

## 5K and 1 Mile Family Fun Run

Join us for the second annual Northwestern Medicine Health & Fitness Centers 5K and 1 Mile Family Fun Run on Sunday, September 11. This special event will feature a run and walk through Middlefork Savanna County Forest Preserve, pre/post-race activities and entertainment for the entire family.

Whether you want to run, walk, donate or sponsor, all are welcome! Remember - members get a discount! Just enter LHMEMBER16 or LFMEMBER16 when you register!

Registration: Advanced:  
5k \$40 1 Mile \$25

Day of Race:  
5k \$60 1 Mile \$35

For more information and to register, visit: [lakeforesthfc.com/5k](http://lakeforesthfc.com/5k)



## Personal Training

Are you looking to shake up your fitness routine? Try Personal Training: 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 email [kwrezel@nm.org](mailto:kwrezel@nm.org).

## Sweetest Day

is Saturday, October 18th. It's time to show your sweetheart just how much you love them. Stop at the front desk today to schedule a spa appointment for that special someone.

## Tips to Help Make Exercise a Daily Habit!

1. Piece your workout together. You don't need to get all your exercise at one time. Ten minutes morning, noon, and night can give much of the same benefit as 30 minutes all at once.
2. Exercise with a friend. Finding a workout partner can help keep you on track and motivate you to get out the door.
3. Move your feet before you eat. Before you take your lunch break, hit the gym or go for a 20-minute walk with coworkers. Reward yourself with lunch afterwards.
4. Try a pedometer or fitness tracker. Step-counters (pedometers) are an easy, inexpensive way to motivate yourself to be active. Work up to 10,000 steps per day.
5. Turn off the TV, computer and smart phone. Cutting back on screen time is a great way to curb your "sit time." Instead, try moving around by visiting the gym or even cleaning the house.
6. Turn sit time into fit time. Try to combine cardiovascular exercise with a sedentary activity that you already do. For example, try doing simple exercises while watching TV, or set a reminder at work to get up and walk a few minutes every hour.
7. Sign up for a class. Check out our NEW Group Exercise schedule to change up your current routine. You may find that having the structure of a class helps you learn a new activity and keeps you on track.
8. Reward yourself. Set short-term goals—and reward yourself for achieving them. Try targeting a specific event, such as our 5K Race to Impact or a walk-for-charity, to participate in—this can help keep you motivated.

For details on Personal Training, please contact Kristina Wrezel at 847.535.7038 or email [kwrezel@nm.org](mailto:kwrezel@nm.org).

## Refer a Friend and ENJOY \$75 Club Credit Call a membership advisor TODAY!

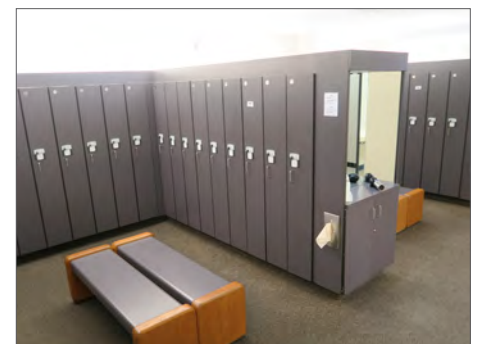


## Update Your 411

Be sure to stop by the front desk and update your email address, contact and financial information so you can stay up to date with all club offerings including events and promotions.

## Tired of bringing your exercise gear every day? RENT A LOCKER!

We have a variety of lockers for rent. Call Amanda Ranalli at 847.535.7106 for more information



## Lost membership card? During the month of September replacement membership cards are 50% off.

Stop at the front desk to get yours today!

## Lake Forest:

### Mark your calendars for the Lake Forest Halloween Member Party

Calling all ghosts and ghouls, dress up in your best costume and join us on Wednesday, October 19 from 5 - 7 p.m. for our Halloween party and costume contest. Crafts and fun for kids and the adults! Call the front desk at 847.535.7060 to register TODAY!



### New Pilates Group Equipment

Check out our New Pilates Group Equipment Class schedule starting September 12! The Pilates Reformer is an exercise machine that utilizes springs, leverage and body weight as resistance to target specific muscle groups. Participants see changes in muscular and core strength, as well as increased endurance, flexibility and reduction in body fat. For more information on Pilates Reformer or to schedule a session, please contact Deb Valenti at 847.535.7117 or [dvalenti@nm.org](mailto:dvalenti@nm.org).

