



Galter
LifeCenter

Chicago's Leading Medical Fitness Center

LIFESTYLES NEWSLETTER

FOR MEMBERS, ASSOCIATES,
HEALTHCARE PROFESSIONALS
AND FRIENDS

5157 North Francisco Avenue
Chicago, Illinois 60625
773.878.9936
www.galterlifecenter.org

An affiliate of Swedish Covenant Hospital

Join the crowd and get fit

Group Fitness is good for everyone; the key is finding the right class for you.

Galter LifeCenter offers over 100 **free** classes weekly on our group fitness schedule, for members. These group classes are an excellent way to get a great workout this summer and all year long.

Galter LifeCenter's group classes are:

- Free for members!
- A great way to begin a workout plan
- An opportunity to meet new people
- An easy way to adapt exercises to your ability
- Challenging and constantly varied

Should you participate, you will be motivated by qualified instructors, music and your peers to keep working for the whole class. Classes can be fast-paced and intense like Group Kick or Zumba, or great environments to relax, like in yoga or Tai Chi.

Our Fitness Specialists are available to help go through the schedule to find your right fit.

If the free group fitness schedule does not interest you, try one of our specialty programs, such as Boot Camp, Nutrifitness or Kettlebells. These fee based classes are a little smaller, so you get more hands-on attention and a more focused goal.

Doctor's Orders

Dr. Angelique Mizera, a member of Galter LifeCenter's physician advisory board, says her favorite workouts include Group Groove, Group Step and yoga classes.

If you are new to exercise, she recommends joining the Fundamental Fitness program. If you are a little more active, she suggests trying a class and making exercise a routine part of your schedule. Her philosophy on exercise is that it should be fun, not work.

If a doctor's advice isn't enough, maybe the health benefits will entice you:

One study found that new moms participating in group fitness are less likely to suffer from post-partum depression. Another found that women battling breast cancer may see improved physical and psychological well-being if they participate in group exercise.

Other studies have shown a benefit for all group exercise participants. Researchers at Oxford University found that group exercise may increase endorphin levels, which give you a "runner's high" sensation, as well as a higher pain tolerance during exercise. Beyond that, it seems everyone is doing it—the International Health, Racquet and Sportsclub Association found

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Coordinating Editors:

Francie Habash
Kristin Walters
Katie Reagan

MEMBERSHIP

SUMMER MEMBER APPRECIATION EVENTS

HOT FUN IN THE SUMMERTIME

July is summer fun at its very best and Galter LifeCenter invites you to join us for a scrumptious barbeque and games to play on **Saturday, July 7, from 11 a.m. to 2 p.m.** Enjoy the beautiful sunshine and say hello to your fellow GLC members. Stop by the Courtesy Desk for more information on this and upcoming events as well.

SUMMER CONTINUES TO SIZZLE!

Take in the last days of summer fun and remember to protect your skin from sun exposure. Stop by the Galter LifeCenter Courtesy Desk on **Wednesday, August 15** for your free sunscreen gift and skin wellness tips.

IT'S BACK TO SCHOOL AND BACK TO FITNESS

Take a few minutes to review your fitness schedule and recommit to your routine now before the busyness sets in. To help you energize around your fitness endeavors we will be holding a raffle on **Thursday, September 13** for a one-hour massage with one of Galter's Certified Massage Therapists.

CONTACT KRISTIN WALTERS, MARKETING AND COMMUNICATIONS MANAGER, KWALTERS@SWEDISHCOVENANT.ORG OR EXT. 7345

UPDATES FROM THE DIRECTOR



Dear members,

While the weather is transitioning from spring to summer, Galter LifeCenter is experiencing some transitions of our own. We have some exciting changes coming up that I am eager to share with you.

First of all, we are adding an online portal to our website. This new system will allow you to easily update your account information, like email addresses and phone numbers, online. It will

also allow you to purchase one-on-one services such as nutrition and personal training, or register for group sessions like boot camp or masters swimming. While this service will be available moving forward, you will still have the option to accomplish these tasks over the phone or at the Courtesy Desk.

Another pleasant change coming this summer is new equipment and a new layout on the fitness floor. The new arrangement will accommodate even more users and also create space for small group exercise environments. Staff will be on hand to direct you and answer questions after the layout change is complete.

Finally, Galter LifeCenter is meant to be a stress-free environment for you to embrace fitness and wellness. With that in mind, we ask that you leave your stress—and your smart phones and mobile phones—outside the facility. If you do bring your phone into the building, please remember to limit phone conversations to the lobby and never use phones or other electronics for any purpose in our locker rooms. This policy is designed to ensure the comfort of every member and is in accordance with the City of Chicago ordinance.

We hope you will join us in embracing these changes this summer. As always, if you have any questions or concerns, we want to hear from you.

With regard to your desired wellness goals, the year is half over and it is a perfect time to gauge your progress. If you are having any trouble or need help, remember that there is always someone here to help.

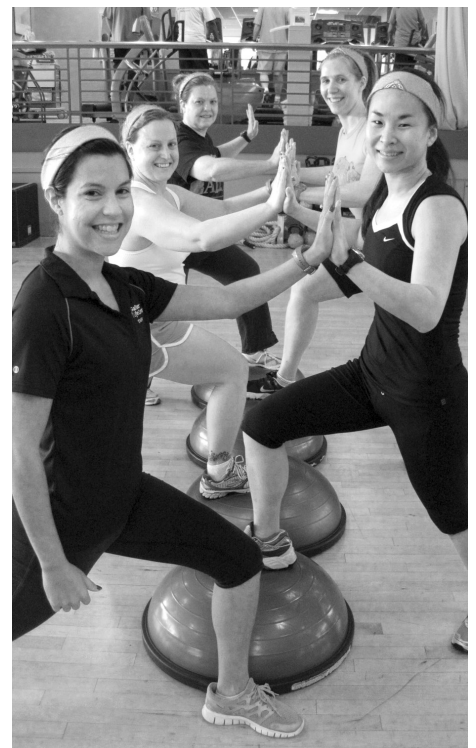
In good health,

Art Slowinski
Director of Galter LifeCenter

POLAR BODY AGE CHALLENGE

This popular program uses Polar heart rate monitors, team workouts with a trainer (three–four people), cardio coaching and competition to get you fitter, faster and stronger! Meet for 13 weekly workouts with your team and score points by training smart and making fitness improvements. The top three teams split a prize bank of GLC gift cards. We recommend attending our Smart Session on **August 18** (see page 5 for details on the Smart Session). This will be the last challenge offered until fall 2013!

The challenge runs from September 10 through December 16. The fee is \$585 for members and \$685 for nonmembers and includes a Polar heart rate monitor.



