

January and February 2020

Center reminders

As a courtesy to fellow members and for your own safety, talking on cell phones is discouraged in the facility; please, use the lobby and designated areas.

Cell phone use is prohibited in the locker rooms.

Keep all of your personal belongings, while you work out, in our secure lockers.

Avoid leaving any bags, purses or personal items in your car.

Events

January meeting

Wednesday, January 8
10:00 am - noon

Susan and Al Choffnes, group members and PD advocates

This presentation will include, "Our Personal Journey Through PD – a Care Partner and PWP Perspective."

February meeting

Wednesday, February 11
10:00 am - noon

*Martha McGraw, M.D.
Northwestern Medicine Central DuPage Hospital's Movement Disorders and Neurodegenerative Diseases Center*

This presentation will include "Parkinson's Disease; More Than Motor Symptoms."

All meetings will be held in Northwestern Medicine Lake Forest Health & Fitness Center's banquet room:

Northwestern Medicine
Lake Forest Health & Fitness Center
1200 North Westmoreland Road
Lake Forest, Illinois 60045

Call Linda Egan, at 847.535.8244, with any questions.



Lose2Win 2020

Lose2Win begins on January 13! This eight-week weight loss program is designed to help you reach your fitness goals. Participants can attend between 16 - 24 team workouts with a certified personal trainer and will earn points for every workout they complete.

The team with the most points at the end of the eight weeks wins! All participants will receive a pullover and water bottle. There will be weekly raffles. Plus, a lucky member will win a Precor StretchTrainer™! The top male and female who lose the greatest percentage of weight will each win a great prize.

Register at the front desk, and complete your initial weigh-in by Sunday, January 12. This program runs from January 13 - March 8, and the registration fee is \$249.

Please, contact Amy Wilson at 847.535.7193 with any questions.

New year, new resolutions

It's that time again. Why not try Pilates in 2020? Whether it's private sessions or a group class, find out how Pilates can benefit you. Pilates will improve your core strength, flexibility, body awareness, posture and balance. It is a great addition to any workout regime and will help get you ready for spring sports.

For more information, contact Deb Valenti at 847.535.7117 or dvalenti@nmhfc.com.

Did you know...

Massage provides powerful health benefits including relief from anxiety, diabetes, heart ailments, pain and nervous problems. It can improve your skin, blood circulation as well as urinary and digestive systems. Plus, massage enhances sleep and immunity. Regular massage sessions are helpful in ensuring physical and mental wellness for people all around the world. Massage offers numerous benefits that may help transform your lifestyle and result in a positive modification to your self-care routine.

Health benefits

Relieves anxiety

To help cope with such disorders, regular massage sessions can prove helpful. They can help you relax and manage stress better.

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Diabetes management

It helps control the level of sugar in the blood, especially in the case of children. This is the reason many recommend massage therapy as a curative practice among diabetic children.

Boosts immunity

Massage therapy can prove to be an effective practice to help your body develop a stronger immune system. It can help in building protective cells in the body to neutralize attackers like infection-causing viruses and bacteria.

Supports cancer therapy

Patients receiving chemotherapy may experience side effects such as anxiety, fatigue, nausea, pain and even depression. Massage may help reduce those symptoms in cancer patients undergoing chemotherapy and may help improve their psychological well-being.

Improves sleep

Massage allows your body to fall into a state of deep relaxation. This leads to sound and proper sleep for patients suffering from sleep disorders.

Improves heart health

Massage can return your heart to its normal levels, so that there are no threats to your life due to a malfunctioning cardiovascular system.

Reduces pain

This increasingly popular form of alternative therapy is recommended by physicians and surgeons to their patients suffering from pain, especially after surgery. Plus, massage therapy can relieve migraine and low back pain.

Stimulates nervous system

Massage takes away the tension that dissolves in the human body's nerves.

Thus, massages recharge our nervous system.

Schedule your next massage today by calling the front desk at 847.535.7060.



Happy Valentine's month

This February, enjoy \$14* off one 60- or 90-minute massage with your favorite massage therapist.

Contact the front desk to schedule your service today!

*Some restrictions apply.

