

September-October 2017

Northwestern Medicine Lake Forest and  
Lindenhurst Health and Fitness Centers

## **NM5K** RACE TO IMPACT 2017

Don't forget to register for our NM5K Race to Impact 2017 on **Sunday, September 10**. Go to [www.lakeforesthfc.com/5k](http://www.lakeforesthfc.com/5k) to sign up today!

For more information contact Anthony Simone at 847.535.7140 or email [asimone@nm.org](mailto:asimone@nm.org).

**Registration is now open!**

- Finisher Medals
- Custom Engravings
- Registration Bag
- Top Prizes for every age group and every gender
- Top 3 Male and Female Gifts
- Dri Fit T-shirt
- Raffle with over 30 prizes!



## Cold and flu season is upon us

The best way to combat illness is to wash our hands. Here are a few tips to help stay healthy all winter long!

- First, wet your hands with water. Then add soap.
- Rub them together vigorously for 20 seconds. Make sure to rub the wrists, between the fingers, and under the fingernails. When you have time, use a nailbrush, as germs often hide under nails.
- Rinse your hands thoroughly and dry with a clean paper towel or air dryer.

If you are in a public restroom, shut the faucet off with a paper towel. Try to push the door open with your shoulder or use another paper towel to turn the knob.

Staying healthy is everybody's goal!

## Hospital updates focus on efficiency



Building a new hospital from the ground up creates a once-in-a-career opportunity: To construct a modern, customized facility that actually becomes a tool in and of itself to help caregivers do their jobs better than ever before.

The Northwestern Medicine Lake Forest Hospital is a textbook example of efficiency. Often times, people use the word 'efficiency' to talk about saving money. And the new hospital is a great example of that, too. But in this case, designers took great care to ensure the building would provide efficiency of something even more important, particularly when it comes to healthcare: Time.

In some cases, the new building's design along with new customized workflows, saves caregivers up to 70 minutes per shift. That translates directly to allowing clinicians more time at their patients' bedside.

That's what it is all about – creating a more intimate relationship between caregiver and patient," says Denise Majeski, MSN, RN, ACM, NE-BC, Chief Nurse Executive at LFH. "The new hospital building is designed to help us respond faster, enhance communication and deliver personal patient care."

Save the date

**Sunday, September 10**  
M5K Race to Impact 2017

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## Top ten items to know about our fitness departments:

- Teen Youth Certifications are required for all 13 and 14 year olds to add on to their parent's accounts as junior dependents. The fee is \$35 for the certification and once this has been completed they must schedule a follow-up 45 minute Equipment Orientation.
- There is a buzzer located by the Fitness Desk that members can push for non-medical emergencies if they need assistance from a Fitness Specialist. Staff conduct rounds to help other members and this is an easy way to get their attention to the Fitness Desk.
- Fitness Specialists are here to help adjust equipment, show members how to perform proper exercises, perform blood pressures, wipe down equipment, etc.
- Fitness Specialists conduct rounds of the pools, track, and fitness floor every 30 minutes to ensure the safety of the members and the facility.
- Member Comment Cards can be found near both the fitness and front desks and can be used to leave positive/negative feedback about employees, equipment, group exercises classes, etc.
- Our Lake Forest facility hosts the Triumph Triathlon Training program year round for members of the facility and community to train for upcoming Triathlon events. They will utilize parts of the lap pool, cycling studio, and track during early mornings and later evenings.

- Fitness Specialists conduct Equipment Orientations for new members who choose that service when joining.
- During certain months of the year Fitness Specialists conduct monthly Wellness screenings.
- Fitness Programs are offered throughout the year for members to participate in. These programs include Lose to Win, Summer Fitness Challenge, and Holiday Fitness Challenge.
- Cell phone conversations are prohibited throughout the facility except in specific locations. There are designated areas for cell phone use throughout the club.  
**ALL ELECTRONIC DEVICES ARE PROHIBITED IN THE MEN'S AND WOMEN'S LOCKER ROOMS AT ALL TIMES AND WITH NO EXCEPTIONS.**

## Group exercise group training

We offer a variety of group exercise classes, group training and individual training to help you reach your fitness goals. Let us know what we can do for you! (some programs are at an additional fee).

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

## Special rates for our active adults 65+

**DID YOU KNOW** – Lake Forest and Lindenhurst offer special rates for our active adults 65 and over! Contact a membership advisor to learn more!

## Fall Back into Fitness

Amy Kessler  
ACSM Certified Personal Trainer



### The Northwestern Medicine Lake Forest Hospital Trainer Tips on How to Fall Back into Fitness

Fall is a great time to get back into your fitness routine. Work, school and social routines get back on track and so will your fitness routine. Research shows that forming a fitness habit will be more beneficial than having a sporadic exercise routine. Below are some tips to help you find your way.

- Aim to exercise at the same time of day so it becomes a regular part of your lifestyle. For example, you might walk every Monday, Wednesday, Friday and Sunday from 12-1 pm.
- Plan your week in advance. Look ahead at your commitments, make sure you schedule time to exercise multiple times each week.
- Try a new class or new exercise once a week. It will give you something different to look forward to while providing a good challenge for your exercise routine.
- Grab a friend and sign up for a fitness event (5k race, stair climb, bike race, etc.) It will help keep you on track as you stay motivated for your event.
- Reward yourself when you reach certain milestones. Splurge on new gym shoes, a new pair of running shorts, or a workout outfit.
- Plan a weekend get-a-way based around activity, such as an organized walk/run, exploring new hiking trails or scenic bike paths, etc.
- Don't forget to pack your workout clothes and shoes when you travel for business! Check out the hotels to make sure they have a fitness center. Most concierge services can provide walking/running routes (make sure they are safe) or alternate workout facility ideas.
- **HAVE FUN!** New exercise routines can be challenging and hard, but add a little fun and you will stick to the plan!