SUMMER MEMBER REFERRAL PROMOTION

Receive a \$25 credit
 When you refer a friend or someone refers you.

Referring Member:

 PRINT NAME MEMBER NUMBER

Signature _____

New Member:

 PRINT NAME MEMBER NUMBER

Signature _____

Date: _____

New member also receives half off the enrollment fee.
 Certain restrictions apply. Must present card when joining.
 For more information contact a Membership Representative at
 (773) 878-9936, ext. 7308 or email membership@swedishcovenant.org.

MIND / BODY RETREAT – “SPIRIT OF THE SENSES”

Situated on the North side of Chicago lies Galter LifeCenter, Chicago’s Leading Medical Fitness Center. Each year we offer a Mind/Body Retreat with a relaxing atmosphere. If you want to experience both inner and outer peace, please join us. You will have an opportunity to experience our professional, certified instructors and explore styles of yoga, integrative therapy and specialty classes designed around each of the five senses. This year’s retreat will be held on **Saturday, September 15.**

- Lunch will be provided
- You will receive a special take home gift
- Pre-registration is required
- Open to nonmembers

Mind/Body Retreat rates: Member \$125 / Nonmember \$200

The following FREE classes will still be offered Saturday, September 15:

- Yoga Stretch, 3:30–4:45 p.m.

The following classes will be cancelled:


- Yoga, 8–9:15 a.m. (Helen)
- Yoga Intensive, 9:30–11 a.m. (Tracy)
- Chair Yoga, 11:30 a.m.–12:30 p.m. (Carrie)


FOR MORE INFORMATION CONTACT DELIA ARROYO, DARROYO@SWEDISHCOVENANT.ORG OR EXT. 7353


BODY TRAINING SYSTEMS SUMMER LAUNCH


Amazing, outrageous, terrific, explosive... just a few adjectives to describe the Summer July '12 Body Training Systems launch. These classes will add some excitement into your routine and challenge you to kick it up a notch. There will be raffles for fun prizes; you must be registered to enter. All launch classes are free, but registration is required at the Courtesy Desk. Dates are:


Saturday, July 7

 **Group Power**
8:15–9:15 a.m.

 **Group Groove**
9:30–10:30 a.m.

 **Group Ride**
11:30–12:30 p.m.

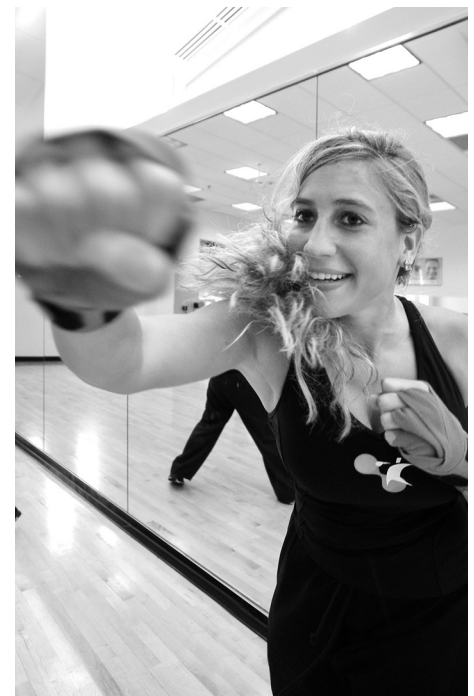
 **Group Kick**
12:30–1:30 p.m.

 **Group Core**
3:30–4 p.m.

 **Group Step**
4–5 p.m.

The summer group fitness schedule starts Monday, July 9.

CONTACT MEGAN SLATTERY FOR MORE INFORMATION, MMSLATTERY@SWEDISHCOVENANT.ORG OR EXT. 2023.



PERSONAL FITNESS STRATEGY

We want to provide you with the tools you will need to create a personal fitness strategy (PFS) that is best for you. We offer a series of economical options designed to help you build your PFS:

Body Age Assessment: know your numbers!

Compare your chronological age vs. your physical age through a series of fitness tests. Recommended for anyone wanting knowledge of their current state of fitness and to know whether or not you are as “young” as you can be. Included are some recommendations for maintaining your numbers or gaining back some years.

Fitness Consultation

Meet with a fitness professional to discuss your current exercise goals, gain information and guidance necessary to help reduce any barriers that may limit you from fulfilling your personal fitness strategy.

Both services also include an orientation to the facility and reassessment done six months after your initial appointment.

Program Fee: Free to new members (first three months of membership) / Current members \$25

Contact: Diana Dimas to schedule re-tests or for fee test, x5804 or ddimas@schosp.org

Fundamental Fitness

A comprehensive 9-week course which allows you to learn about health, fitness and wellness in a supportive and encouraging environment. Recommended for those that know they need to exercise but don't know where or how to begin.

Program Fee: M \$50 / NM \$100

Contact: x3863 or Fundamentalfitness@schosp.org

GLC Walking Club

Join the Fundamental Fitness instructors as they walk and talk. Bring your fitness questions, get expert advice, have fun and move! All fitness levels welcome. Meet at the Information Desk on the second floor.

Dates & Times: Mondays, 6 pm; Thursdays, 11:30 am; Saturdays, 10:30 am

Program Fee: Free with membership or guest visit. No registration required.

Contact: Diana Dimas, x5804 or ddimas@schosp.org

To get started with your PFS option, please visit the Membership Office.



WORKSHOPS/COURSES

Registration is required.

Boot Camp Fitness

Bring your fitness to the next level:

- Fun, effective workouts!
- Burn calories, get results!

Hour-long classes are offered early mornings, afternoons, evenings and weekends! Sign up for one, two or three times per week. Classes designed for the intermediate/advanced level. Join anytime at a pro-rated fee. *6-week sessions.*

Dates & Times:

Days of Week:

M/W/F: 5:30 am / 6:30 am / 8 am (all women's)

M/W: 7 pm

T/Th: 9:30 am / 3:30 pm

T/Th: 7 am (H₂O—workouts in the pool) **NEW**

Sat: 11 am

Sessions:

July 23–September 1

September 10–October 20

Program Fee:

3 times/week: M \$160 / NM \$215

2 times/week: M \$110 / NM \$165

1 time/week: \$60 / NM \$85

Outdoor Boot Camp **NEW**

O-RAW, Outdoor -Rigorous Athletic Workout:

Outdoor Boot Camp designed to be rough and tough, to push your limits, rain or shine. Join Tierney Rude and get athletic. Recommended for the advanced exerciser. Hour-long class. *8-week session.*

Dates & Times: Mondays & Wednesdays, July 9–August 29, 6:30 am

Program Fee: M \$150 / NM \$220

Specialty Boot Camp

Pilates Hard Core: Pilates-style strengthening core work mixed in with fat burning cardio intervals! Hour-long class. *6-week session.*

Days & Time: Tuesdays, July 23–September 1 and September 11–October 16, 5:30 am

Program Fee: M \$65 / NM \$90

Boot Camp Trial Classes

Not sure about Boot Camp? Come to a trial class! Class will be for new participants and any existing participant that brings a friend.

