

August 2018

LifeWords



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www.lifeworksfitness.net

Dear Members,

I hope you are enjoying your summer. As you have already noticed, we are transitioning to a new type of lock for the locker rooms. We are hoping that they will have a longer shelf life and make it more convenient for you. We thank you for your patience with this project.

This August we will be getting some things done and started. Please see the below:

- resurfacing the warm water pool
- changing out the sand in both pools
- replacing the men's hot tub pump
- crack filling, repainting parking lot
- replacing two compressors
- racquetball courts floor redone
- replacing ventilation motor
- replacing flooring in the conference room and Pilates Reformer area
- replacing the old LED fitness center lighting with newer brighter options
- creating a yoga space



We thank you for your patience as we get prepared for all of this work and maintenance. As a reminder, we are closed Saturday 8/11 and Sunday 8/12. The pools and hot tubs are closed the week of 8/6. The racquetball courts are closed 8/10 thru 8/15.



Yours in health,
Karen M. Raisch-Siegel, MS, FABC
Executive Director

ANNUAL MAINTENANCE AND CLEANING WEEKEND

Pools & Hot Tubs CLOSED

Monday, 8/6 thru Sunday, 8/12

LifeWorks CLOSED

Saturday, 8/11 & Sunday, 8/12

We'll resume regular hours of operation on Monday, 8/13.

Thank you for your understanding.

ATTENTION MEMBERS

Racquetball Courts CLOSED
Friday, 8/10 - Wednesday, 8/15

Available for play Thursday, 8/16.

We are having the floors redone.

Add-Ons* join for FREE in August!

Add on your loved one this August and pay \$0 enrollment fee. Plus they receive the discounted add-on monthly rate.



* Family add-ons must reside in the same household.

For more information or to schedule an appointment, contact membership at 440-816-4214 or jLivers@swgeneral.com.



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. August's:

SOLES 4 SOULS

The hashtag this month is #giveshoes

Every 10 check-in helps provide a pair of shoes to someone in need.

The Secret Keys to Weight Loss

This motivating seminar will review info 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 staff to learn the habits you must have in place to meet your goals.

Wednesday, August 8 at 7:00 pm

•FREE to members and guests. No sign up required.



Introductory Class

Thursday, August 23 at 6:30 p.m.



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

Welcome New Massage Therapist to the LifeWorks Massage Therapy Team:

Molly Hatch, LMT – book a massage with Molly on Monday, Wednesday, or Saturday from 8am-3pm.

Make an appointment today!

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

Ohio Flags of HONOR

We will be hosting Ohio Flags of Honor this year from **Friday, 10/5 – Sunday, 10/7**. This memorial honors the Ohio heroes who bravely sacrificed their lives in the service of their country. Open Ceremony begins at 5pm on Friday. More information will be available in the lobby mid-August.



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