



The indentations in the floor are where shower stalls will be located in the private inpatient rooms.



The framing for a nurse's station is being assembled

Lake Forest Hospital Construction Update Work continues on the new, state-of-the-art Northwestern Medicine Lake Forest Hospital. Recently the roof was installed over the building that consists of five connected pavilions — in construction terms it has been “topped off.” However, there is still much work to be done. Throughout winter and spring, crews will continue installing the remaining windows and exterior brick panels. Inside, drywall is being hung, rooms are being framed and the heating, cooling and electrical systems continue to be installed. This past fall, as a way to commemorate the topping off of the outer structure, all hospital employees were invited to sign their names on a steel beam. It was installed on Pavilion A, the northernmost pavilion, which will be one of the new hospital’s clinic buildings when it opens in Fall 2017. For a brief time, the signed beam was visible from Westmoreland Road before the external façade was completed. For more information and photos, visit nlfh.nm.org.

The signed beam



Center for Comprehensive Orthopaedic and Spine Care Opens The Northwestern Medicine Lake Forest Hospital Center for Comprehensive Orthopaedic and Spine Care opened in December in the Lake Forest Health and Fitness Center. It is another step to expand services in the north suburbs that deliver on the Northwestern Medicine’s mission to bring expert quality care close to where people live. Benjamin Davis, MD, and Matthew Jones, MD, both recently joined Northwestern Medical Group to lead the new clinic. Dr. Jones also treats patients at the Glenview Outpatient Center. Later this year, Dr. Davis will begin seeing patients at the Grayslake Outpatient Center, as well.

Laurie DeSort, director of Operations for Orthopaedics and Neuro Sciences at Lake Forest Hospital, says patients will benefit from a close collaboration between the new clinic and the hospital. “All of their medical record is integrated,” DeSort says. “If a patient is referred from primary care, or if they’ve had X-rays or an MRI in the hospital, our physicians can see everything.” Jeffrey Kopin, MD, chief medical officer for the Northwestern Medicine North Region, says the new clinic expands on existing offerings in the orthopaedic service line. “We have added two expertly trained physicians to provide Northwestern Medicine-quality care to the community,” Dr. Kopin says.

Only \$15 E-fee*

During the month of February, members can add a family member to their account for only a \$15.00 enrollment fee*! Stop by the membership office today to learn more. (*some restrictions apply)



4 Tips to Reach your New Year’s Fitness Goals

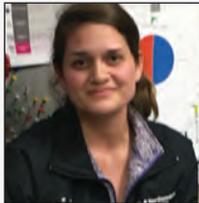
- 1 Determine Your Readiness** – Make sure you’re both physically and mentally ready to start an exercise program. You will be more likely to succeed if you have confidence in your ability, receive support from close friends and family, and participate in a form of exercise that you enjoy.
- 2 Create A Plan** – Before you start your exercise program, answer three questions:
 - a. When will you exercise? Identify three days and times that are convenient for you and stick with those days so you are working out the same time each week.
 - b. What type of exercise will you do? The best type of exercise is one you enjoy. Don’t worry about what everyone else is doing. Pick an exercise that works for you!
 - c. How much time will you spend exercising? Start with as little as 10-15 minutes per session and slowly build up to at least 30 minutes per workout.
- 3 Bring A Friend** – Working out with a friend will increase your chances for success and make your fitness sessions more enjoyable. An exercise partner provides you with a support system, a positive social experience and inspiration. There will be times when you don’t feel like working out, and a partner can be the motivation you need to stay on track!
- 4 Be Realistic** – One of the biggest problems with New Year’s resolutions, is they can be extremely impractical. Setting goals are a great idea; make sure they are realistic and feasible. Start slow (i.e., low intensity and duration), develop a solid foundation of fitness and then build upon that foundation as your fitness improves.
For details on Personal Training, please contact Kristina Wrezel at 847.535.7038 or kwrezel@nm.org.