Dates & Times:

Pilates Boot Camp: Tuesday, July 17, 5:30 am

Boot Camp: Tuesday, July 17, 9:30 am

H2O Boot Camp: Thursday, September 6, 7 am

Program Fee: Free

For all Boot Camp programs, contact:

Leslie Mras, x7341 or lmras@schosp.org

Summer Triathlon Training

RUN/BIKE/SWIM—join us for Triathlon Training! Make fitness your goal and join our triathlon team. The course includes:

- Experienced coaching staff
- Training plan
- Weekly training sessions on Saturday mornings—start time varies depending on the workout
- Core and flexibility training, plus lots of tips, motivation and fun during this 7-week training session.
- Bike, bike helmet and the ability to swim and jog are all required.

Date & Time: Saturdays, June 30–August 11, start times vary

Program Fee: M \$115 / NM \$265 (includes temporary membership)

Contact: Leslie Mras, x7341 or lmras@schosp.org

HIIT-It!

This class is designed to push you to your limits, training at near maximum intensity. You'll work between two timed intervals; sprint and recovery phases for eight continuous cycles. Recommended for intermediate and advanced exercisers. Must be able to sprint, jump, hop, squat, lunge, push up, lift heavy weights and perform fast repetitions. Limited to four participants. Taught by Maki Uechi-Brooker. *12-week session.*

Dates & Times: Mondays, July 9–October 1 (No class September 3), 8–9 pm; Wednesdays, July 11–September 26, 8–9 pm

Program Fee: M \$265 / NM \$350

Jump Rope Clinic

Sculpt your muscles and reduce body fat with the jump rope! Join Ed to learn correct jump rope technique and knock out bouts of 2 to 3-minute intervals with blasts of core work.

Date & Time: Saturday, August 4, 10–11 am

Program Fee: M \$15 / NM \$20

Kettlebell Training

If you are looking for a unique, dynamic, and effective way to train, consider kettlebells. This one-hour workout utilizes full-body ballistic movements and a variety of kettlebell drills and combinations. Prior experience recommended. Limited to four participants. Taught by Maki Uechi-Brooker. *6-week session.*

Dates & Times: Thursdays, July 12–August 16, 6–7 pm; Thursdays, September 20–October 25, 6–7 pm,

Program Fee: M \$135 / NM \$175

Kettlebell Clinic

Join us to learn the fundamentals of kettlebell training, proper weight selection and establish correct technique for traditional kettlebell lifts. Limited to 10 participants. Taught by Maki Uechi-Brooker.

Dates & Times: Saturdays, August 11 and September 8, 10–11 am

Program Fee: M \$15 / NM \$20

Small Group Training

This small group emphasizes the use of stability balls, medicine balls, kettlebells, body bars, BOSUs, gliders, body weight and bands to perform complex and balance-based exercises to improve muscular endurance and quality of life. Taught by Peter Marcy.

Dates & Times: Saturdays, July 7–August 11, 9–10 am
Program Fee: M \$90 / NM \$120

TRX Clinic

The TRX Suspension Trainer is an effective and versatile exercise tool that works for ALL fitness levels, age groups and physical abilities. This clinic will cover the benefits, components, and set-up of the TRX, basic guidelines, intensity adjustment plus a 10-15 minute workout. Limited to 6 participants.

Dates & Times: Saturday, July 7 with Jesse Berg and Saturday, August 25 with Maki Uechi-Brooker, 10–11 am
Program Fee: M \$15 / NM \$20

TRX Open House

Interested in what the TRX is all about? We'd like to show you! Stop by, watch our trainers using this cool piece and give it a try to feel for yourself its unique benefits.

Dates & Times: Saturday, September 22, 10–11 am
Program Fee: Free

TRX Training

The TRX Suspension Trainer is a versatile tool that requires the entire body to be used as an integrated system, building strength, balance, core stability and flexibility. Limited to four participants. Taught by Maki Uechi-Brooker, Joe Palla and Jesse Berg. *12-week sessions.*

Program Fee: M \$265 / NM \$350

Beginner/Intermediate TRX Training

Dates & Times: Thursdays, July 12–September 27, 5:15–6:15 am and 5–6 pm

Intermediate/Advanced TRX Training

Dates & Times: Wednesdays, July 18–October 3, 6–7 pm, Thursdays, July 19–October 4, 5:30–6:30 am

Advanced TRX Training

Dates & Times: Thursdays, July 12–September 27, 5–6 pm

Jump Rope Training

Ed will start this semi-private group with bouts of 2- to 3-minute intervals and progress to longer bouts with less rest. Enhance coordination, agility, quickness, footwork and endurance. *6-week session.*

Dates & Times: Tuesdays, July 17–August 21, September 11–October 16, 7:30–8 am; Saturdays, July 21–August 25, September 15–October 20, 9:30–10 am
Program Fee: M \$70 / NM \$90

Semi-Private Training with Ed

Get in. Get out. A fast and furious 30-minute workout that will kick off your weekend! It's personal training, but the group setting gives you a way to share the cost and have some extra fun. *6-week session.*

Dates & Times: Saturdays, July 21–August 25 and September 15–October 20, 9–9:30 am
Program Fee: M \$70 / NM \$90

Corrective Exercise with Cliff

Pain in the shoulder? Back? Hips? Knees? If you are suffering from an old injury, or worried about re-injuring yourself, this training group is for you! It will help you customize your exercise program, enabling you to overcome nagging problems and learn the proper exercises and techniques to keep these problems from recurring. You will work with a small group of people with similar issues doing strength training and flexibility exercises. Limited to 4 participants. Taught by Cliff Morland. *6-week session.*

Dates & Times: Wednesdays, July 18–August 22 and September 12–October 17, 10–11 am
Program Fee: M \$135 / NM \$175

Women's Fitness for Everyday

Join this fun and functional, energy-filled workout that will get you moving, building overall strength, balance, flexibility and stability through a variety of exercises and activities. Let's go, gals! Limited to four participants. Taught by Cortney Wall. *6-week session.*

Dates & Times: Fridays, July 27–August 31 and September 14–October 19, 9–10 am
Program Fee: M \$135 / NM \$175

Dance Concepts Training

Suzanne Harris, graduate of The Julliard School with a degree in dance, will use concepts from ballet and modern dance techniques to strengthen, tone and enhance posture and movement quality. *6-week session.*

Dates & Times: Wednesdays, July 25–August 29 and September 12–October 17, 4:30–5:30 pm
Program Fee: M \$135 / NM \$175

Polar Smart Session

Open to anyone considering joining GLC's Polar BodyAge Challenge, as well as registered participants and previous players. Our coaches will give you insider tips to help you hit the ground running when the challenge begins.

