


February 2018

LifeWords

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www.lifeworksfitness.net

Dear LifeWorks Member:

February is the month that we take the time to think about heart health. An important initiative is "Go Red for Women". According to their website: <https://www.goredforwomen.org/fight-heart-disease-women-go-red-women-official-site/about-go-red/>:

"To dispel the myths and raise awareness of heart disease & stroke as the number one killer of women, the American Heart Association created Go Red For Women, a passionate, emotional, social initiative designed to empower women to take charge of their heart health. Go Red For Women encourages awareness of the issue of women and heart disease, and also action to save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. It challenges them to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart healthy life."

The goal of Go Red for Women is to reduce death and disability from cardiovascular disease and strokes by 20 percent while improving the cardiovascular health of all Americans by 20 percent by the year 2020. Watch for ways for that you can help during the month of February.

Fun Heart Facts:

- The average heart is the size of a fist in an adult.
- Your heart is a muscle and can be strengthened.
- Your heart will beat about 115,000 times each day.
- Your heart pumps about 2,000 gallons of blood every day.
- An electrical system controls the rhythm of your heart.
- The heart can continue beating even when it's disconnected from the body.
- The earliest known case of heart disease was identified in the remains of a 3,500-year-old Egyptian mummy.
- Christmas day is the most common day of the year for heart attacks to happen.
- The human heart weighs less than 1 pound. However, a man's heart, on average, is 2 ounces heavier than a woman's heart.
- A woman's heart beats slightly faster than a man's heart.
- If you were to stretch out your blood vessel system, it would extend over 60,000 miles.
- Laughing is good for your heart. It reduces stress and gives a boost to your immune system.

So keep your heart happy and strong!



Yours in health,

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



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. February's:



The hashtag this month is
#hopeforhaiti

This February, every 10 Facebook check-ins at LifeWorks will provide a day of education for a classroom of 30 children in Haiti!

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.



SPECIALIZED PROGRAMS

THE NEXT SESSION STARTS THE WEEK OF 4/5

Tai Chi – NEW evening class!

Parent/Child Swim Lessons

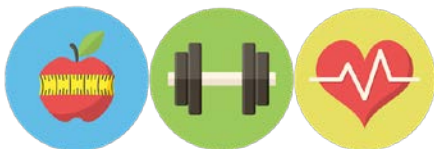
Hypnosis

Back to the Mat

An 8 week journey to Self-Discovery

Kettlebell

Weight Loss with Water



See the flyer bin for more info. Sign up at the service desk.

Results Weight Loss Program

February 26 – April 21

\$99, Nonmembers \$179

About the program:

RESULTS is an 8-week weight loss program designed to educate and challenge you in the areas of health and fitness. This program has been helping our LifeWorks members combine basic nutritional information with the most effective workouts to maximize results. Below are some of their testimonials:

This program is more than a weight loss program. It is a program that helps one develop and maintain a healthy lifestyle. Becky provides support, encouragement, and is always ready to help or answer questions. I highly recommend the program!

- Linda

It's not just a program about losing weight it also teaches you how to choose better foods, how to portion control those foods & how to avoid crash or fad diets that only work short-term.

In a nutshell the program is designed to educate & challenge you at the same time to work towards your personal goals of getting fit in all phases from your diet, fitness level & your ability to adopt & maintain a healthy lifestyle.

So if you're up for a challenge & you're looking to lose some weight or inches in a non-intimating environment that promotes healthy eating, fitness & gives you all the information on how to be successful at doing so, this is the program that you need to sign up for.

- Ron

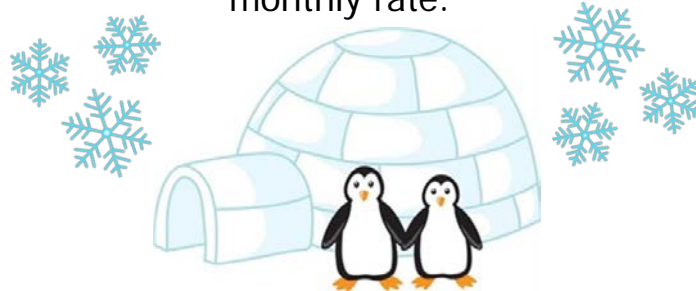
Free informational meeting: Monday, 2/19 @ 7:00 PM

Sign up by Sat, 2/24 at service desk.



Add-Ons* join for FREE in February!

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.

FREE INTRO CLASSES

Intro to Spin (45 minutes)

Monday, February 12 at 8:30am

Saturday, February 24 at 11:00am

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



Intro to TRX (30 minutes)

Tuesday, February 13 at 4:00pm

- 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

FREE TALK

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 Bercier, to learn the necessary habits you must have in place to meet your goals.

Wednesday, February 14 at 7:00 pm or

Saturday, February 17 at 9:00 am

- Free to members and guests
- No sign up required



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