

Lose to Win 2015

After another successful year, the Lake Forest and Lindenhurst Health & Fitness Centers want to congratulate all of our participants on their achievements. This year, we reached a combined total of 1,772 lbs. of body weight lost and an average of 4.65% weight lost. Special congratulations to this year's top finishers:

Lake Forest

1st place male:	Patrick Abdula
1st place female:	Jessica Balmelli
2nd place male:	Jim Leahy
2nd place female:	Lisa Abdula
3rd place male:	Tom Marks
3rd place female:	Darleen Winkler



Congratulations to Anthony Simone and his winning team the anTonies!

Lindenhurst

1st place male:	Brian Dietz
1st place female:	Vanessa Holland
2nd place male:	Tom Chilcote
2nd place female:	Tonia Baxter
3rd place male:	Mike Denman
3rd place female:	Valerie Morrison



Congratulations to Brian Balkam and his winning team the Black Sox!

REFER A FRIEND and receive Club Credit!!

Call a Membership Advisor today to learn more!
Lindenhurst 847.535.7610
Lake Forest 847.535.7064

4 ways to Spring clean your fitness routine

It's that time of year again -- the snow's melting and the sun's shining! Kick off Spring with a healthy start by revamping your routine!

Get outside – The spring and summer seasons are filled with fun and unique fitness events that take place outdoors. Now is a great time to sign up for a 5k or substitute your gym day for an outdoor workout!

Change up your routine – Many people fall into 2 categories: those who love weights and those who love cardio. By trading time in one discipline for time in the other, you'll not only shake things up but you'll also complete a more well-rounded routine.

Try a different time – Normally exercise in the afternoon or after work? Try waking up with the birds and enjoy a morning workout. See how much you can accomplish before your first cup of coffee!

Vary your intervals – Try switching up your cardio routine by adding interval training, or even choosing "Rolling Hills" as an option versus an endurance workout on your favorite piece of cardio equipment.

For details on Personal Training, please contact Kristina Wrezel at 847.535.7038 or kwrezel@nm.org.

April is "Relax Month"

in the Spa! Take advantage of special savings on packages during the month of April. Save an additional 5% on packages of 5, and an additional 10% on packages of 10. Offer valid April 1 thru April 30, 2015. *Please note 5-packs have a 6-month expiration, and 10-packs have a 12-month expiration.

Mother's Day is just around the corner.

Purchase a gift certificate at the front desk and thank that special woman in your life by treating her to a massage or facial.



Construction is underway

to build the new Northwestern Medicine Lake Forest Hospital and redesigned campus, which will open in the Fall of 2017.

Soon after some parking areas for patients and staff were temporarily relocated in January, excavation began to increase the size of the pond and to create the foundation of the new hospital. Concrete is already being poured for the new building's basement floor and walls. In the coming months you'll see the hospital's five pavilions rise from the ground.

Several large berms, or drumlins, are being formed with the excavated soil from the building project. Along with the more than 700 trees that will be planted as part of the project, the drumlins make up a landscape plan that both highlights nature and provides a buffer for neighbors.

Also this spring, work will begin on a related project on campus to expand the Central Energy Plant, which will provide power, heating and cooling to the new hospital.

For those interested in keeping an eye on the project as it progresses, there is a 24/7 web camera aimed at the construction site that updates every 45 seconds at a special website created to provide regular updates, nlfh.nm.org. Just click on "Updates," then "Construction Camera." You can learn more about our construction project at the site, as well as historical information about our campus.

MEMORIAL DAY HOLIDAY CLUB HOURS Monday, May 25, 2015

Lake Forest Health & Fitness Center
Club 7:00 a.m. – 1:00 p.m.
Fitkids 9:00 a.m. – 12:00 p.m.

Lindenhurst Health & Fitness Center
Club 7:00 a.m. – 1:00 p.m.
Fitkids 8:00 a.m. – 12:00 p.m.
Club Fit 9:00 a.m. – 12:00 p.m.



*Complimentary Guest Week: May 11–May 17, 2015 Bring your friends and co-workers to your club for a complimentary workout.

*some restrictions apply

May = Exercise is Medicine Month

at Lake Forest Health and Fitness Center. Celebrate with complimentary lectures and workshops throughout the month. Contact Anthony Simone with questions at asimone@nm.org or register at the Front Desk.