Dates & Times: Saturday, August 18, 10–11 am
Program Fee: FREE

NPI Public Posture Class "Stand Taller and Function Better!"

Come in to join this posture class hosted by the National Posture Institute and presented by Ken Baldwin, Assistant Professor and IDEA Personal Trainer of the Year recipient. This class will offer easy-to-understand and hands-on techniques to incorporate good posture and body alignment into your daily life to reduce injury and pain.

Dates & Times: Thursday, July 13, 6–7:30 pm
Program Fee: M \$29 / NM \$34
Contact: Diana Dimas, x5804 or ddimas@schoosp.org

Elastic Exercise

Join Sue Talbert as she uses the low-tech tools of bands and stability balls to help you improve your posture, balance, strength and coordination. Limited to 6 people. *6-week sessions.*

Dates & Times: Thursdays, July 26–August 30, September 13–October 18, 10:30–11:15 am
Program Fee: M \$99 / NM \$130
Contact: Sue Talbert, x7259 or stalbert@schoosp.org

For Workshops/Courses, contact: Amy Petersen x7318 or apetersen@schoosp.org, unless otherwise noted

SCREENINGS

Registration is required.

Cholesterol and Blood Pressure

Choose from a variety of tests: blood pressure (*free*), lipid profile and comprehensive metabolic (M \$35 / NM \$40), cholesterol and glucose only (\$7). Other tests available. Fasting recommended; nothing to eat or drink (water ok), ten hours before test.

Dates & Times: Saturday, September 8, 8–10 am
Contact: John Joyce, x7347



SENIOR AND ADULT FITNESS

Arthritis Foundation Aquatic Program

This program includes a 45-minute water exercise routine geared specifically to those with arthritis. Improve joint flexibility and coordination, reduce muscle weakness and decrease pain and stiffness.

Dates & Times:
 Mondays/Wednesdays 10–10:45 am
 Mondays/Wednesdays 6:45–7:30 pm
 Tuesdays/Thursdays/Fridays 11–11:45 am
 Saturdays 10:30–11:15 am

Arthritis Foundation Exercise Program

This is a chair exercise program designed specifically for people with arthritis, using gentle activities to help increase joint flexibility and range of motion to maintain muscle strength.

Dates & Times: Mondays, 1:30–2:15 pm

Physician approval required for Arthritis Classes.

Program Fee for both programs: M FREE / NM \$100/10 classes or \$120/15 classes.

Contact: Megan Slattery, x2023 or mmslattery@schoosp.org

INTEGRATIVE THERAPY

Integrative Therapy can add vitality to your life. We can help your body promote natural healing. Schedule an appointment today.

- Heals from within
- Reduce stress and anxiety
- Reduce pain
- Sleep better

Acupuncture

Contact: Sandy Sumi, x6773
Cliff Morland, x6740

Clinical Massage Therapy, Energy Work—Chi Nei Tsang, Infant Massage, Prenatal Massage, Reflexology, and Zen Shiatsu

Contact: Heather Alfrejd, x7723 or halfrejd@schosp.org

Watsu Aquatic Therapy

Contact: Kristin Hovious, x7466 or
Diane Novak, x7356

Prices: starting at \$55/session

Update: Messages can now be booked with our Program Service Representative.

Meditation Mondays

Building upon meditation for beginners, this series is great for anyone wanting to learn how to better relax the mind and body while improving general well-being. Registration limited.

Dates & Times: Mondays, July 9–30, August 6–27, 4:45–5:30 pm

Program Fee: M \$49 / NM \$59

Dates & Times: Mondays, September 10–24, 4:45–5:30 pm

Program Fee: M \$39 / NM \$49

Contact: Courtesy Desk x5660

Infant Massage

In the beginning of life, babies learn about love through touch. Massaging your baby is a wonderful way to convey your love on an intimate, unspoken level. Infant massage has the ability to help babies sleep better, boost their immune system, gain weight properly, decrease pain associated with colic and digestion and so much more! This three part class will teach research proven massage techniques to benefit your developing baby. Classes include natural oil and instruction manual. Age: birth through 12 months.

Dates & Times: Thursday, August 9, Sunday, August 12 and Thursday August 16, 10–11:30 am

Program Fee: M \$75 / NM \$95 per family

Contact: Heather Rabbitt, LMT x5993 or hrabbitt@schosp.org

SURVIVOR Watsu

Cancer Survivor? Your body could use a break. Feel the unimaginable benefits as you're cradled in our warm therapy pool. Decrease anxiety, sleep better, decrease pain, increase range of motion, improve immune function, decrease lymphedema and swelling. Contraindications: open wound or currently in radiation. Sign up today and experience your true healing potential in the water! Registration limited.

Dates & Times: Friday, July 27, 10:30 am, 11 am, or 11:30 am, and Tuesday, August 21, 6 pm, 6:30 pm, or 7 pm

Program Fee: M and NM \$20

Contact: Heather Alfrejd, x7723 or halfrejd@schosp.org

AQUATICS PROGRAMS

Please see GalterLifeCenter.org/Aquatics for the most up to date information regarding programs, schedules and registration dates. Current Aquababies, Learn-to-Swim, Children's Group Swim, and Swim Club classes are full, schedule days and times are the same for each session.

Aquababies

Aquababies will help you as a parent better understand how to expose your children to the water in a healthy environment. Our warm water pools (typically 90°) and certified instructors will help your child become comfortable in the water. *8-week session.*

Aquababies Session #4

Registration: Members, July 30, nonmembers, July 31
Dates & Times: August 22–October 15 (Monday classes will be 7 weeks due to Labor day.) (All makeup classes will take place October 17–22)

Weekdays and Weekends

Wednesdays	11–11:30 am	6 mos.–18 mos.
Wednesdays	11:30 am–noon	18 mos.–3 yrs.
Wednesdays	3–3:30 pm	6 mos.–2 yrs.
Wednesdays	3:30–4 pm	2 yrs.–3 yrs.
Thursdays	10–10:30 am	6 mos.–18 mos.
Thursdays	10:30–11 am	18 mos.–3 mos.*
Saturdays	7:45–8:15 am	2 yrs.–3 yrs.*
Saturdays	8:15–8:45 am	6 mos.–2 yrs.
Saturdays	11:30 am–noon	2 yrs.–3 yrs.*
Saturdays	noon–12:30 pm	6 mos.–2 yrs.
Sundays	9:30–10 am	6 mos.–1 yr.
Sundays	10–10:30 am	1 yr.–18 mos.
Sundays	10:30–11 am	18 mos.–2 yrs.
Sundays	11–11:30 am	2 yrs.–3 yrs.*
Sundays	11:30 am–noon	6 mos.–2 yrs.
Mondays*	11–11:30 am	6 mos.–18 mos.
Mondays*	11:30 am–noon	18 mos.–3 yrs.