Congrats To Our Employees Of The Year For 2015

It is with appreciation and fanfare that we announce our Employees of the Year for 2015: **Logan Sinnett, Fitness Specialist at Lake Forest and Rebecca Oseguera, Fitness Specialist at Lindenhurst.** These two shining stars are recognized for exceptional performance on a daily basis and display a positive attitude, professionalism and phenomenal work ethic. Their interactions with all on the Fitness floor are inspiring and motivating. Assisting coworkers, helping out with projects, working in various prep areas and serving food during the 15th Anniversary Party include a sampling of Rebecca's contributions. A selection of Logan's contributions included behind the scenes preparation and set up for the 1st Annual 5K & 1M Family Fun Run, subbing for group exercise and presenting customer service seminars to employees. We applaud their dedication, service and passion, and are glad they are part of our team in serving you, our members. Please offer them your congratulations when you see them on the Fitness floor!



Logan Sinnett



Rebecca Oseguera

Want a fun alternative for the grandkids?

All members who have grandkids can add them to their membership for a monthly fee* (*some restrictions apply) Contact Pat Hennning at 847.535.7062 for more information.



REMEMBER – REFER A FRIEND OR CO-WORKER AND RECEIVE A \$75 REFERRAL CREDIT*

(*Some restrictions apply)

Traveling out of town?

Need to Freeze Your Membership because of medical reasons? Our facilities offer options to help you out when life gets in the way of your fitness routine. Call a membership advisor at 847.535.7064 (Lake Forest) or 847.535.7610 (Lindenhurst) to learn what plans are available to assist you with your busy lifestyle.

Parkinson's Programs

Don't forget to sign up for any of our Parkinson's programs

Pedaling for Parkinson's (stationary cycle pedaling therapy)

Tuesday 11:00 a.m. – 12:00 p.m.
at Lake Forest Health & Fitness

Thursday 10:15 – 11:00 a.m.
at Lindenhurst Health & Fitness

Dance Movement for Parkinson's (dance class for all abilities)

Wednesday 2:00 – 3:00 p.m.
at Lake Forest Health & Fitness

Parkinson's Support Group (education, support and exercise)

2nd Wednesday of every month 10:00 a.m. – 12:00 p.m. at Lake Forest Health & Fitness

For more information or to register please call the Rehabilitate Services Department at 847.535.8060

CPR for Members

Get certified to perform CPR and use the AED with the new 2015-2020 American Heart Association Guidelines. Space is limited* (*\$50 enrollment required at the front desk)

Lake Forest 5:00 – 8:00 p.m.
March 16 in the Banquet Room

Lindenhurst 6:00 – 9:00 a.m.
March 17 in the Crash Room

Spa Gift Card

Why not give your special someone a Spa Gift Card from Lake Forest or Lindenhurst Health & Fitness Centers? Stop at the front desk today to purchase one for your sweetheart!

Spring Break Revised Group Exercise Schedule In March: Please go to lakeforesthfc.com to see the revised classes and instructors for the week of Monday, March 21 – Sunday, March 27.

Lake Forest:

Ladies Night Out: Shimmy, Shake & Sweets

Friday, February 5 at 6:00 p.m.

Join Lesley for an introduction to the fun and popular chair dancing class seen around the country! The first thirty minutes will be spent learning a beginner level, choreographed chair dance. The second thirty minutes will be choreographed dancing to your favorite songs from Just Dance! A representative from Lucy will be selling fun designs from their clothing line!! Bring a credit card and be sure to check it out! Space is limited. Register at the front desk today!

Valentine's Day Themed Group Exercise

Take a look at our Valentine's Day Themed Group Exercise Classes during the week of February 8! Visit the Group Exercise Class of the Month page on our website for more details.

Save the date!

Spin For a Cure benefiting the Leukemia and Lymphoma Society is on Saturday, February 27. Members and guests may reserve a bike by signing up outside of the cycle studio. A minimum donation of \$30 will be collected the day of the event. Join our fun and energetic instructors as they lead you through a one-hour cycle class. Prizes will be awarded every hour. Sign up today!

11:00 a.m. Loralee | 12:00 p.m. Lora | 1:00 p.m. Ed



Complimentary

During the month of February we will be conducting a complimentary 3-minute step test. This will be held upstairs in the main lobby near the front desk on February 23 from 5:00-6:00 p.m., February 25 from 9:00-10:00 a.m., and February 26 from 10:00-11:00 a.m.