### LOOK OUT for the Labor Day Holiday Weekend

#### REVISED Schedule

Friday, September 2 – Monday, September 5

#### NEW Fall Schedules begin

Tuesday, September 6

### Arthritis Program

The current session ends on Sunday, September 4. Registration for the next session begins:

#### Tuesday, September 6:

- Starting Monday, August 22, registration forms will be accepted for members only
- Beginning Monday, August 29, registration forms will be accepted for non-members
- You can either send in your paperwork OR hand in your paperwork at the front desk
- No registration materials will be mailed unless specifically requested

### Labor Day Sale

As the summer is coming to an end, stock up on the latest fitness trends in the Pro Shop.

**Save 20% off** your entire purchase Labor Day Weekend. Offer Valid September 2-5 ONLY!

### Birthday Party

Let us provide a fun and interactive birthday party for your child . . .

FitKids offers Birthday Parties for up to 18 children on Saturdays and Sundays from 2:30 to 4:00 p.m. in our FitKids Department. Please contact Pat Henning at 847.535.7062 to schedule your party TODAY!



### FitKids Hours

Starting, Monday, September 12, Fitkids Hours for Fall will be as follows:  
Monday - Thursday: 8 a.m. - 7 p.m.  
Friday: 8 a.m. - 3 p.m.  
Saturday: 8 a.m. - 2 p.m.  
Sunday: 9 a.m. - 2 p.m.



**Shockwave** is a cross training class utilizing a WaterRower to provide short-burst, high-intensity intervals along with functional strength exercises with rowing. Once the rowing group completes a designated number of meters, everyone rotates to the next station. Unlike a Boot Camp class where time or repetitions are the main focus, Shockwave is based around distance. This means, the length of each round is dependent on the speed of the rowing participants. Using all of your major muscle groups, Shockwave is an excellent full body, lower impact workout that leads to the high calorie burn we are all looking for. Try a class beginning September 6.



### Blood Glucose Test

Test your blood glucose during the month of September.

During the month of September we will be conducting blood glucose finger sticks near the front desk.

Stop by our table on any of the following days:

**Tuesday, September 13,**  
from 9:00 - 10:00 a.m.

**Wednesday, September 14,**  
from 10:00 - 11:00 a.m.

**Thursday, September 15**  
from 4:30 - 5:30 a.m.

### Body Gem

Enjoy a 50% discount on the Body Gem during the month of October.

During the month of October we will be having a 50% discount on our Body Gem. Stop by the table in the lobby to see how this machine works and what results you get from it. If interested you will be able to schedule an appointment. A certified fitness professional will be available on any of the following days:

**Tuesday, October 18,** 9:30 - 10:00 a.m.

**Wednesday, October 19,** 10:30 - 11:00 a.m.

**Thursday, October 20,** 4:30 - 5:00 p.m.

## Stop the presses... New Fitness Service available!

The medical Body Composition Analyzer (mBCA) by seca breaks down weight into body compartments, namely, Fat Mass and Fat-Free Mass, Body Water, and Skeletal Mass.



Your measurements are processed by six analytical modules and presented in easy-to-understand graphics.

**Receive 1 complimentary seca evaluation** with the purchase of a 25 pack of Personal Training or Pilates Reformer sessions and/or receive 2 complimentary seca evaluations with the purchase of a 50 pack of Personal Training sessions. For more information and pricing please contact Bo Wright at 847.535.7139 or at bowright@nm.org.

## Teen Youth Certification

Calling all 13 and 14 year olds . . . Do you have a teen that is needing to prepare for a sport or just wants to start working out but may not be old enough to join the gym? We have a Teen Youth Certification that your 13 or 14 year old can complete to join as a member. Get them started right away! 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. For more information please contact Bo Wright at 847.535.7139 or email bowright@nm.org.



## Parkinsons Support Group News:

**September Meeting**  
FRIDAY, September 16, 2016  
10:00 a.m. - 12:00 p.m.

PLEASE NOTE THAT THE SEPTEMBER MEETING IS ON A FRIDAY!

Exercise, support group and guest speaker Patti Gobel, MSW, Social Worker at Lake Forest Hospital, will talk about Caregiver Resources.



