

6 tips for a healthy Summer

1 Stay hydrated.

Water cleanses the body and allows your body to function more efficiently. Make sure you are drinking about 16 ounces every 30 minutes, before, during, and after exercise.

2 Get outdoors.

Our country is beautiful and exploring the great outdoors can be a helpful distraction to the chore of exercising. Make a list of outdoor activities that you want to participate in over the summer and schedule them!

3 Follow a training program and keep records for accountability.

If you are really serious about your goals, doing this helps you establish and commit to a training plan. A program will keep you focused and allow you to set short term goals. Tracking your progress will also allow you to assess what's working and what's not.

4 Eat small meals frequently.

Eat more frequently but in smaller portions. The more often you eat, the higher your metabolic rate. A higher metabolism burns more calories a day. Eat 5-6 smaller meals a day to ensure adequate nutrients to build muscle and burn fat.

5 Get creative.

Too busy to make it to the gym? Change your social and eating habits to promote healthy lifestyle changes. Instead of eating a heavy lunch at your desk, pack a lunch and go for a walk. You can sip on a protein drink or snack on fruit while enjoying a nice brisk walk to break up your stressful work day. You will feel refreshed and more invigorated for your afternoon tasks.

6 Remember to Have Fun.

Keep in mind that the summer is supposed to create some of the best memories of the year. So relax and enjoy your activity and let's get healthy one tip at a time!



Refer-a-Friend

For every friend or co-worker you refer to Lake Forest and Lindenhurst Health & Fitness Center, enjoy **CLUB CASH!** Call a membership advisor at 847.535.7064 today to learn more!!

Pool maintenance: The shutdown dates for our annual pool maintenance at Lake Forest are Monday, August 11 through Sunday, August 24, reopening Monday, August 25. Lindenhurst Health and Fitness will close as of Monday, August 25 to September 7 reopening Monday, September 8. Please feel free to utilize our other facility during this time frame for no additional cost. Thank you for your patience during this time.

Two Months FREE Locker Rental

When you pay in full for a year before 8.31.2014

Tired of bringing your exercise gear every day? Utilize the convenience of a permanent locker for all of your frequently used toiletries and workout gear.

∨ *Lake Forest Health & Fitness Centers*

Complimentary for Lake Forest members:

Annual Assessment

Time to find out if all of your hard work and sweat is making a difference! Members that joined during the month of July, August and September of 2013 are eligible to receive their free annual assessment. Please see a fitness specialist to schedule yours today!

Blood Pressure Readings

During the month of July we will be conducting complimentary blood pressure readings in the main lobby on July 8 and 10 from 10:00-11:00 a.m. and 4:30-5:30 p.m. One of our fitness specialists will be there to take your blood pressure and answer any questions you may have.

Bioelectrical Impedance Analysis

During the month of September we will be conducting a complimentary Bioelectrical Impedance Analysis to assess your Body Fat percentage. This will be held upstairs in the main lobby on September 16 and 18 from 9:00-10:00 a.m. and 4:30-5:30 p.m.

Balance Assessment

On August 18 and 20, we will be conducting a complimentary balance assessment in the main lobby from 9:00 a.m. to 10:00 a.m. and 4:30 p.m. to 5:30 p.m. Come get evaluated and learn how balance relates to your exercise program.



Lake Forest Health & Fitness Summer Ironman Challenge

Join us this summer as you compete to finish an Ironman Challenge. The goal is to complete a half Ironman or a full Ironman competition over the course of 4 weeks. This will include swimming 2.5 miles, biking 112 miles and running 26.2 miles. Your challenge begins July 14, 2014. The cost will be \$30 per person and training must take place at Lake Forest Health and Fitness Center. Not only will there be weekly drawings but the value of the prizes increases over the four-week period! A special bonus drawing will take place once the challenge is over. For more information, please contact Bo Wright at 847.535.7139 or bowright@lfh.org.

Wellness Coaching

Managing stress and maintaining a healthy lifestyle is difficult and can seem unmanageable at times. Lake Forest Health and Fitness Center is promoting a new program called Life and Wellness Coaching! Come try a complimentary session and surpass any stressful, life event you may be facing. The program offers one-on-one or group sessions based on your needs. Have a busy schedule? No problem! Life and Wellness Coaching offers an E-coaching, e-mail based support system. We hope to help our members create a life style that is not only physically rewarding, but also mentally rewarding!



Spinning for Parkinson's

This innovative and fun class has attracted many members within the last few months. Not only is this helpful for members with Parkinson's, but by bringing their friends or family with them, it keeps them motivated, supported and having fun. We are extremely excited to expand our knowledge on Parkinson's and research new methods of exercise that benefits these members. Please track our progress and ask a staff member what new improvements we have done or will be doing to make this program the best it can be!