During the month of March we will be conducting complimentary 3-Site Skinfold Tests. This will be held upstairs in the main lobby on March 15 from 5:00-6:00 p.m., March 17 from 9:00-10:00 a.m., and March 18 from 10:0-11:00 a.m.

Lake Forest:

iGNiTE

COMING SOON -
NEW PROGRAM:
iGNiTE with Logan Sinnett



Revitalize your life with this 8 Week Wellness Program consisting of monitored exercise sessions and informational lifestyle classes. Designed to improve your overall quality of life by increasing your knowledge about the importance of exercise prescription and monitoring exercise. Find out what the hype is all about; try a Complimentary Class on Tuesday, March 8 from 6:45 - 7:45 a.m. and Thursday, March 10 from 8:15 - 9:15 a.m. For more information contact Logan at 847.535.7095 or email lsinnett@nm.org.

New Year, New Resolutions.

Try Pilates in 2016! Whether you are interested in private sessions or a group equipment class, experience what the benefits of Pilates can do for you. Pilates focuses on increasing body awareness and improving posture.



Check out our new group equipment schedule at lakeforesthfc.com or for more information contact Deb Valenti at 847.535.7117 or dvalenti@nm.org.

Lose 2 Win – Lake Forest Partners

Edition: FINALE PARTY, Thursday, March 10 from 6:00 - 7:00 p.m. in the Banquet Room. After two months of dedication and hard work, enjoy a night to relax and have a good time. Join all of the trainers and fellow participants of the program for food and beverage. Together we will announce who the First Place Team was as well as the top four winning partners. **Participants may begin signing up for the Finale Party starting February 1! Registration at the front desk required!

Youth Fitness

Do you have a teen ages 13 or 14 preparing for a sport or interested in starting a fitness routine? We offer a Teen Youth Certification for your 13 or 14 year old. 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. Get them started right away! The cost for the Teen Youth Certification is \$35 (additional membership fees required). For more information please contact Bo Wright at 847.535.7139 or bowright@nm.org.

Looking for a unique place to host meetings,

seminars, luncheons or parties? Look no further! Contact Samantha Murray at 847.535.7173 or sberger@nm.org to schedule your event today!



Tri-umph Triathlon Training

Congratulations to Team Tri-umph for being named "Best of 2015 Triathlon Club" by Competitor Magazine for the second year in a row and third time in five years! This well-deserved honor is because of our athletes who continue to inspire and motivate each other while being challenged by their certified coaches, Jeff Kamai & Kate Schnatterbeck. This dedicated, amazing group of people not only train together but have formed life-long friendships, and with the help of family and friends, achieved their dreams & goals. As a smaller team, coaches provide individual feedback, training programs & know how to push each athlete and provide encouragement. Tri-umph strives for balance by training the whole athlete to prevent injury, build strength & flexibility, focus on technique, incorporate drills, speed and endurance while making it fun along the way.

For more information on Tri-umph Triathlon Training, please contact Kate Schnatterbeck at kate@tri-umph.us, www.tri-umph.us, 847.207.9442.

Lindenhurst:

AQUATICS:

The Aquatic staff would like to wish everyone all the best in the New Year and give a big welcome to all new members. We hope you take advantage of the opportunity to utilize either the lap or therapy pool this year. Consider cross training with swimming to aid you in reaching your fitness and wellness goals; it is a great calorie burner! Stop by and introduce yourself the next time you are in the pool area. We are always available to answer any questions you may have regarding our aquatic environment, schedules and programming.

Welcome to all the participants of the RETURNING Adult Group Intermediate Swim Session. This program is offered February 1 until February 23, 2016. If you are interested in improving your basic swimming skills, consider this fun option. Read more about it in our brochure located at the front desk. If you did not sign up because you are a beginner, sign up for a lesson. We offer a number of choices for you:

- Private 1:1 lessons**
- Semi-private 2 or 3:1 lessons**
- Independent group of 4 to 6:1 lessons.**

Children's group swim session dates:

Session I
January 11 thru February 27, 2016

Session II
February 29, thru April 23, 2016

Members have the opportunity to register first beginning on Wednesday, February 17, three days prior to non-members, so take advantage and sign up early!