Seasonal events

Twist and Shout: A Holiday Detox Party With Liza

Saturday, January 11, 1:00 - 2:15 pm

Feeling bloated and exhausted from the holidays? Check out Twist and Shout: A Holiday Detox Party; twists are traditionally considered apana vayu or cleansing – part of a yogic shatkarma/detox regime. Instead of fasting or juicing, why not make your cleansing experience fun? Laugh, detox and jam out to soft rock. Plus, we will be practicing yoga and meditation.

Registration is not required. All levels are welcome to attend.

Group exercise classes



'80s Zumba® dance party with Nicole Johnson

Wednesday, January 22, 6:15 - 7:00 pm

This event will be held in the main studio. Registration is not required. Join us for our '80s Zumba® Dance Party to kick off the new year. Get "Physical," in '80s workout wear. You are guaranteed to have a totally rad time!

Sip-N-Cycle with Marti

Friday, January 31, 5:45 - 7:45 pm

Party, sing and ride like it's 1999! This happy hour ride will have you pedaling through the decades: from the '60s up to the present day! A short reception with appetizers and cocktails will follow.

Sip-N-Cycle will be held in the cycle studio. Registration for this happy hour ride is required.

COST \$12 for Members
\$24 for Non-Members

Intro to yoga with Liza

Saturday, February 1, 1:00 - 2:00 pm

Want to Feel Better? Improve your golf or tennis game and your mood? How

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about waking up with fewer aches? Then, come try Liza's Intro to Yoga Class. We will spend an hour seated, doing some hands and knees mat work, as well as a few intro standing postures – on the wall or a ballet barre. This class will open your feet, ankles, hips and shoulders. Plus, the instructor will give you a short introduction to asana postures and pranayama breathing. Liza will lead a lighthearted, first look at this 3,500-year-old practice.

This class will be held in the mind body studio. Registration is not required.



Tri-Umph athletes are honored to represent team USA

It's been an exciting triathlon season for Tri-Umph athletes and coaches. These athletes have set individual and team goals during training to inspire, motivate and challenge each other. They have become stronger and more confident athletes due to their budding friendships.

Over the years, Tri-Umph athletes have learned how to embrace training as a healthy lifestyle as well as balance family, friends and work to support their goals. These athletes are more than a team, they are friends – sharing life experiences with each other. This

past year has been no exception – from first-timers beginning their journey with a sprint triathlon to IRONMAN® athletes completing a 2.4-mile swim, 112-mile bike ride and a 26.2-mile run. Check out their amazing accomplishments!

Racing at nationals in Miami, this November, was even more fun; this event was the Team USA qualifier for the September 2020 Almere event. One of our newer Tri-Umph athletes, Mike McIntyre, completed a half IRONMAN® race in hot and windy conditions. He said it was one of the most challenging races he had ever done! McIntyre qualified for the half IRONMAN®: representing Team USA. We are very proud of him! Coach Kate Schnatterbeck also qualified by racing both days; she even completed an aquathlon! It will truly be an honor to represent Team USA in 2020.

Tri-Umph is very fortunate to be able to train at Northwestern Medicine Lake Forest Health & Fitness Center during the winter months with certified coaches (i.e., Jeff Kamai, Kate Schnatterbeck). We are so grateful for the support of our administration and members!

Swim transitions with Tri-Umph

This two-hour class is designed to help you improve your technique, speed and endurance in the water through weekly water workouts. Plus, incorporate dryland activities (e.g., strength training, cycling, running, yoga) to improve your core strength and flexibility.

Our team of certified and experienced instructors will add variety, education as well as fun to your workouts.

Classes begin January 7!

Swim endurance training

This class is designed to increase your swim speed and overall endurance. You will be coached on proper swim techniques and endure challenging workouts.

For more information, contact Kate at kate@tri-umph.us.

February membership special

\$0* enrollment for any additional family member added to your membership.

Contact the front desk to schedule your service today!

*Offer valid from 2/1/20 – 2/29/20. Some restrictions apply. See center for complete details.

FitKids Club™ happenings

Parent's Night Out

Friday, January 31, 5:45 – 8:00 pm

Drop the kids off, and enjoy a night out with friends! Kids will enjoy games, crafts and a movie!

COST \$15 for the first child
\$10 for each additional child

*Children must be able to use the restroom without assistance for Parent's Night Out and Drop and Shop events. Preregistration required. Ten children minimum.

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