 847.535.7139 or email bowright@nm.org to schedule your appointment today!

Lake Forest cont'd:

Reminders:

Please re-rack weights and replace equipment. For the safety and security of all employees and members please do not prop any exterior doors open. If you decide to go outside and run - which we highly encourage, use the trail near our fitness center – you may exit one of the exterior doors, but we please ask that you enter back through the main entrance of the building. Please be sure to sign out at the fitness desk before you leave the building for your run.



Teen Youth Certification

Do you have a teen who needs to prepare for a sport or just wants to start working out? Take advantage of our Teen Youth Certification for all 13 and 14 year olds. The cost for the Teen Youth Certification is \$35 (additional membership fees required). Your teen will work with one of our Certified Fitness Specialists to learn how to use all of the fitness equipment safely and understand the general aspects of gym etiquette. Once completed, your teen can add on to your membership!

For more information please contact Bo Wright at 847.535.7139 or e-mail at bowright@nm.org.

Our Membership Advisors are available earlier at Lake Forest Health & Fitness Center!

Every Wednesday a membership advisor will be available from 6:00 a.m. until 8:00 p.m. to help you with any questions you may have!

Lake Forest Pro Shop Sale Independence Day Special

July 1-3 - 20% off entire Pro Shop Purchase (excludes Polar)

Exercise outside with us at Lake Forest Health & Fitness Center!

June

Thursday, June 16

8:00 - 8:45 a.m. Boot Camp w/Dylan

Tuesday, June 28

5:30 - 6:45 p.m. Sunset Yoga w/Wendy

July

Wednesday, July 13

5:00 - 5:45 p.m. Boot Camp w/Dylan

Saturday, July 16

10:00 - 10:45 a.m. Independence Day Theme Tails N Trails Walking Event* w/Samantha

Friday, July 22

10:00 - 10:45 a.m. Power Walk w/Kris

August

Thursday, August 11

9:00-10:15 a.m. Fresh Air Yoga w/ Liza

Friday, August 19

10:00-10:45 a.m. Power Walk w/Kris

Saturday, August 27

10:00-10:45 a.m. End of Summer Theme Tails N Trails Walking Event* w/Samantha

For more information, please contact Samantha Murray at 847.535.7173 or sberger@nm.org

*Registration required.



Lindenhurst:

SUMMER OPEN HOUSE

Sunday June 12 from 8:00 a.m. – 12:00 p.m.

Bring a friend for free and enjoy indoor and outdoor classes for both adults and kids. We will be running discounted specials on training, spa, swim lessons, pro-shop and more! These specials will only be available during the open house – so STOP ON BY!



We want to be here when you need us!

Every Wednesday a membership advisor will be available from 7:00 a.m. until 8:00 p.m. to help you with any questions you may have!

SPA

We are delighted to announce we will exclusively be using the Dermalogica Skin Care line for all our facials. Stop at the front desk to schedule an appointment today!

FIKTIDS AND CLUBFIT UPDATES

Social Artworking Painting Parties:

\$15 per child member / \$20 child non-member

Monday, June 13

12:30 p.m. – 2:00 p.m. “My Dad Rocks”

Monday, June 27

12:30 p.m. – 2:00 p.m. “Give A Dog A Bone”

Monday, July 11

12:30 p.m. – 2:00 p.m. “Sunny Smiles”

Monday, July 25

12:30 p.m. – 2:00 p.m. “Wave Runner”

Monday, August 8

12:30 p.m. – 2:00 p.m. “Galactic Fighter”

Lindenhurst cont'd:

ClubFit Summer Schedule

Monday-Friday 9:00 a.m. - 12:00 p.m.

Monday-Thursday 4:30 p.m. - 8:00 p.m.

Saturdays 9:00 a.m. - 12:00 p.m.

ClubFit Water Days

Fridays in July (1, 8, 15, 22, 29) - from 9:00 a.m. to 12 p.m. Please have kids dressed for water play in swimsuits and sunscreen. Kids may bring water toys also. Water balloons and the Slip n' Slide are among some of the activities kids will participate in.