## \*\* Happy One Year Anniversary to our Support Group! \*\*

**October Meeting**  
Wednesday, October 12, 2016  
10:00 a.m. - 12:00 p.m.

Exercise, support group and guest speaker Dr. Kenneth Gordon, Northwestern Medicine Dermatologist, will talk about skin issues affecting those with Parkinson's Disease.

## Lindenhurst:

### New Pilates Group Equipment Class schedule

The Pilates Reformer is an exercise machine that utilizes springs, leverage and body weight as resistance to target specific muscle groups. Participants see changes in muscular and core strength, as well as increased endurance, flexibility and reduction in body fat. Our group classes are held in the Pilates Studio and are available for three to five students. All classes are 50 minutes in length. For more information on Pilates Reformer or to schedule a session, please contact Kristina Wrezel at 847.535.7038 or kwrezel@nm.org.

### IMPORTANT: Gym & Main Aerobics Studio Floor Resurfacing

Lindenhurst Health & Fitness Center's Gym and Main Aerobics Studio will be closed for floor resurfacing from Thursday, September 15 through Sunday, September 18. All classes will be relocated to the first floor during this time. We will post an updated schedule as we get closer. Thank you for your understanding!

### Falls Prevention Awareness

September 22 is Falls Prevention Awareness Day – Stand Tall Against Falls

Thursday, September 22,  
10:00 a.m. - 2:00 p.m.

Grayslake Outpatient Center Main Lobby

Drop by one of our booths to interact with Northwestern Medicine healthcare providers!

- Receive free blood pressure and balance screenings
- Learn about fall prevention techniques
- Take home information about community resources



## AQUATIC

Welcome back to the pools! Thank you for your patience during our annual pool closure for maintenance.



Wasn't it exciting to watch the swimming events at the Summer Olympics? We encourage you to include aquatic workouts into your health and wellness schedule. Achieve aerobic benefits by maintaining your heart rate in a targeted zone while building endurance. Challenge yourself at your level and build up your intensity. Why not consider getting a group together and add swimming to your routine? Or if you are a capable swimmer, consider the next Adult Endurance swim session beginning in October. Please be on the look-out for the brochure in September.

The structure of our children's group swimming programming changes during the school year. Each group session meets seven times, once a week, either on Monday, Tuesday, Wednesday or Saturday. Members have the opportunity to register prior to non-member registration.

### IMPORTANT DATES FOR ADULT AND CHILDREN'S GROUP SWIM LESSONS:

**SESSION 6** runs from  
September 6 thru October 22

REGISTRATION BEGINS FOR MEMBERS  
AUGUST 24

NON-MEMBERS AUGUST 27

**SESSION 7** runs from  
October 24 thru December 17

REGISTRATION BEGINS FOR MEMBERS  
OCTOBER 12

NON-MEMBERS OCTOBER 15

Please call the Aquatic department with any questions you may have at 847.535.7611. See ya in the pool!

## FRIDAY NIGHT MIXER

**October 7, 2016**  
**6:00 p.m. - 8:00 p.m.**

Registration at the front desk required.

Come join us for a Taste of Group Exercise Class! Different classes will run every 20 minutes followed by a healthy snack and refreshments.

FitKids will be available by registration ONLY!



## Coming soon to ClubFit

A structured fitness class for your children ages 10-12 to help keep them active, motivated all while having fun. Stay tuned for exact start date and times. For more information contact Angela Fuggiti at 847.535.7618.



## Halloween Bingo

Monday, October 31, 2016 from 12 - 2 p.m.

Put on your Halloween best and join us for a wicked good time as you try your luck at a couple rounds of bingo. There will be a costume contest and many SPOOKTACULAR games. Light snacks and refreshments will be served.

## Come on out to the FitKids Painting Parties

Friday, October 7  
Painting Party "Monkey Fun"  
12:30 - 2:00 p.m.

\$15 per child for members  
\$20 per child for non-members

Monday, October 10  
Painting Party "Monster Madness"  
12:30 - 2:00 p.m.

\$15 per child for members  
\$20 per child for non-members



## FITKIDS HALLOWEEN PARADE

Monday, October 31, 8:30 - 3:00 p.m.- Children may wear costumes to FitKids. During their stay we will play games, read Halloween stories, and Trick or Treat throughout the club.

