

December 2021

LifeWords



Follow us everywhere!

DOWNLOAD our *free* app LifeWorks of Southwest General



www.lifeworksfitness.net

Dear LifeWorks Members,

Happy Holidays! While this is such an exciting time of year, it does come with extra hustle and bustle. With limited time and higher stress, keeping up our fitness is crucial.

There are three aspects of cardio fitness to improve and maintain performance - the duration, intensity and the frequency. Basically, how long do you do cardio, how hard is your cardio and how many times per week you do cardio. Based on research, the aspect that is most important to keep consistent when in a time crunch is the intensity of the exercise. What this means is that if you normally do cardio for 45 minutes and only have 25 minutes, make sure to exercise at a higher intensity level than normal. By working slightly harder than you normally would for less time and less often, you'll keep your stress level down and your fitness level up.

If you need assistance with your exercise plan, our fitness specialists are always here to help. As a member you receive complimentary fitness appointments for the duration of your membership. To schedule an appointment, contact Katy, our fitness coordinator, at 440-816-4222.

We at LifeWorks wish you and your loved ones a wonderful holiday season. "May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human and enough hope to make you happy." - unknown



Yours in health,

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



Holiday Hours

Christmas Eve, Friday, 12/24: 7am – 12pm
Christmas Day, Saturday, 12/25: CLOSED
Sunday, 12/26: 9am – 2pm

New Year's Eve, Friday, 12/31: 7am – 12pm
New Year's Day, Saturday, 1/1: CLOSED
Sunday, 1/2: regular hours, 7am – 7pm

There will be a special group exercise schedule on 12/24, 12/26 and 12/31

SCHEDULED ANNUAL POOL MAINTENANCE

AQUATIC CENTER ANNUAL MAINTENANCE & POOL RESURFACING

Lap Pool CLOSED for resurfacing
Saturday 12/11 thru Monday 12/20

Note: Warm Water pool will be open Saturday 12/11 and Sunday 12/12

Aquatic Center CLOSED for annual maintenance
Monday 12/13 thru Monday 12/20

12 Days of Fitmas

- 1st Day 12/13 15% off Private Personal Training Package**
- 2nd Day 12/14 15% off Group Pilates Reformer Package**
- 3rd Day 12/15 15% off any 30-Minute Massage*
- 4th Day 12/16 15% off any 60-Minute Massage*
- 5th Day 12/17 15% off LifeWorks Logo Items and Apparel
- 6th Day 12/18 15% off any 30-Day Personal Training Exp.
- 7th Day 12/19 15% off Group Pilates Reformer Package**
- 8th Day 12/20 15% off any 30-Minute Massage*
- 9th Day 12/21 15% off any 60-Minute Massage*
- 10th Day 12/22 15% off LifeWorks Logo Items & Apparel
- 11th Day 12/23 15% off Private Personal Training Package**
- 12th Day 12/24 15% off any 30-Day Personal Training Exp.

- Above sale items are only valid on (1) purchase per person per day. **Must be made in person.**
- *Massage coupons valid between 01/02/22 and 06/30/22. Not responsible for lost or stolen coupons.
- **Private Personal Training packages expire 6 months from purchase date. See Pilates flyer for Group Reformer package expiration details.
- Cannot be combined with other discounts, promotions or coupons. Perkiwauke rewards accepted.
- All sales are final. No refunds/exchanges will be given on any item purchased with this special.



LifeWorks Nutrition Program REAL Results, using REAL Food, for your REAL Lifestyle

A virtual (or in person) 28-day program personalized and tailored to you. You'll work with your food coach for nutritional support, exercise recommendations, and the accountability to keep you on track. Balanced Habits is the leading food coaching program for people who want to live a happier, healthier and more confident life.

DETAILS

- Start Date: Friday, January 14
- Fee: \$199 (\$179 if sign up by Monday, 1/3/22)
- Payment: Credit card by phone
- Last day to sign up is Saturday, January 8
- Contact Becky at 440-816-4207 or rbercier@swgeneral.com

TO LEARN MORE

- Watch our informational session at <https://vimeo.com/581156987/deed93faaa>
- Contact Becky at 440-816-4207 or rbercier@swgeneral.com



FREE Fitness Incentive Program December 19 – January 22

Easy to enter and fun to participate!

- Challenge yourself to exercise for at least 30 minutes, 3x/week.
- All workouts count: cardio, strength machines, group exercise, swimming, etc.
- Record your workouts on your snowflake calendar.
- Free for members.
- Complete the challenge & earn 20 LifeWorks Rewards Points & be entered to win the grand prize of 100 LW Rewards Points!
- **To Participate:**
 - Sign up on the clipboard at the Snowman Table beginning December 7.
 - Claim a snowflake on the wall by filling in Your first name & last initial.
 - Mark your snowflake calendar with an X on each day you workout.



We're Hiring

We are hiring part-time female and male Locker Room Attendants. Gym membership included.

Visit swgeneral.com/careers to apply.

LIFEWORKS INCLEMENT WEATHER POLICY

When bad weather strikes, LifeWorks will be sending notifications via the free LifeWorks APP. Please make sure you "turn on" to receive notifications. And/or updates will be posted on the LifeWorks facebook page (you do not need facebook to view).

Programs and hours will only be adjusted during extreme weather.



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