*Learn-to-swim skills taught based on child's ability

Program Fee: Weekdays: M \$65 / NM \$85

Weekends: M \$71.50 / NM \$93.50

*Monday Classes: M \$56.88 / NM \$74.38

Children's Group Swimming Lessons Session #4

This children's swim class provides a healthy group environment for children to learn to swim, according to American Red Cross Certification Standards. The Galter LifeCenter's warm water environment (typically 85° to 90°) is ideal for children to become comfortable with the water. *8-week session for ages 4–12.*

Registration: Members, July 28, nonmembers, August 4

Dates & Times: Saturdays, August 25–October 13 (makeup classes October 20)

East Pool: 6–6:40 pm Level 1

6:50–7:30 pm Level 2

7:40–8:20 pm Level 3

West Pool: 6:40–7:20 pm Level 3+

Program Fee: M \$60 / NM \$76

Children's Swim Club Session #4

A swim team setting that gives children ages 8 to 15 years old who are able to swim the length of the pool (25 yards) the opportunity to develop their swimming skills in a fun, supportive environment. Designed for children and youths seeking to develop advanced swimming skills, this program is coached by experienced competitive coaches. *8-week session.*

Registration: Members, July 28, nonmembers, August 4

Dates & Times: Saturdays, August 25–October 13, 7:20–8:20 pm (Makeup classes October 20)

Program Fee: M \$76 / NM \$96

Learn-to-Swim Session #4

The Learn-to-Swim program is designed for any child who has advanced through our Aquababies program and is either 3 or 4 years old. Through the Learn-to-Swim course, WSI Red Cross certified instructors teach children how to swim by using standing platforms in the water. Three levels based on child's ability. *8-week session, 4 to 1 instructor to student ratio. Please see our website for more info.*

Registration: Members, July 30, nonmembers, August 1

Dates & Times: August 22–October 10 (Makeup class October 17)

Wednesdays 4–4:30 pm 3 years old

Wednesdays 4:30–5 pm 3.5 years old

Wednesdays 5–5:30 pm 4 years old

Wednesdays 5:30–6 pm 4.5 years old

Program Fee: Prices M \$85 / NM \$105

Masters Swimming Program Session #3

This on-going swimming program is ideal for masters' swimmers, tri-athletes or anyone who is looking to increase their fitness level. As a minimum, participants should be able to complete two lengths (50 yards) of the pool. Both advanced and beginner swimming tracks are available. Nationally and internationally ranked coaches provide instruction.

Registration Period: Ongoing

Dates & Times: July 1–September 30

Mondays, Wednesdays, Fridays 5:45–6:45 am

Tuesdays and Thursdays noon–1 pm

Tuesdays and Thursdays 5:30–6:30 pm

Saturdays 6:45–8 am

* May also register for a single month (4-week session)

Program Fee:

Quarterly (12 wks) Monthly (4 wks)

M \$100 M \$50

NM \$180 NM \$70

Family Swim Day

This event gives whole families the opportunity to swim at Galter LifeCenter. Open only to members and their immediate family. There is a minimum of one adult per two children. Program takes place in the East Pool and children must be 13 years of age or younger. Registration opens two weeks prior.

Dates & Times:

Sunday Family Swim: Sundays, July 8, August 12 and September 9, 12:30–3:45 pm

Friday Evening Family Swim: Fridays, July 6, July 13, July 20; August 3, August 10, August 17; September 14, September 21, 7–8:30 pm

To register, contact: Courtesy Desk x5660

For private swim lessons contact: Aquatics administration team, x7399 or glcaquaticsinfo@schosp.org

For all other aquatics programming info contact: Vanessa Recinos, Aquatics Navigator at x8015 or vrecinos@schosp.org

Comments or suggestions regarding aquatics programs, contact: Wes King, Aquatics Director x7309 or wking@schosp.org

WOMEN'S HEALTH

Registration is required.

All prenatal programs require a health care provider's approval, health forms and a waiver.

Pre/Postnatal Courses

Galter LifeCenter offers pre/postnatal aqua classes as well as pre/postnatal yoga. Our pre/postnatal fitness class (done on land) combines cardio, strength and stretch: all components for a healthy mom and baby. Postnatal may start after six weeks postpartum. Minimum participation is required to begin session. We offer a drop-in fee once the session has started. *Join our 6-week session anytime.*

Prenatal Aqua Dates & Times: July 2–August 6; August 13–September 24 (No class September 3)
 Mondays 5:45–6:30 pm Suzanne/Cortney
 July 12–August 16; August 23–September 27
 Thursdays 5:45–6:30 pm Krista

Prenatal Yoga Dates & Times:
 July 11–August 15; August 22–September 26
 Wednesdays 7–8 pm Juliane
 July 7–August 11; August 18–September 22
 Saturdays 9–10 am Juliane

Mom and Baby Stroller Workout

A body conditioning workout that allows new moms to bond with their baby as they get back in shape. Bring your stroller and plan to go outdoors (weather permitting). Strengthen your core and relieve your aching back and shoulders. *6-week sessions.*

Age: Mom: six weeks postpartum, baby: six weeks to 10 months (not more than 20 lbs.)
Dates & Times: Tuesdays, July 10–August 14 and August 21–September 25, 8:30–9:15 am
Program Fee: M \$55 / NM \$80

Small Group Yoga for New Moms

We offer yoga for new moms. Babies are welcome to attend. A minimum of four participants are needed for classes to begin.
Contact: Laura McDonagh x3913 or lmcdonagh@schop.org

Small Group Pilates for New Moms

A small group mat class with a certified Pilates instructor who will help women who've recently had a baby to engage and strengthen the muscles that are weakened during pregnancy. Babies are welcome to attend. Minimum of five participants needed for the classes to begin.
Contact: Laura McDonagh x3913 or lmcdonagh@schop.org