Group Exercise Updates

New Group Exercise Schedules run from Monday, April 6 - Sunday, May, 24!

The next 16-week Arthritis Warm Water Program will begin on Monday, April 6 and run thru Sunday, July 26. Registration at the front desk is necessary!

Please visit our website or stop by the front desk for a list of classes. Our SUMMER Group Exercise Schedule will run from Tuesday, May 26 thru Sunday, September 6.

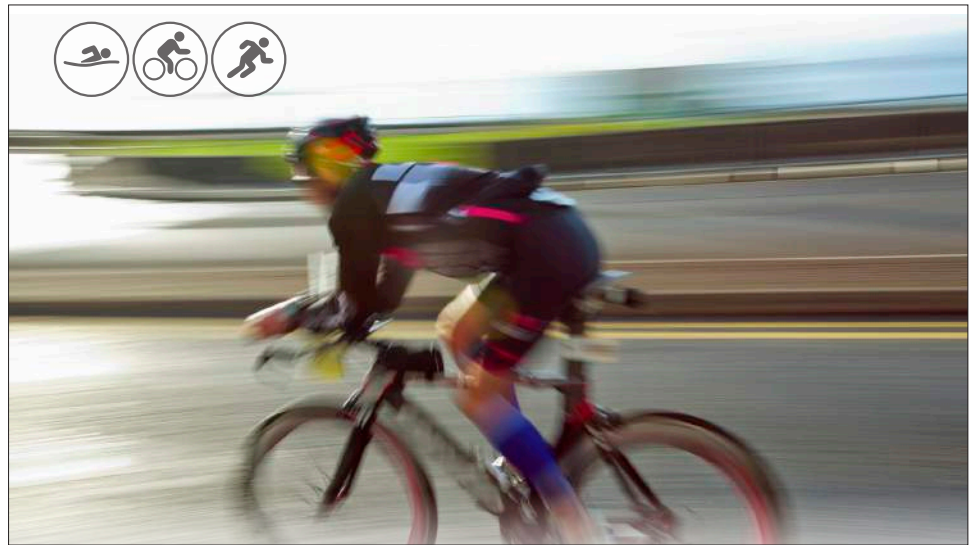


Mother's Day Yoga

Celebrate the gift of health with the women in your life! Bring your mother, daughter, sister or grandmother at no charge for this special Mother's Day yoga class on Sunday, May 10. Class is from 9:05 a.m. – 10:20 a.m. in the Banquet Room. Register at the front desk, space is limited!

Commit to Be Fit

Want a new way to train and get results? Commit to Be Fit is the program for you! Do you find it hard to accomplish your fitness goals? Has your strength training reached a plateau? Are you training for an upcoming sporting event? This unique four-week program will be tailored to your needs to help you reach your fitness goals. Commit to be Fit consists of (3) one-hour strength training sessions and (2) one-hour cardio sessions each week with one of our Certified Personal Trainers to help increase your focus and level of success. For more information contact Kristina Wrezel at 847.535.7038 or kwrezel@nm.org.



Triathlon Training with Tri-umph!

Triathlon season is just around the corner. Have you ever wanted to do a triathlon but didn't know where to start? Have you been racing for years and want other athletes to train with? Tri-umph Triathlon Training was voted Best Triathlon Club in 2014 by Competitor Magazine and works with athletes of all levels to prepare for their next event. With smaller groups led by certified USAT coaches, you will receive individual feedback, appropriate workouts for your goals, and train with other inspirational athletes while being challenged during your workouts. Come join Tri-umph Triathlon Training to get ready for your next event!

In-season Sprint- Ironman Training starts April 7 on Tuesdays and Fridays from 10:30 a.m. - 12:00 p.m., and Tuesdays from 6:30 p.m. - 8:30 p.m., as well as Saturday from 6:30 a.m. - 8:30 a.m. For more information contact Kate Schnatterbeck at 847.207.9442 or kate@tri-umph.us.

FITKIDS® Water Fridays

June 12 thru August 14 from 9:30 a.m. - 11:30 a.m., weather permitting. Introduce your child to this enjoyable supervised outdoor activity.

Ice Cream Social

We will have a FITKIDS® ice cream social on Friday, June 14 at 11:30 a.m. to kick off Water Fridays!