Lake Forest Pro Shop LABOR DAY SALE!

Your favorite must-have styles are on sale for 5 Days Only from August 28 thru September 1!

Friday FUNDAY



Members, bring a guest! For each guest, receive one raffle ticket to be entered into a drawing for fantastic prizes! (Registration is required at the front desk for members AND at FITKIDS* for children!! Event is subject to cancellation based on low registration two days prior to the event!)

July : Body Attack

Join us on Friday, July 11 from 5:30 - 6:15 p.m. for a sports-inspired cardio workout! This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Afterwards, from 6:15 - 7:15 p.m., enjoy light refreshments and drinks in the café!

August : ShockWave

Join us on Friday, August 1 from 5:30 - 6:15 p.m. in the main studio for SHOCKWAVE!! This circuit challenge is centered around short-burst, high-intensity, calorie-torching intervals along with functional strength and sculpting stations designed to target and chisel the legs, the core and the arms. Class runs from 5:30 p.m. - 6:15 p.m. in the main studio. Stop by the café from 6:15 p.m. - 7:15 p.m. for light refreshments and drinks!

Rise & Shine Yoga

Start your morning with INTENTION & MEANING! Join Wendy every Wednesday, July 2 thru August 27 from 6:00 a.m. - 7:15 a.m. in the Mind/Body Studio. On July 2 and August 27 stay a little longer and enjoy light refreshments to energize and rejuvenate your morning! Receive a complimentary one-week guest pass for every 3 classes you attend!

Arthritis

The current Arthritis session ends on Sunday, August 10. Registration forms can be picked up at the front desk beginning Monday, July 28. Members may return forms starting Monday, August 4. Non-members may return forms starting Monday, August 11. For more information please contact the front desk at 847.535.7060.

Team Training

Are you looking to spice up your workout routine? This summer, sign up for Team Training! Team Training is a six week, high intensity team workout with one of our Certified Personal Trainers. Combining individualized attention with the energy of a group, this program can help you meet your sports conditioning, weight loss and total body conditioning goals! For more information about our current schedule or more details on Personal Training, please contact Kristina Wrezel at 847.535.7038 or kwrezel@lfh.org.

Lake Forest Spa

Indulge yourself with 30 minutes more....

Enjoy a 90-minute massage and 15% off!

Offer valid 8/1/14 thru 8/31/14

Relax. Refresh. Rejuvenate. Enjoy Senior Massages* and 20% off

Call the front desk at 847.535.7060 to learn more!
Offer valid 7/1/14 thru 7/31/14. *members must be 70+

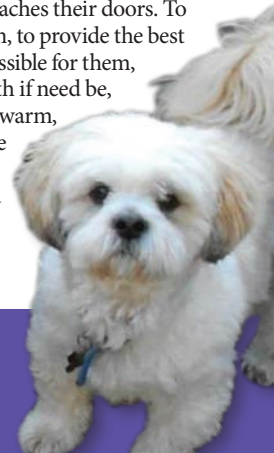
Labor Day Group Exercise Schedule

Labor Day is Monday, September 1. Stay tuned for a revised Labor Day Weekend Group Exercise Schedule!

New Group Exercise Schedules will begin Tuesday, September 2. Pick yours up at the front desk before leaving for the holiday weekend!

Tails N Trails Dog Walk

Saturday July 19 at 10:00 a.m. Are you or someone you know interested in adopting a furry friend or two? Lake Forest Health & Fitness Center is pairing up with Orphans of the Storm and hosting an adoption right here on our campus! Orphans of the Storm's mission is clear - they take responsibility for each and every orphaned, abandoned, abused or neglected dog and cat who reaches their doors. To take them in and shelter them, to provide the best medical and physical care possible for them, to nurture them back to health if need be, and finally to place them into warm, loving, adoptive homes where they can enjoy the lives they deserve. Join the mission and attend an adoption here at our facility! Register today at the front desk!



FITKIDS® FAMILY BOOTCAMP

Tuesdays, July 8 - 29 5:30 - 6:15 p.m. (4 weeks)
A multi-level family oriented class where parent and child can work together with the goal of fun and fitness! Children must be 7 years old and accompanied by a Parent. Cost is \$65.00 per parent/child. Class will be taught by Group Exercise Instructor – Amy Pierce.