Total Control™ : Women's Fitness Program for Pelvic Health

This class is designed to promote bladder control, better sleep and the active lifestyle you deserve! This ground breaking class goes way beyond Kegel's and is ideal for women postnatal to post menopausal. Ball and band are available for purchase. We also offer *Total Control Platinum* for those who have concerns about getting up and down off the ground. *6-week sessions.*

Dates & Times:
Total Control™
 Mondays, July 9–August 13, 9–10 am; July 23–August 27, 6–7 pm
Program Fee: M \$95 / NM \$120

Total Control™ Platinum
 Wednesdays, July 11–August 15, 11 am–noon
Program Fee: M \$95 / NM \$120

Total Control™ Private Sessions

If you are unable to join one of our classes for this course, consider having private instruction with one of our trained instructors. You will receive six private sessions, the tools (ball, band and book) and the availability to train on your schedule. *6-week session.*
Program Fee: M \$300 / NM \$350

For Total Control programs, contact: Laura McDonagh, x3913 or lmcdonagh@schop.org

Prenatal Partner Massage and Infant Massage, please see Integrative Therapy.

PERSONAL TRAINING SERVICES

Registration is required.

Personal Training

Are you getting the most out of your workouts? If not, Galter LifeCenter offers one-on-one fitness sessions for the beginner to the advanced exerciser. Our certified personal trainers can customize an exercise plan just for you! In-home and partner training are also available.

Contact: Peter Marcy, x3863 or pmarcy@schop.org, to be matched with a personal trainer

Semi-Private Personal Training

The best of both worlds: receive the instruction, support and motivation of a personal trainer, but share the cost with a few other people! Groups are limited to three to five people. Workouts will include cardiovascular, strength and flexibility elements. Gather a group of friends, family, neighbors or coworkers and we will schedule a session at your convenience. *6-week session.*

Program Fee: M \$130 / NM \$175
Contact: Laura Olsen, x7317 or lolsen@schop.org

Cardio Coaching

- Train smarter not harder
- Understand heart rate zone training
- Be effective and efficient with each training session

A cardio coach will help you utilize a Polar Heart Rate Monitor to train smarter not harder! To reach your goals, you need to work at the right intensity, using a heart rate monitor is the only accurate way of measurement of your intensity or your exertion level. Learn the right amount of time and intensity needed to get results! Can be done individually or in a small group. To purchase a Polar Heart Rate Monitor contact Leslie Mras, x7341.

Program Fee: M \$85 / NM \$100
Contact: Leslie Mras x7341 or lmras@schop.org

Find a Workout Partner

Exercise can be a whole lot easier (and more fun!) when working out with a partner. If you are looking for a partner who shares your interests and schedule, fill out our Partner Preference form (found at Galter LifeCenter and online) and drop it off at the Courtesy Desk.

Contact: Sue Talbert x7259 or stalbert@schop.org

Wellcoaching

Work one-on-one with a certified coach on goal-setting around exercise, mental / emotional fitness, nutrition, life satisfaction, sleep and energy, etc. Each week you'll set small objectives which you can reasonably accomplish over the next seven days. These are not workouts; they are strategy sessions around your goals. Each little step is energizing toward the following week—you may surprise yourself with what you can accomplish!

Contact: x3244 or Wellcoaching@schop.org

MIND/BODY HEALTH

Registration is required.

Yoga/Tai Chi Privates and Intro Classes

Would you like to try yoga or tai chi but don't know where to begin? Our instructors will work one-on-one with you to customize a practice for your body and mind to help you achieve your goals. We offer introductory courses to yoga or tai chi as well: you can familiarize yourself with the fundamentals by trying one of these courses. Begin learning the basics of either modality.

Yoga Basics 6-week session
Dates & Times: Saturdays, July 7–August 11, 1–2 pm
Program Fee: M \$75 / NM \$100

Beginners Tai Chi 8-week session
Dates & Times: Wednesdays, July 11–August 29, 6–7 pm, Lin Schalek
Program Fee: M \$100 / NM \$130

Semi-Private Intermediate Tai Chi 8-week session
Dates & Times: Thursdays, July 12–August 30, 7:05–8:05 pm, Lin Schalek
Program Fee: M \$150 / NM \$180

Gentle Yoga, if you have some experience and want to move at a slower pace. 10-week session
Dates & Times: Fridays, July 13–September 14, 4:45–5:45 pm, Renee
Program Fee: M \$125 / NM \$165

Yoga for Healthy Bones

This yoga course will teach you how to move safely and appropriately in yoga postures designed to sustain and improve skeletal strength, as well as teach you which movements are contraindicated for students who are at risk or have low bone mass, skeletal fragility and other back problems. This class will include supine, prone, seated, kneeling and standing poses. *3-week session.*

Dates & Times: Mondays, July 23–August 6, 7–8 pm
Program Fee: M \$50 / NM \$75



Zen Yoga

Zen Yoga combines the deep relaxation of classic Restorative Yoga and the deep stretching of Yin Yoga into a beautiful practice that will soothe the body and soul. Deeply supported poses are held for a longer time allowing for full release of the tensions stored in the physical body. The atmosphere of the class is soft and soothing allowing the mind to let go of the busy thoughts. No prior yoga experience necessary. *6-week session.*

Dates & Times: Thursdays, July 12–August 16 and August 23–September 27, 3:30–4:45 pm
Program Fee: M \$85 / NM \$110

Pilates Privates - True to the Original Method

Pilates is a system of exercise focused on improving strength and flexibility for the whole body. There are over 500 exercises that focus on the muscles of the abdomen, back and buttocks or commonly know as “the powerhouse”. You can receive tailored, individualized instruction from our certified Pilates instructors in our fully equipped *NEW Pilates Studio or in your home. Pilates is wonderful for all ages and fitness levels. We offer privates, duets or partner, as well as semi-private or trios. Share the cost and gain support from your workout partner.

Pilates Open House

Come to our Pilates Open House and check out our NEW space! Here our Certified Pilates instructors will be demonstrating exercises on the different apparatuses and answering all of your questions. Get inspired to take your body to a new level!

Date & Time: Tuesday, September 18, 5-6 pm
Program Fee: Free
For Pilates Services contact: Pilates Studio x2233
 GLCPilates@schosp.org or Delia Arroyo x7353

Please Note: Register for any Pilates Mat Class by July 2 for a reduced fee.

Pilates Basics

This introductory class will break down the group mat class with the goal of helping individuals participate in larger group mat classes. Taught by Jesse Berg. *6-week session.*

Dates & Times: Mondays, July 16–August 20, 8–8:45 am
Program Fee: M \$85 / NM \$105

Intermediate/Advanced Pilates Small Group Mat Classes

Classes consist of small, private mat classes for experienced students. There will be intense mat work along with the use of the magic circle and/or arm weights. Classes run 45 minutes. If you are past the beginning stage, you may drop in for a fee.

