

October 2018

LifeWords



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www.lifeworksfitness.net

Dear LifeWorks Member:

As the fall season approaches, many of you will be returning to the "great" indoors for your fitness needs. The LifeWorks' fitness team is ready to welcome you and assist you in achieving your fitness goals.

Who is the LifeWorks fitness team? The LifeWorks fitness team consists of our fitness coaches and our personal trainers. Our team is comprised of degreed and certified fitness professionals.

The personal trainers provide one on one training, small group or team training. You will find them working with just one client on the fitness floor or down in the training space in the gym.

The fitness coaches provide all the complimentary sessions to the membership. Appointments such as health assessments, functional movement screening, program design and program reviews. They are available to show you how to work a piece of equipment or to answer questions.

Since there are a few fitness coaches compared to members, we advise members to schedule an appointment at this fitness desk. An appointment provides you with dedicated time with the fitness coach.

Yours in health,

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

Free Intro Group Exercise Classes

If you are interested in trying a group exercise class but not sure how to get started, then try an Intro class.

Intro to Spin (45 minutes)

Saturday, October 6 at 8:45am
Sunday, November 11 at 12pm

- FREE to members
- No sign up required
- Class meets in Studio B



Intro to Zumba (30 minutes)

Saturday, October 6 at 11:30 am

- FREE to members
- No sign up required
- Class meets in Studio A



Intro to Yoga (30 minutes)

Sunday, October 7 at 9:00am

- FREE to members
- No sign up required
- Class meets in Yoga Studio



Intro to TRX (30 minutes)

Sunday, October 14 at 8:45am

- FREE to members
- No sign up required
- Class meets in Basketball Courts



For questions, please call Jamie at 440-816-4223 or janderson@swgeneral.com

The Secret (but not so secret) Keys to Weight Loss



This motivating seminar will review information about permanent weight loss and how it is possible to achieve. Learn about boosting metabolism, fueling your body, exercising smart, and burning fat. There really is no secret to lasting change, it's just understanding how to make it happen. Join our fitness coordinator, Becky, to learn the necessary habits you must have in place to meet your goals.

Wednesday, October 10 at 7:00 pm

•FREE to members and guests

•No sign up required

For details call Becky at 440-816-4207 or rbercier@swgeneral.com

Heart Rate Training Zone Chart



| Intensity | How you'll feel |
|-------------|--|
| 100% to 90% | You're pushing yourself to your limits and can only sustain this activity for a short duration of time. Because of excessive metabolic byproduct buildup in your muscles, you will fatigue easily. |
| 89% to 80% | Breathless, with difficulty saying more than 2-4 words in a row. Your hard-working muscles will "burn" due to metabolic byproduct buildup. Additional mental focus is required. |
| 79% to 70% | Breathless, but able to speak a sentence of 4+ words. Muscles may "burn" slightly due to small amount of excessive metabolic byproduct buildup. You can sustain this activity for 20-60 minutes. |
| 69% to 60% | You're starting to feel winded, but still able to sing a song or easily recite 3-4 sentences. Muscles are warmed up and light sweating is likely. |
| 59% to 50% | Exercise at this level is enjoyable and light, easily maintained for upwards of 60-120 minutes without fatigue. |
| 49% to 0% | Completely comfortable. This is how you normally feel when you're resting. |

Find your Max Heart Rate:
211 - 0.64 x age

It's About Working Smarter not Harder