YOUNG ARTIST CLUB

Tuesdays, July 8 - 29 from 12:00 - 1:30 p.m. (4 weeks)
Sign up for this fun, creative class taught by Staff member - Cheryl Johnson. You may sign up for one class or all four! No artistic talent needed just bring your creative genius! \$40.00 for a 4 week session, or \$12.00 per week for a drop-in
Session 1 - Painted canvas
Session 2 - Decorated vases with paper flowers
Session 3 - Super heroes
Session 4 - Tissues paper decorated jars

CLUBFIT WATER DAYS

Fridays, July 4 - 25, 9:00 a.m. to 12:00 p.m. (4 weeks)
Ages 7+. Kids will have a blast playing water games, balloon fights, and more! Please have your child dressed for play (swimsuits and flip-flops - sunscreen included). They may bring water guns and anything else they choose to make this a fun day for all! We will be playing outside, on the lawn, outside FITKIDS®.

FITKIDS FALL HOURS

Beginning Friday, September 5, 2014:
Fridays - Open until 5:00 p.m.
Saturdays and Sundays - Open until 2:00 p.m.



Looking to lose weight or get in shape for an upcoming event?

Do you need extra motivation to reach your goals? Let our team of Certified Personal Trainers 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 e-mail kwrezel@lfh.org.

Pilates Reformer

The Pilates Reformer is an exercise machine that utilizes springs, leverage and body weight as resistance to target specific muscle groups. Controlled, flowing movements work your muscles through a full range of motion. Participants will see changes in muscular and core strength, as well as increased endurance, flexibility and reduction in body fat. For more details about the Pilates Reformer, rates or to schedule a session, please contact Kristina Wrezel, Fitness Director, at 847.535.7038 or e-mail kwrezel@lfh.org.

Arthrossage

The Spa at Lindenhurst Health and Fitness Center now offers Arthrossage: A treatment and preventative medical massage for both Osteo and Rheumatoid Arthritis. As this therapy is performed with the patient fully clothed, the therapist has greater access to the body and is able to use more varied joint mobilization techniques during the session. Arthrossage is designed to take the pressure off the joints. Rhythmic compression strokes are applied which serve to lengthen the muscles along with gentle rocking motions which allow the muscles to let go and relax. As a result, spaces in the joints are increased, reducing the level of discomfort and improving mobility in the areas of the body affected by disease. This service is currently only offered by Candy. Call the Front Desk at 847.535.7601 to schedule your appointment today.

Spa Specials

July: Any senior member will receive 20% off a 60-minute massage.
Offer valid thru July 31, 2014.

August: Book a 90-minute Swedish or Signature massage and receive 15% off. Offer valid from August 1, 2014 - August 31, 2014.

September: Be on the lookout for our upcoming Spa night this September. This will be a good time to update your skincare routine and be sure you have the right products for the fall and winter seasons. (Date and Time TBD)

Connect Mind and Body

Lindenhurst Health & Fitness Center offers a wide variety of yoga and Pilates classes that facilitate the mind-body connection. The center, affiliated with Northwestern Lake Forest Hospital, has just added private yoga personal training sessions, ideal for someone looking to specifically work on an area of pain or discomfort that may require extra attention. Private yoga also allows the seasoned student to take their practice to the next level.

A private session provides the opportunity to modify poses and create sequences with optimal benefits for individual needs. Many hands-on adjustments are made, allowing complete awareness of proper form and alignment.

We offer a wide variety of yoga classes for all levels, ranging from seated yoga to power yoga, as well as the new Aqua Yoga program. Held in our 92-degree warm water therapy pool, clients can enjoy the benefits of yoga with the gentleness of exercising in the water. The facility also offers Pilates mat-based classes and Pilates Reformer Personal Training sessions for an additional fee. Contact the front desk to learn more!

Save the date!

Cheer us on at the Lindenfest Parade on Saturday, August 9 at 10:30 a.m. Your favorite instructors and staff will be performing for the spectators and passing out lots of goodies!

Senior Summer Social

Join us on Friday, August 22 from 12:30 p.m. - 2:30 p.m. for the second annual Senior Social event at Lindenhurst Health & Fitness Center. Play a round of Bingo and win some great prizes! Refreshments and light appetizers will be served. Register at the front desk!!

Optional: Bring a dessert to pass with a recipe to share.

Location: Vacant offices next to the teen center on the 1st floor.

Summer Savings Pro-Shop Sale

July 21 thru July 27. The more items you buy, the more you save! Receive 15% off your first item purchased and 20% off your second item!!
3 or more items = 25% off your entire purchase!