Dates & Times: July 11–September 27
 Wednesdays 10:15–11 am Cori
 Thursdays 9–9:45 am Jackie
 Thursdays 4:45–5:30 pm Jennifer
Program Fee: M \$170 / NM \$205

Advanced Mat Class

This class is designed for the experienced student to master an advanced workout on their own from memory. Taught by Joe Palla. *12-week session.*

Dates & Times: Tuesdays, July 10–September 25, 6–6:45 pm
Program Fee: M \$170 / NM \$205

Pilates Stretch

Join Juliet Cella, certified Pilates instructor, as she guides the class through the Pilates mat exercises with an emphasis on stretching. Learn how Pilates can strengthen your core and increase your flexibility, while creating long, lean muscles. *12-week session.*

Dates & Times: Saturdays, July 7–September 22, 12:15–1 pm
Program Fee: M \$170 / NM \$205

Pilates Challenge for Men

Join certified Pilates instructor Joe Palla for an intense Pilates mat class designed specifically to challenge men. *12-week session.*

Dates & Times: Saturdays, July 7–September 22, 6:45–7:30 am
Program Fee: M \$170 / NM \$205

For Pilates programs, contact: Pilates Studio x2233
 GLCPilates@schosp.org or Delia Arroyo x7353

Feldenkrais Course

Please join Mary Ann Malloy for this course on the Feldenkrais Method. It is a form of somatic education that uses gentle movement to improve flexibility and coordination. *4-week session.*

Dates & Times: Sundays, June 24–July 15, 10:30–11:30 am
Program Fee: M \$55 / NM \$80

SPECIALTY CLASSES

Registration is required.

Jazz/Musical Theatre Dance Fusion

Dance Fusion is a rhythmic, percussive dance form seen primarily in commercial venues such as Broadway shows, The Academy Awards, dance revues and music videos. Jazz classes are a great work-out and a fun way to release tension while attaining a body awareness that can be applied to everyday activities. This mixed-level class includes warm-up, stretching, core conditioning, across-the-floor and center technique work and original choreography. Classes teach basic jazz dance technique, terminology and movement quality with an emphasis on proper execution of jazz isolations, rhythms and style performed to popular music and show-tunes of the past and present! Taught by Brantley Arrington.

Dates & Times: Tuesdays, July 24–August 28, 11–12 pm
Program Fee: M \$60 / NM \$80

Semi-Private Myo-Release and Stretch Class

30-minute class using the foam rollers, tennis balls and myo-balls designed to create myo-fascial release in the major muscle groups, and teach techniques and benefits of myo-fascial release. Groups are limited to four people. Various times are available.

Contact: Leslie Mras x7341 or lmr@schoosp.org if interested

Group Rowing

Are you tired of your same cardio workouts: spinning, the elliptical, stationary bike, the treadmill? Join in and row for a whole new workout that will burn as many calories as running, without the pounding on the joints. Each workout will be unique and challenge you physically and mentally. Taught by Megan Slattery and Chris Molitor. *6-week sessions.*

Dates & Times:

Thursdays, August 2–September 6, 7–8 am
 Fridays, August 3–September 7, 5:15–6:15 pm
 Saturdays, August 4–September 8, 12:15–1:15 pm
 Thursdays, September 20–October 25, 7–8 am
 Fridays, September 21–October 26, 5:15–6:15 pm
 Saturdays, September 22–October 27, 12:15–1:15 pm
Program Fee: M \$80 / NM \$110

Intro to Rowing

Dates & Times:

Thursday, July 26, 7–8 am
 Friday, July 27, 5:15–6:15 pm
 Saturday, July 28, 12:15–1:15 pm
 Thursday, September 13, 7–8 am
 Friday, September 14, 5:15–6:15 pm
 Saturday, September 15, 12:15–1:15 pm
Program Fee: M \$10 / NM \$20

Total Body Conditioning Express

Total Body Conditioning Express combines intervals of strength training and basic hi/lo aerobic conditioning (simple choreography). Experience high-energy cardio training on the floor, and body sculpting utilizing your own body and hand weights for resistance. Exercises utilized with tone and shape, assist in burning loads of calories, raise your overall fitness and stamina, improve coordination and agility and develop overall strength through resistance training. Taught by Brantley Arrington.

Dates & Times: Thursdays, July 26–August 30, 4–4:30 pm
Program Fee: M \$45 / NM \$70

Treadmill Fitness Class

Unsure of what to do on the treadmill? Or are you bored from always hitting the “Quick Start” button? Then take this course that will cycle through hills, intervals, “sprints” and more during Treadmill Fitness. This program is designed for treadmill beginners, even walkers, and will allow you to comfortably challenge yourself and tread through some fun.

Dates & Times: Mondays, September 10–October 15, 7–8 am; Wednesdays, September 12–October 17, 6–7 pm
Program Fee: M \$80 / NM \$110

Treadmill Training

This treadmill class will take you through hill and speed intervals for 30+ minutes. Improve your aerobic efficiency, power and speed. The class may leave you breathless but the camaraderie will make it fun! Prior running experience is necessary—must be able to jog for at least 30 minutes consistently.

Dates & Times: Mondays, September 10–October 15, 6–7 am; Wednesdays, September 12–October 17, 7–8 pm
Program Fee: M \$80 / NM \$110

For all special events programs, contact: Megan Slattery, x2023 or mmslattery@schosp.org, unless otherwise noted

NUTRITION SERVICES

Nutrition plays a key role in your overall wellness. Galter LifeCenter’s Registered Dietitians are available to assist you with meeting your health and weight goals by providing guidance related to weight loss, healthy meal planning, diets for treating specific medical conditions and much more! Several packages are available to meet your needs:

Private Nutrition Counseling

This is a private session where you may discuss your personal goals with one of our skilled Registered Dietitians. Half hour sessions and packages are also available.

Program Fee: one-hour session M \$70 / NM \$85
 30-minute session M \$40 / NM \$55
 Group (up to 4 people) M \$90 / NM \$120

Fitmate

Measurement of your Resting Metabolic Rate (RMR) and results review with an RD. Ideal for determining the caloric needs for weight loss.

Program Fee: M \$75 / NM \$90

Wellfit

Combines private nutrition counseling with personal training, measurement of RMR and other GLC services such as massage, yoga or Pilates.

Program Fee: M \$400 / NM \$500

Individual Nutrifitness

Targeted for weight management, combining nutrition counseling with personal training, including comprehensive lab work, a stress test and measurement of your RMR.