Session II group lessons will not meet during the week of March 21 -26 due to Spring break. Please stop by the front desk or visit our website for more information.

Recreational supervised family swims are for members. A lifeguard is on duty at the Lindenhurst facility. These recreational swim opportunities are Tuesdays from 3:30-5:30 p.m., Fridays from 6:00-8:00 p.m., and Saturday/Sunday from 12:00-2:00 p.m. Check in at the front desk is required upon arrival. Members are allowed to bring in a guest for a fee; all guests must register at the front desk.

We love to see you and your families enjoying the pool.

Contact the Aquatic Department directly with any questions at 847.535.7611.

Beginner's Pilates Class

Join Cindy for this 6-week series that will introduce you to the Pilates Equipment and educate you on the basic principles of Pilates! Each week, you will focus on a new series of exercises that will help increase muscular and core strength, improve flexibility and reduce body fat. For more information on the Beginner's Pilates Class, please contact Cindy Hoeller at 847.535.7649 or choeller@nm.org. Registration required.



Pair Up & Trim Down

this February - We want you to enjoy all the benefits of Personal Training while sharing the fun and challenging fitness experience with a friend, family member or co-worker!

During the month of February, buy two (1 hour) Partner Training sessions and get your third session FREE! For more details, please contact Kristina Wrezel at 847.535.7038 or e-mail kwrezel@nm.org. (*some restrictions apply)

Personal Training

Are you looking to lose weight, jump start your fitness routine, try something different or just get in shape for an upcoming event? Maybe you just 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 safely and effectively reach your fitness goals! For more information on our Personal Trainers, contact Kristina Wrezel at 847.535.7038 or e-mail kwrezel@nm.org.

Group Exercise Spring break update:

Be on the look-out for a special schedule to be posted in-house and on-line with the substitution line-up for Spring Break!

Celebrate Dr. Seuss Week

in FitKids Monday, February 29 through Friday, March 4! FitKids will be celebrating Dr. Seuss' birthday all week! Don't miss out on a special visit, Wednesday, March 2, from the Cat in the Hat. Enjoy crafts, stories, and games from 9:00 a.m. to 12:00 p.m.

Monday, February 15 (President's Day):
"Hedgehog Love" Painting Party

12:30-2:00 p.m. \$15 per child/member,
\$20 per child/non-member

Monday, March 21 (Spring Break) :
"Spring Snail" Painting Party

12:30-2:00 p.m. \$15 per child/member,
\$20 per child/non-member

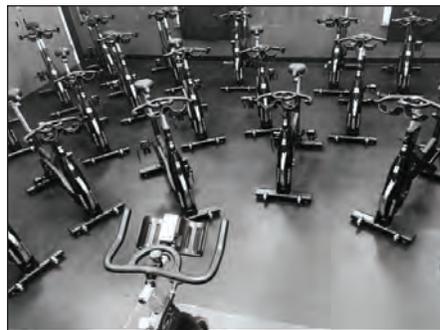
Wednesday, March 23 (Spring Break) -
"Daisy Days" Painting Party

12:30-2:00 pm. \$15 per child/member,
\$20 per child/non-member

Spin Room Grand Re-Opening

Thank you to all those that participated in our week long grand re-opening celebration of the newly renovated spin room. Raffle prizes were given out in each spin class that week. CONGRATULATIONS to all the winners!

Linda M.	Melissa R.
Ann B.	Keith B.
Bev B.	Brittany B.
Erin E.	Sally M.
Amy S.	



Valentine Pro Shop Sale

Buy that special someone the gift of fitness apparel for Valentine's Day.

Enjoy 25% off all women's and men's apparel from February 11-14!

30% off all BioElements Professional Skin Care March 7 - March 13 ONLY!



STEP JAM 101 with Sue Wetter

Sunday, February 28 from 10:45-11:45 a.m.

Get to know step terminology and the basics to better your skills of tap-free step choreography in this one-time workshop. A great way to ease your way into the Saturday Step Jam class as well as offering more training for seasoned steppers. Step is a great cardio workout that will feel more like "FUN" and less like "WORKING OUT." Come join the party and gain confidence in your step skills. Register at the front desk or call 847.535.7601 for more information.