Water Day for FitKids and ClubFit

Friday, August 12 from 9:00 a.m. – 12:00 p.m. Children ages 2 and up will be able to play on the playground with water tables, sprinklers, baby pools, and toys.

P.A.C.E.

Have you tried P.A.C.E? People with Arthritis Can Exercise. This workout is ideal for people with or without arthritis who are looking for a chair assisted workout. It is low impact and safe on the joints. Range of motion exercises are performed to alleviate joint pain and stiffness. Exercises are performed standing or seated in a chair. This class is part of the arthritis program and runs in 12-week sessions. The summer session begins Monday, June 6 and ends August 20. It is free to members and available to non-members for a fee. Class is held on Mondays at 5:30 p.m. and Tuesdays at 12:30 p.m. To register and for more information, contact the Front Desk at 847.535.7601.

AQUATICS

Some pool and locker room etiquette information:

- SAFETY FIRST!
- Lap swimming requires the ability to swim strokes as if you were training, with no floatation aids, swimming at a constant pace without stopping in the lanes. It is offered as an opportunity for a cardio workout.
- Joining a lane in use is acceptable. Jumping and diving in are not permitted.
- Two swimmers in a lane - swim side by side remaining on the same side of your lane at all times.
- Three or more swimmers in a lane – swim in a circle, swimming clockwise within the same lap lane. Attempt to pick a lane with similar speed swimmers.
- Passing carefully is acceptable when circle swimming.
- ADULT SWIM ONLY-Open pool hours for adults are reserved from 2:00 to 3:00 p.m., Monday through Friday during the week.
- Playing and splashing must be reserved for supervised swim times only. A parent must be in the water with children under the age of 10, or remain in the natatorium with children ages 11 to 15, at all times.
- Opposite gender parent/participants only in the family locker rooms.
- Same gender parent/participants only in gender specific locker areas.
- We respectfully ask you to get in and out of the locker rooms and family changing areas as quickly as possible, especially during the busy times of the day, and when others are waiting.
- Our housekeeping staff is always making an effort to maintain locker room areas. Please assist us in maintaining a clean environment by picking up after yourselves. This is truly appreciated by everyone attending.
- Please see other pool/locker room information posted in pool locker room hallway and on our website.
- The lifeguards and aquatic staff are the authority in all aquatic areas.

Group swim session dates:

Session 4:

Monday/Wednesday or Tuesday/Thursday (6/13-7/14) , Saturday (6/15-8/20)

Registration begins 6/1.

Session 5:

Monday/Wednesday or Tuesday/Thursday (7/18-8/18)

Registration begins 6/29.

During the weekdays in the summer Tuesday/Thursday group swim classes will be meeting between 11:00 a.m. - 12:30 p.m. Monday/Wednesday group swim classes will be meeting between 4:00 - 5:30 p.m. Private and semi-private lessons are available throughout the day. Please call the Aquatic's Department with any questions at 847.535.7611.

Supervised Family Swim times:

Tuesday 3:30 - 5:30 p.m.

Friday 6:00 - 8:00 p.m.

Saturday and Sunday 12:00 - 2:00 p.m.

Come in and enjoy the pool!

Arthritis Warm Water Therapy

Do you experience joint pain and stiffness? Sign up for an Arthritis class today and reap the benefits of our Warm Water Therapy. Class is held in the 92° degree warm water therapy pool. It is beneficial to those with Arthritis and Fibromyalgia. An Arthritis certified instructor will guide you through a series of range of motion exercises to help improve joint flexibility and strengthen the muscles surrounding the joints. After class you will have a higher energy level and reduced pain. Many have experienced positive results and improved their ability to do daily activities. One member commented: "Arthritis classes are amazing. The instructors are patient and encouraging. These classes have helped me with my medical issues. I have had great results and it is a great way to meet members." The classes run in sessions with the summer session beginning Monday, June 6 and ending August 20. They are available to members for free, and non-members for a fee. To register for a class or for more information, contact the Front Desk at 847.535.7601.