DYNAMIC STRETCHING

Preparing your body for an exercise program or athletic activity is critical to preventing injury and improving performance. Properly warming up before any activity is necessary to increase your body's core temperature, prepare the muscles and joints, and get needed blood flow and oxygen to the area of the body you plan to work. The most effective way to achieve this necessary warm up is with dynamic stretching. Dynamic stretching will also increase power, improve flexibility, and increase range of motion, all of which will enhance performance.

Dynamic stretching utilizes active range of motion patterns targeting the muscles needed for activity. It is most effective when it is exercise or sports specific. Motion patterns should focus on quality and form, starting with smaller ranges of motion and gradually increasing. These gradually increasing active patterns will elicit active muscle stretching in the target muscles. Dynamic stretching is not ballistic; bouncing motions should always be avoided with the focus on controlled movement patterns.

With Dynamic Stretching, unlike static stretching, no hold times are used at end ranges. Static stretching should actually be avoided prior to activity. Holding a muscle in a stretched position for a length of time could actually inhibit performance. The amount of force a muscle can produce is often decreased after static stretching. Save the static stretches for your cool down period.

With a doctor's referral, contact the Sports Medicine department of Northwestern Medicine Lake Forest Hospital at 847.535.8000 to schedule an evaluation.

Annual Assessments

Calling All Annual Assessments! Time to find out if all your hard work and sweat is making a difference! Members that joined during the month of April and May of 2014 are eligible to receive their free annual assessment. Schedule yours today by contacting Bo Wright at 847.535.7139 or bowright@nm.org

Complimentary Blood Pressure Reading

During the month of April we will be conducting complimentary blood pressure readings in the main lobby on April 20 and 22 from 9:00 a.m. - 10:00 a.m., and 4:30 p.m. - 5:30 p.m. One of our fitness specialists will be available to take your blood pressure and answer any questions that you may have.

Wellness Coaching testimonial

Ever since I started going to wellness coaching with Jennie, my confidence in my ability to reach my goals has soared. I wanted to improve my overall health and wellness through diet and exercise. Meeting with Jennie provided me with the information that I needed to improve my health and wellness in a friendly way. Just a few months ago, I would never have imagined being able to climb all eighty stories of the Aon building in the Step Up for Kids Chicago event like I did today, and start training for a 5K. I feel so much better. Thank you, Jennie, for your clear guidance and support.

From,
Susan Krivosihk



Tails N' Trails – Dog Walking Event

Our first Tails N Trails Dog Walking Event of the season begins Saturday, April 25 at 11:00 a.m. Join Samantha and her dog Toby as they lead you through a trail walk. Friendly, leashed dogs are welcome. Registration at the front desk is necessary. Mark your calendar for upcoming dates for tails N' Trails: Saturday, May 30 and Saturday, June 27. Time TBD

Nutrition Coaching!

Contact a coach today if you are looking to improve health, manage disease or just feel better. Your Nutrition Coach will guide you towards your goals by providing education and monitoring your success through assessments. Contact Chris Dagley at cdagley@nm.org or Jennie Burks at jmueller@nm.org today to get started on a better you!

Bridal or Baby Shower coming up?

Think of Lake Forest Health and Fitness Center for your next event! For catering information, please contact Kurt at 847.535.6919 or kschmid6@lfh.org. To reserve the Banquet Room contact Krystal Love at 847.535.7152 or klove@nm.org.

Full Lipid Panels

In honor of May as Exercise is Medicine month, we will be offering half off Full Lipid Panels. Make an appointment to have your full lipid panel (includes HDL, LDL, Triglycerides) and glucose checked during the month of May. This takes about 15 minutes to do and you will get your results back that same day. Normally this is a \$40.00 value for members (\$60.00 for non-members). If you would like to make an appointment contact Bo Wright at 847.535.7139 or at bowright@nm.org.

Complimentary Chair Massages

We are offering complimentary chair massages throughout the month of April on the following dates:

April 3	11:00 a.m. - 1:00 p.m.	with Richard
April 7	11:00 a.m. - 12:00 p.m.	with Anna
April 10	2:00 p.m. - 4:00 p.m.	with Irene
April 14	11:00 a.m. - 12:00 p.m.	with Anna
April 17	9:00 a.m. - 11:00 a.m.	with Candy
April 22	4:00 p.m. - 6:00 p.m.	with Irene
April 26	10:00 a.m. - 12:00 p.m.	with Amanda



A BIG THANK YOU & CONGRATULATIONS to all the Adult Swim Club Participants!

