

January 2019

# LifeWords

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[www.lifeworksfitness.net](http://www.lifeworksfitness.net)

Dear LifeWorks Member:

Happy 2019! The staff and I wish you and your family great health, success and happiness in the New Year. A big thank you for your support of the Salvation Army's Tree of Hope (Angel Tree). Your generosity was amazing and together we brought Christmas joy to over 200 children. A big thank you for all of your support throughout the year for community charities such as the Ohio Flags of Honor as well as the LifeWorks Fitness is Power exercise program for breast cancer survivors.

This March LifeWorks will be celebrating its **20<sup>th</sup> Anniversary**. Please watch for details on the various activities and specials. We hope that you can join us. Below are ongoing activities and incentives to help you stay motivated and committed to your fitness goals this new year. Please let us know how we can help.

Congratulations to the Alloy team. The members and trainers in the month of December competed in the 3,000 Burpee Challenge. Each person was asked to complete 3000 burpees on their own time. 24 people completed the challenge and as a total, our team completed over 81,000 burpees for the month!

**LW Rewards Program:** Earn points every time you check in, participate in various activities and for every dollar you spend. As the points total up, you can redeem them for a reward. If you need to join the rewards program, please make sure that LW has your email address and then log on to <https://www.perkville.com/biz/7344/earning/>.

**Complimentary Fitness Coaching:** Any time you need any assistance we are here. If you want to get new exercises, get a new exercise program, have a health assessment, please just schedule an appointment at the fitness desk. If no one is available, please let the service desk know and we'll get a staff member for you.

**10x a Month Club:** Simply workout 10x a month or more and earn 5 bonus LW Rewards points. You'll also see your name posted on the 10x a Month board.

**Free Incentive Programs and Seminars:** Throughout the year, we offer free incentive programs to help change up your routine and provide a good excuse to get here. Watch for flyers in the fitness, group exercise and aquatics areas. BINGO is a new fitness incentive program starting Sunday, 1/6. Sign up at the fitness desk.

**"Motivation is what gets you started. Habit is what keeps you going."** – Jim Ryun, Olympic Track Star



Yours in health,

Karen M. Raisch-Siegel, MS, FABC  
Executive Director



This January, every check-in at LifeWorks on FB will help provide a life-changing surgery to a child in need!

The hashtag this month is #changealife

**Help Make A Difference**  
**Check-In on Facebook at LifeWorks**

Each time anyone checks-in on FB at LifeWorks, their check in goes toward the amount we contribute to a monthly cause.

January's:



## PILATES REFORMER

**Introductory Class: Thursday, Jan. 24 at 5:30 pm**

Your instructor will educate you on Pilates, show you how to use the reformer, and put you through a workout. Class will be held in the Pilates room, next to the conference room.

**Sign up at front desk. Space is limited.**

**Members: \$5; Non-members: \$12**

For more information please call Jamie Anderson at 440-816-4223 or email [JAnderson@swgeneral.com](mailto:JAnderson@swgeneral.com).

## SPECIAL HOURS

**On Sunday, January 27, LifeWorks will be closing at 5PM.**

*Thank you for your understanding.*

# Choose to Lose Weight Loss Challenge

January 14 – February 16

**Choose to Lose Weight Loss Challenge** is a 5-week training program for men and women of all shapes and sizes looking to lose weight and make a measurable change in their overall health. Choose to Lose gives you researched-based workouts designed to produce proven results. The workouts are structured in a fun team environment with camaraderie, accountability and support.

Includes:

- Five (5) Choose to Lose sessions (1x/wk)
- Unlimited Team Training sessions
- Pre and Post assessments



How it works:

- Sign up at Service Desk by Wednesday, Jan. 9
- Pick your Choose to Lose Group at sign up
  - You will attend the same Choose to Lose Group session each week
  - Six (6) spots available in each group
- Complete pre-assessment by Saturday, Jan. 12
  - Assessment times given at sign up
- Winning Choose to Lose Group receives a month of Small Group and Team Training!
- Members: \$79, Nonmembers: \$139

**Space is Limited**

**Please see flyer for more details.**

**For more information, contact Becky at 440-816-4207 or [rbercier@swgeneral.com](mailto:rbercier@swgeneral.com).**



## Free Fitness Incentive Program

January 6 – February 9

Goal: Fill your BINGO board by completing the suggested fitness activities.

- Place your name on a BINGO board at the fitness desk.
- Mark off each suggested activity as you complete them. Complete only one activity per day.
- Receive 10 LW rewards points for participation.
- Earn 5 additional LW rewards points for each time you earn BINGO!

**Simply sign up in the binder located at the fitness desk.**

## SPECIALIZED PROGRAMS

### Tai Chi

Tuesdays, 1/15 – 2/19 at 11:30am – 12:30pm

Members; \$27 Nonmembers; \$70

Thursdays, 1/17 – 2/21 at 6:45 – 7:45pm

Members; \$27 Nonmembers; \$70

### Chair Yoga

Mondays, 1/14 – 2/25 (no class 1/21) at 11:30am – 12:30pm

Members; \$27

Thursdays, 1/17 – 2/28 (no class 1/24) at 10:30 – 11:30am

Members; \$27

### Meditation 101

Mondays, 1/14 – 2/4 at 7:00 – 8:00pm

Members: \$40 Nonmembers: \$50

### Weight Loss with Hypnosis

Tuesday, 1/22 at 7:00 – 8:00pm Members & Nonmembers; \$75

### Stop Smoking with Hypnosis

Tuesday, 1/22 at 8:00 – 9:00pm Members & Nonmembers; \$75

For details, please see flyers on the fitness floor or contact Kelly at 440-816-4303 or [kjones3@swgeneral.com](mailto:kjones3@swgeneral.com).

## Stretching Appointments

Flexibility training is an essential yet often overlooked component of fitness. Benefits of stretching include a reduced risk of injury, decrease pain and stiffness, improved joint function and increased blood flow and circulation to name a few. Join our fitness coaches for a 30-minute complimentary stretching appointment to learn how to incorporate flexibility training into your routine.

Monday, January 21

9:30am – 11:30am

5:00pm – 7:00pm

Wednesday, January 23

9:30am – 11:30am

5:00pm – 7:00pm



Schedule your complimentary stretching appointment on the clipboard at the fitness desk. As a reminder, appointments are always available and complimentary with your membership.

## LIFEWORKS INCLEMENT WEATHER POLICY

When bad weather strikes, please either check the website or call LifeWorks at **440-816-4202** for updates on our facility hours and programs.

If staff is unavailable to answer, any updates will be on a recording. Hours will only be adjusted for extreme weather.

Be sure to download the free LifeWorks app. Notifications will be sent through the app and via email whenever possible to keep you updated with the most current information.



**Fitness is our passion; Wellness is our focus; Education is our way.**