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## Youth Exercise and Conditioning Class

**September 4 through October 15  
for children ages 7-12**

Wednesdays from 5:00 – 5:45 pm and Saturdays from 11:00 – 11:45 am. One of our Fitness Specialists will guide your child through a proper warm-up and cool-down, and will include light weight, resistance training, agility, balance, reaction training and more. Complimentary for FitKids members. Classes will be held in FitKids. Please register at the Front Desk. Contact Kristina Wrezel, Fitness Operations Manager, at 847.535.7038 or at kwrezel@nm.org for more information.

## Group Pilates Reformer

If you are looking to see changes in muscular and core strength, as well as increased endurance, flexibility and reduction in body fat, check out one of our Group Pilates Reformer classes on our NEW fall schedule starting September 4. For more information on Pilates Reformer or to schedule a session, please contact Deb Valenti at 847.535.7117 or dvalenti@nm.org.

## Taste of fitness open house

**Saturday, September 9 from 8 – 11 am**

Bring a guest for free and take advantage of all we have to offer! Enjoy group exercise classes and snacks while you drop the kids off at our Fitkids Fun Fair! Children will enjoy crafts and games while you get sweaty! For more information contact a membership advisor at 847.535.7064.

## Free Annual Assessments

Assessments are available for all Lake Forest Health and Fitness Center members who have completed an initial Fitness Assessment upon joining the club. Annual Assessment's include everything that was completed during the initial Fitness Assessment, except for the blood work. If you would like to have the blood work completed again the charge for the Basic Lipid Panel is \$10 and the Full Lipid Panel is \$20. They must be completed one year from when they were initially done and can be scheduled with the Fitness Manager. If you are not sure if you are due for your annual assessment, contact Bo Wright at 847.535.7139 or bowright@nm.org.

## Personal Training

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

## Lake forest launches rock steady boxing!

Contact Anthony Simone to register or for more information. Physician's Approval is required.

## Member Halloween Party

**Wednesday, October 25 from 5 - 7 pm**

Prizes for the best costume determined by vote! Enjoy food and fun while the kids are entertained in Fitkids! Registration at the front desk required.

## Forest Café

Forest Café will be introducing a new menu this September. We have been working hard to create new exciting offerings while keeping some of your favorites. New menu offerings will consist of new entrees, small plate specials, made to order salads, sandwiches and more! Keep an eye out for communication around the café about the new menu.

## FITKIDS Fun Fair

On September 9, FitKids will be having a "Fun Fair" during our Open House from 8 -11 am. Kids will enjoy crafts and fun activities while you take advantage of all our club has to offer.

## Spooktacular Halloween Costume Party

Wednesday, October 25 from 5 – 7 pm (all ages welcome) Enjoy fun, food and games! Registration at Fitkids desk required.

## Halloween Parade

Monday, October 30 from 9 – 11 am

FitKids will be having a Halloween Parade with all the children thru-out our club and receiving treats at different stations. Children may wear costumes.

## Thank you

We appreciate your patience and loyalty during our shower renovation. We appreciate and value your feedback!



Check out our Updated Group Exercise Schedule with added evening classes starting Tuesday, September 5.

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## Welcome back to the pools!

Thank you for your patience during our annual pool maintenance shut down. During the next couple of months we want to help you improve your swimming skills. Take the initiative to write down your swimming goals, make a plan, and do something to achieve your goals during the week!

## Children's Group Swimming

The structure of our Children's Group Swimming programming changes during the school year. The group sessions meet seven times, once a week, either on Monday, Tuesday, Wednesday or Saturday. Members have the opportunity to register prior to non-member registration.

### Dates for children's group swim lessons:

**Session 6 dates:**  
September 5 thru October 21

**Session 6 registration begins for Members August 16**  
**Non-members August 19.**

**Session 7 dates:**  
October 23 thru December 16

**Session 7 registration begins for Members October 11**  
**Non-members October 14.**

## FitKids: Exercise Conditioning Class

**Tuesday, September 5-Sunday, October 15**

FitKids will be having a Youth Conditioning Class for children ages 7-12 years taught by one of our fitness specialists. Contact Brian Balkam at 847.535.7621 or email [bbalkam@nm.org](mailto:bbalkam@nm.org) to learn more.

## Fun Fair

**Sunday, September 30, 8 am-11am**

FitKids will be having a "Fun Fair" during our Open House. Kids will enjoy crafts and fun activities while you take advantage of all our club has to offer.

## Halloween Parade

**Monday, October 30, 9-11 am**

Dress your child in costume and join FitKids as we Parade with all the children thru-out our club and receiving treats at different stations.

## Halloween Bingo

**Tuesday, October 31, 12:30 -2:30 pm**

Registration at the Front Desk required.

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

Light snacks and refreshments will be served.

LAST YEAR'S HALLOWEEN BINGO COSTUME CONTEST WINNER - GORDON NELSON

## Welcome

**Paula Zamecka-Wasfie**

Please welcome Paula Zamecka-Wasfie to our Pilates team at the Lindenhurst Health and Fitness Center!



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**Saturday, September 30 from 8-11 am**

Bring a guest and take advantage of all we have to offer. Enjoy group exercise classes and snacks while you drop the kids off at our Fitkids Fun Fair! Children will enjoy crafts and games while you get sweaty! For more information contact a membership advisor at 847.535.7610.

## Group Pilates Reformer

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## Update - the strength and track areas will be closed

**September 12 from 11:30 am until 3 pm!**

We are designing a new layout for better overall flow for equipment access. We are also adding three mirrors and two Lifting Platforms to the strength area.