Based on the workout challenges you were provided, you completed a total of 36,575 yards or 20.3 miles which is comparable to swimming the shoreline around Lake Geneva. What an incredible accomplishment!! Keep up the great work and please look for this program again!

Spinning Class Sign-Up Procedure

Sign-up is required for all indoor cycling spin classes. The sign-up sheet is available one hour before class begins at the Fitness Desk. It is recommended that you arrive at least 10 minutes before class begins to set-up your bike. Staff, family and friends may not sign-up another person for class!

SOCK SALE from April 20 thru April 26 - Buy one pair of wigwam socks and receive your 2nd pair of equal or lesser price 50% off.

Mother's Day Pro Shop Sale May 8 thru May 10 receive 20% off women's apparel and accessories.

REMINDER:

Pool locker rooms are for aquatic participants only. Thank you for your compliance as the pool locker rooms can be very busy.

Safety comes first!

According to the National Safety Council, the leading cause of injury/death for children ages 1-4 is drowning, and it is the third leading cause for children under 19 years of age. Be sure to teach and follow all of our facilities rules so that your experience can be both safe and fun. Below are a few links . . . www.boatingsidekicks.com (an interactive link for children to learn about boating), and www.boat-ed.com.

Cholesterol Screening

When is the last time you had your cholesterol numbers checked? For the remainder of the year, Lindenhurst Health and Fitness Center will offer \$20.00 full panel cholesterol screenings. The test requires a 12 hour fast and we will give you your results within 10 minutes of the test. Contact Brian Balkam to schedule an appointment at bbalkam@nm.org or 847.535.7621.

BODYSHRED

Check out the hottest new craze in Group X – BODYSHRED! Jillian Michael's Bodyshred is a high intensity, metabolic conditioning workout that combines workout methods such as H.I.I.T., plyometrics and super setting. This fast paced, non-stop workout consists of circuits utilizing the 3-2-1 approach: 3 minutes of resistance, 2 minutes of cardio and 1 minute of abs. BODYSHRED not only burns more calories during your workout with an average intensity of 80 - 85% but accelerates your metabolism long after your workout is finished so you keep burning fat and calories for up to 72 hours. Check out the Group Exercise schedule today for class times/days and get ready to train hard, train smart and SHRED!

BodyGem:

Are you struggling to gain or lose weight? The problem could be that your estimated resting metabolic rate, or RMR, may not be correct. Your number is unique to you! The BodyGem will provide you with your RMR and our analysis will guide you to the amount of calories you need per day to reach your goal. Contact Brian Balkam at 847.535.7621 or bbalkam@nm.org for more information.

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 regarding Personal Trainers, contact Kristina Wrezel at 847.535.7038 or kwrezel@nm.org.

Pilates Reformer

Check out our New Pilates Reformer 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, and flexibility. Our group classes are held in the Pilates studio and are available for two to three students. All classes are 50 minutes in length. For more information on the Pilates Reformer or to schedule a session, please contact Kristina Wrezel at 847.535.7038 or kwrezel@nm.org.

CHILDREN'S GROUP SWIM Programming Dates And Information

Session 3 will be our last seven week session until fall.

Session 4 begins our Summer schedule. Summer classes meet either Monday/Wednesday or Tuesday/Thursday for three weeks; a total of three sessions will be offered over the summer. The exception to this is on Saturdays, we will meet once a week over a period of ten weeks with no class on July 4. Members have the opportunity to register prior to non-members so sign up TODAY!

Session 3: April 20 thru June 6 (7 Week Session)
Member Registration Begins April 8, Non-Member Registration Begins April 11.

Session 4: Member Registration Begins May 27, Non-member Registration Begins May 30

Session 5: Member Registration Begins June 24, Non-member Registration Begins June 27.

Session 6: Member Registration Begins July 16, Non-member Registration Begins July 18.



Fun Family Activities . . . Why not try a Painting Party?

Friday	April 3	12:30 p.m. – 2:00 p.m.	“Bunny Fun” Painting Party	kids age 5 and up
Saturday	April 18	10:30 a.m. – 12:00 p.m.	“Hedgehog Love”	kids age 5 and up
Saturday	May 2	10:30 a.m. – 12:00 p.m.	“Hedgehog Love” Painting Party	kids age 5 and up

\$15 member/\$20 non-member