

August 2017

LifeWords



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www.lifeworksfitness.net

Dear LifeWorks Member,

August is here and I feel like we need two extra months of summer, wouldn't you agree? Please make sure you mark your calendars for LifeWorks Annual Maintenance weekend. We'll be completely closed Saturday, 8/12 and Sunday, 8/13. The parking lot needs some work as well as other areas in the facility that we cannot do while open. The aquatic center and hot tubs will be closed from Monday, 8/7 thru Sunday, 8/13.

Plans are under way for a renovation of the locker room showers & steam rooms in the fall. During this time showers will be limited in availability, but we do plan to keep some available throughout the process, in order to limit the amount of inconvenience to our members. We will continue to provide more details as they become available. Exciting improvements are in the works!

Our Charity this month is buildOn. Every 6 Facebook check-ins this month will provide 1 brick to build a school.

Thank you for choosing LifeWorks,

Yours in health,

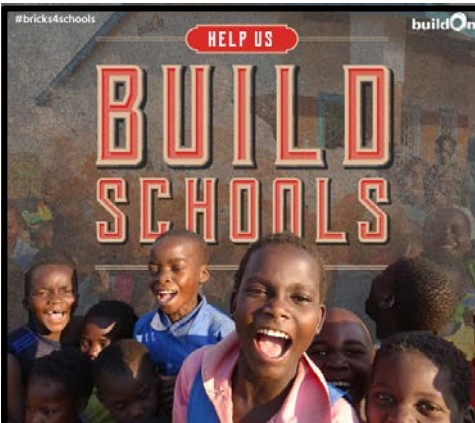
Karen M. Raisch-Siegel, MS, FABC
Executive Director



Solar Eclipse Glasses

On sale at the service desk for \$2.50 a pair!

TOTALLY!



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:



The hashtag this month is #bricks4shools



Every 6 Facebook check-in this month will provide 1 brick to build a school.

**MAINTENANCE WEEK
SPECIAL HOURS**

Facility CLOSED
Saturday 8/12 & Sunday 8/13

Aquatic Center CLOSED
Monday 8/7 thru Sunday 8/13

During this time you may use the Middleburg Heights Pool for a \$10 day guest fee, you must present your LifeWorks membership card and a valid photo ID. Thursdays are Middleburg Heights only days so you cannot use their facility unless you are a Middleburg Heights resident.

MEDITATION 101



Wednesdays, 8/30 – 9/20
7:00 – 8:00 pm
\$40 members/\$50 nonmembers

HYPNOSIS FOR WEIGHT LOSS



Tuesday, 8/22
6:00 – 7:00 pm
\$75 per person
*Reinforcement CD available for purchase for an additional \$10 in class.

HYPNOSIS FOR SMOKING CESSATION



Tuesday, 8/22
7:00 – 8:00 pm
\$75 per person
*Reinforcement CD available for purchase for an additional \$10 in class.



*The Seasons
Of a Woman's Life*

2017 Event

The Funny Thing About Stress

Featuring Kay Frances, "America's Funniest Stressbuster" and Hosted by Robin Swoboda

Thursday, October 19, 2017

6:00pm at LaCentre Center
\$45/ticket, includes dinner

Crawling: Back-to-Very-Basics Fitness

Crawling – a seminal form of human movement – is, it turns out, not a bad way for people other than babies to improve their fitness and strength. "if I could give one exercise to almost everybody, this would be it," Danielle Johnson, a physical therapist at the Mayo Clinic Healthy Living Program, in Rochester, Minnesota, told cnn.com.



Johnson, who herself starts each day with a crawling session through the hallways of her home, has incorporated it into the physical therapy programs of some of her clients.

Crawling not only employs motor abilities, but also engages the vestibular system, which is involved in balance and spatial orientation, explained Dr. Justin Klein, who includes it in the treatment options offered at his Washington D.C., chiropractic clinic.

"It's like resetting the main loop in the nervous system, to bring all the parts associated with coordination, motion, and reflexive stability into synchronization," Klein says. "you need to actually work to be able to breathe, keep your head up, and crawl at the very same time, all while keeping your pattern...It's more difficult than it looks."

According to a study conducted by Tracy Packiam Alloway, a psychologist at the University of North Florida, and Ross Alloway, Ph.D., a leader in the field of memory training, exercise movements, such as crawling, that require a focus on balance also improve a person's working memory.

Magical Rhine and Moselle

Sept 11 - Sept 20, 2018 • 10 Days • 22 Meals



Cruise with LifeWorks along the beautiful Rhine River

Highlights: Zurich, Lucerne, Strasbourg, Speyer, Mannheim, Rudesheim, Siegfried's Mechanical Music Museum, Koblenz, Moselle River, Cochem, Wine Tasting, Cologne, Amsterdam

For trip details & to reserve your spot, please visit
<https://gateway.gocollette.com/link/810060>

We have limited amount of seats, so please make sure to book ASAP.

To book, contact Karen Raisch-Siegel at 440-816-4210 or
kraisch-siegel@swgeneral.com.

Mail in registration to LifeWorks,
7390 Old Oak Blvd.
Middleburg Heights, OH 44130
Attention: Karen Raisch-Siegel



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