

April 2024

LifeWords

success is liking yourself
liking what you do
and liking how you do it
Maya Angelou



How to Use Exercise as a Stress Reliever

Exercise is one of the best strategies for combating stress, and it can also improve other aspects of your health. Persistent stress over time can increase your risk for several chronic diseases, including heart disease, diabetes, and obesity. In contrast, exercising regularly can help reduce your stress levels, improve your health, and reduce the risk of chronic disease. According to research, as little as 20-30 minutes of cardio can help you feel less stressed.

How does exercise help with stress?

- Improves your body's ability to use oxygen and also improves blood flow. Both of these changes have a direct effect on your brain.
- Reduces levels of the stress hormones adrenaline and cortisol and increases your brain's production of endorphins, according to Harvard Health.
- Can help take your mind off your worries. Leaving a stressful situation to go exercise can provide a much-needed break. Also, the repetitive motions in exercise help you focus on your body rather than your mind.
- Some people notice an improvement in their mood immediately after a workout. Those feelings tend to build up over time.
- You'll likely notice increased feelings of well-being as you stay committed to a consistent exercise routine over a few days, weeks, and months.

What types of exercise help with stress?

Moderate aerobic exercises:

- Biking; Brisk Walking; Jogging; Swimming; Water Aerobics; Playing or racquetball; Rowing

Muscle-Strengthening exercises:

- Weightlifting; Activities with resistance bands

Be sure to choose an activity you enjoy. Try a variety of activities until you find some you enjoy. When you're having fun, you'll be more likely to stick with your workout routine. Working out with someone else can also add to the stress-busting benefits of exercise.

How much exercise is enough?

The American Heart Association recommends at least 150 minutes of moderate aerobic activity every week. It suggests doing one 30-minute workout session at least

5 days a week. Other research suggests 75 minutes a week of vigorous-intensity exercise is a good equivalent.

If you're short on time and can't fit in a full 30-minute session, try three 10-minute workouts during the day instead. This works almost as well as doing 30 minutes at once. The AHA also encourages incorporating at least two sessions of muscle-strengthening activities into your weekly routine. Try to give all your major muscle groups a good workout.

WE'RE HERE TO HELP

Our fitness specialists are here to get you started or help adjust your workout routine to incorporate exercises to help reduce your stress. Complimentary fitness assessments and program reviews are available to all LifeWorks members. Visit the fitness desk to schedule your appointment or contact Katy, fitness coordinator, at kmomirovic@swgeneral.com or 440-816-4222.

Total Solar Eclipse



CLASS ADJUSTMENTS

All evening land classes are cancelled for this date only due to the anticipated traffic issues in the area. 5:30pm Aqua Kick will remain as scheduled.



LifeWorks Fitness Center

Thursday, April 18, 2024
5am - 9pm

Free Guest Day
One Day \$0 Enrollment
Membership Special

Your referrals can now join online!
www.lifeworksfitness.net/membership

Members Receive 1,000 LW Rewards
Points if your referral joins on 4/18/24!
One day only. Referrals from current LW members only.
Not valid on add-ons to current accounts.



LIFEWORKS NUTRITION
 REAL Results, using REAL Food, for your REAL Lifestyle
 Balanced Habits is the leading food coaching program for people who want to live a happier, healthier and more confident life.
 A 28-day program personalized and tailored to you. You'll work with your food coach for nutritional support, exercise recommendations, and the accountability to keep you on track.

Balanced Habits Info Session and Panel Discussion

Wednesday, April 24, at 6:30PM

in the lobby café space

Join our Balanced Habits food coaches and hear from previous participants of all ages to learn more about the results driven Balanced Habits nutrition program and how eating for better health can be a lot easier than you might think.

Questions? Please contact Katy at (440) 816-4222 or

kmomirovic@swgeneral.com.

NEXT SESSION DETAILS

- **Start Date: Friday, May 17**
- Fee: \$179 (\$159 if sign up by Monday, May 6)
- Payment: Credit card by phone
- Last day to sign up is Saturday, May 11
- Limited Spots Available. Sign up starts April 8.
- Contact Katy at 440-816-4222 or kmomirovic@swgeneral.com

TO LEARN MORE

- Watch our informational session at <https://vimeo.com/790892252>
- Contact Katy at 440-816-4222 or kmomirovic@swgeneral.com

FITNESS FLOOR ETIQUETTE

STRENGTH EQUIPMENT

- Limit the use of cell phones when using equipment.
- Allow others to work in on the equipment in between sets and be aware if others are waiting to use equipment.
- If you would like to use a piece of equipment that someone is using, ask to work in, in between their sets.
- Re-rack any weights used.
- Wipe equipment before and after use.

CARDIO EQUIPMENT & TRACK

- Talking on cell phones is prohibited when using cardio machines and walking on track.
- Headphones should be used when listening to media while working out.
- Taking pictures or videos of others is strictly prohibited.
- Wipe equipment before and after use.

Spring Shape Up

Monday, April 22 – Saturday, May 25

5-Week Training Program to help you look & feel your best just in time for summer.

Program Includes:

Initial Consultation & Unlimited Team Training Sessions.

Members: \$49; Nonmembers: \$89

Sign up by April 19 by contacting Katy Momirovic at 440-816-4222 or kmomirovic@swgeneral.com.

Massage Therapy at LifeWorks

Massage increases circulation and flexibility, boosts your immune system, enhances sleep quality, improves concentration, reduces pain, stress and anxiety while lowering blood pressure. After an injury or surgery, massage reduces recovery time by promoting healing and decreasing swelling.

To schedule your appointment, call 440-816-4202.

Welcome to our new massage therapist!

Receive 10% off your massage when you book with Sarah now thru April 30.

Sarah Trent L.M.T.: Sarah received her formal training for massage therapy in Michigan and when she moved back to Ohio, she pursued her Ohio License to continue practicing when the opportunity was right. She makes it a priority to listen to the patient in the intake process, to learn how best to partner with them for the session. She focuses on stretching, myofascial release, and PNF, using INIT with trigger point release therapies in her sessions. Sarah grew up in the Fairview / Rocky River area. She always enjoys taking in the beauty of the MetroParks, through photography. She and her husband enjoy watching sports events - this could be our year for the Browns!



Starting pay \$14/hour.
Includes fitness membership.

To apply, visit:
swgeneral.com/careers

Group Exercise Instructors

Are you interested in becoming a group exercise instructor? We will teach you and we are hiring.

For more information, contact Karen at

kraisch-siegel@swgeneral.com.



Fitness is our passion

Wellness is our focus.

Education is our way.