Couples Candlelight Outdoor Yoga

Join us on Friday, September 19 from 7:00 p.m. - 8:00 p.m. Experience the support and assistance of your partner in an outdoor practice with instructor, Canella Mullins. Connect with one another while you establish your link to the environment and feel how inseparable you are from it. Nature will intensify this experience and heighten your awareness. Light appetizers and refreshments will be served after class. Cost: \$10.00 for members and \$12.00 non-members (In the event of bad weather, class will be held inside)

Meditation Workshop

2-week series Saturday, August 2 and August 9 from 8:30 a.m. - 9:30 a.m. with Instructor, Louise Domerchie. Meditation is a tested and proven method to enhance health. Take home several breathing and deep relaxation techniques to practice on your own. In as little as five minutes a day, they can make a difference so just get comfortable and tune in! Register at the Front Desk. Cost: \$16 for members and \$20 for non-members Location: Multi-purpose room 1st floor

Spin-a-thon: Ride for a Cure

Friday, September 12 from 5:30 p.m. - 8:30 p.m. Each of us has someone we love who will be, has been or is dealing with cancer. With each pedal stroke we can come closer to finding a cure through cancer research. Join us for this 2 hour outdoor ride (weather permitting) with some of Lindenhurst's finest spin instructors. Ride begins at 5:30 p.m. All proceeds will go the American Cancer Society. Refreshments and light appetizers will be served immediately following the ride. Space is limited so register early at the Front Desk. \$15.00 donation per participant.

Fitness Re-Assessment

Do you know your numbers? Is the current fitness program you are on getting you results? Contact Brian to schedule your re-assessment and find out how your progress is going. Call 847.535.7621 or e-mail bbalkam@lfh.org.

Cell Phone Usage

Cell phone usage is prohibited on the fitness floor, track, all group exercise studios and locker room areas. If you are observed using your cell phone in any of these areas, a member of our staff will kindly remind you of our policy and ask that you use your cell phone in the library and Café areas. Thank you in advance for your cooperation!

AQUATICS

Congratulations to all the adults that have taken the challenge of learning to swim at a beginning level, stroke development or increasing endurance thru group, semi-private or private lessons this Spring/Summer 2014. Keep up the good efforts by including swimming into your workouts. The remaining of the summer we will offer private, semi-private or independent group lessons. Please contact us with your questions, concerns and availability. We would like to assist you in any way possible.

Meet Erin, Daniel & Carolyn

Over the last ten years one, two or all three of these siblings have taken advantage of our private swim lessons. We want to acknowledge their successful efforts and thank them for their patronage. We are proud of all our swimmers, and would like to thank all the patrons of our swimming programs. Please remember to be safe around the water and follow all facility rules. We are committed to assist in educating, adapting to and encouraging all levels of swimmers in the aquatic environment.



CHILDREN'S GROUP SWIM LESSONS DATES

We have two more sessions of swim lessons remaining this summer. Classes for these sessions meet twice a week for three weeks on either Monday and Wednesday, or Tuesday and Thursday.

Session 5: July 7 – July 24

Member registration begins June 25 and non-member registration begins June 28.

Session 6: July 28 – August 14

Member registration begins July 16 and non-member registration begins July 19.

Session 4: Saturday classes meet throughout the summer ending August 16.

During the school year, beginning with the Fall session, classes will meet once a week. Classes meet on Monday, Wednesday or Saturday.

Session 7: September 8 – October 26

Member registration begins August 27 and non-member registration begins August 30. Please contact Aquatic Department with any questions or concerns at 847.535.7611. Have a safe and wonderful rest of the summer.

FITNESS ETIQUETTE



Whether you are a first time Fitness Center member or a veteran of the fitness industry, there are some etiquette guidelines we all need to follow to make everyone's workout experience a good one.

Your appearance. Make sure that you're dressed appropriately and safely for your workout. Be sure to wear appropriate footwear. This includes clean athletic gym shoes. Group exercise participants are required to wear shoes or sandals to and from classes. LHFC reserves the right to determine appropriate attire versus inappropriate attire.

Your hygiene. Be considerate of those around you and be sure to put on deodorant before you workout. Please don't load up on heavy perfumes or colognes — some scents can be offensive or may cause problems for those with asthma or allergies.

Using machines. Be respectful of others when using fitness equipment. (30-minute limit on cardiovascular machines during busy times)

Take turns. Someone may be waiting in line to use a machine.

Clean up after yourself. Wipe down your equipment with the sanitary wipes. Wipe down the handles, the seat, the back — anything that you've touched. Chalk is not permitted in the fitness center.

Put away workout equipment. When you've finished using equipment such as dumbbells, stability balls, and mats, put them back where they belong. This includes taking free weights off of bars and machines. Please do not drop or slam the weights.