Program Fee: M \$575 / NM \$675

Nutrifitness for a NU You!

It’s time for YOU to become the next weight loss success story! Lose weight, drop inches, reduce blood pressure, cholesterol and more in this 12-week comprehensive group weight loss program that is designed for clients who are overweight or with medical conditions directly related to weight gain.

The group class includes:

- Twice weekly workouts with a GLC certified personal trainer(s)
- Weekly nutrition lectures given by a GLC Registered Dietitian

- Group sessions with a GLC certified Wellcoach
- Stress test performed through Swedish Covenant Hospital’s Cardiology Dept.
- Comprehensive lab work from Swedish Covenant Hospital’s Outpatient Lab
- Measurement of Resting Metabolic Rate
- Pre- and post-class fitness assessments
- Incentives are provided

What have you got to LOSE? You may be able to use your flexible medical spending account dollars! Taught by Peter Marcy, Jandra Friare, Maki Uechi-Brooker, Maria Elipas and Kate Kinne. Daytime and evening classes available. *12-week day and evening session.*

Dates & Times:

Mornings: FREE info session, Monday, September 10, 10 am. Session runs September 20–December 13, Mondays, 9–11 am, Wednesdays and Thursdays, 9–10 am

Evenings: FREE info session, Thursday, September 6, 6 pm. Session runs September 20–December 13, Tuesdays and Thursdays, 6–8 pm

Program Fee: M \$800 / NM \$975

Nutrifitness Maintenance

For those individuals who have already completed the “Nutrifitness for a NU You” class, the maintenance class continues the twice weekly group workouts and provides a couple “special” classes to be decided by the group. Stay on track with the healthy habits you started in the Nutrifitness class, with the support of fellow classmates and motivating instructors! Taught by Jandra Friare and Peter Marcy. *12-week session.*

Dates & Times: Tuesdays and Thursdays, July 10–September 27 and October 2–December 20, 6–7 pm

Program Fee: One day/wk: M \$198 / NM \$292

Two days/wk: M \$350 / NM \$535

Drop-in fee: M \$18 / NM \$25

NU Maintenance Coaching

For those individuals who have already completed the “Nutrifitness for a NU You” class, the NU Maintenance Coaching will include wellcoaching and nutrition. Wellcoaching will help you continue your journey with guidance and focus through small, manageable goals – continue to achieve your vision! Nutrition classes will keep you connected with a Registered Dietitian to support your healthy food habits. Meetings will reinforce good food choices, portion sizes, eating for a busy lifestyle and other topics deemed important by the group. *12-week session.*

Dates & Times: Thursdays, September 20–December 13, 7–8 pm

Program Fee: M \$255 / NM \$375

BodyMedia FIT® Weight Loss Package

This weight management system includes an armband that automatically tracks the calories burned during daily activities, monitors quality of sleep and provides an easy to use food log where you can track calories consumed. Includes BodyMedia FIT® armband, 12-month subscription for online access, one-hour with a Registered Dietitian and a personal trainer and three additional 30 minute sessions with the RD or personal trainer. Price is an introductory offer only, and is subject to change.

Program Fee: M \$375 / NM \$475

T.E.A.M. Support Group: Weight Loss

Trust. Encouragement. Accountability. Motivation. This group meets for support, idea-sharing and strategies related to eating healthy, exercising and weight management. The group controls the conversation and topics discussed. The T.E.A.M. leader is GLC personal trainer, Peter Marcy. After struggling with weight issues most of his adult life, Peter has maintained a 100+ pound weight loss for over five years and enjoys helping others achieve a healthier lifestyle.

Dates & Times: Wednesdays, July 11, August 8 and September 12, 5–6 pm

Program Fee: single class fee M \$12 / NM \$16

Easy, Healthy Summer Meals

Come join us to discover new ways to have some of your favorite summer-time foods without breaking the “calorie” bank. Two Registered Dietitians from Galter LifeCenter will share ways to use in-season foods to create exciting and healthy meals to stick to your nutrition plan. A cooking demonstration and a sampling of one of the day’s recipes will also be provided. Taught by Kate Kinne R.D. and Maryam Naziri R.D.

Date & Time: Monday, July 16, 6:30–7:30 pm

Program Fee: M \$15 / NM \$20

Back to School and Healthy Snack/Nutrition

Stop by the information tables and get to know your GLC Registered Dietitians. Have your nutrition questions answered.

Date & Time: Sunday, August 26, 1:30–2:30 pm

Program Fee: Free



**BTS Summer Launch
 New Schedule
 Begins July 9.**

**See page 2 for
 more information.**

Partnering with Swedish Covenant Hospital

FREE LECTURES

A Prenatal Visit with the Pediatrician

Dr. Andy Sagan, pediatrician and medical director of Swedish Covenant Medical Group Pediatrics, will present practical suggestions and tips to help expectant parents prepare for a successful transition home with their newborn.

Date & Time: August 13, 7:30 pm

Location: Anderson Pavilion, 2751 W. Winona Ave.

Program Fee: Free

Reservations: 773-878-6888

EVENTS

Community Partner Events

Check out these events in the local community hosted by our partners. Look for community events hosted by Swedish Covenant Hospital and Galter LifeCenter this fall.

Lincoln Square Farmer's Market

Dates & Times: Thursdays, June 14–October 25, 4–8 pm

Location: Municipal Parking Lot at N. Lincoln and W. Leland (adjacent to CTA Western Station)

Andersonville Farmer's Market

Dates & Times: Wednesdays, June 13–September 5, 3–8 pm

Location: Berwyn between Clark and Ashland

Alderman Debra Silverstein

Back to School Health Fair

Date & Time: August 12, 11 am–1 pm

Location: Warren Park, 6601 N. Western Ave.

St. Hilary Health Fair

Date: Saturday, September 8

Location: 5614 N. Fairfield Ave.

Edgebrook Oktoberfest

Dates: Friday, September 21–Saturday, September 22

Location: Edgebrook Lutheran Church, 5252 W. Devon Ave.

OTHER PROGRAMS

Diabetes Community Center

The Diabetes Community Center at Swedish Covenant Hospital teaches self-care techniques such as nutritional management, exercise, lifestyle improvements and blood glucose monitoring. Specialized diabetes training and management of intensive and innovative diabetes technologies including insulin pumps are also provided. The self-care techniques offered through the Diabetes Self-Management Training Program recently achieved recertification by the American Diabetes Association.

The outpatient Diabetes Community Center provides care for people facing Types 1 and 2 diabetes, impaired glucose tolerance, preconception care/management during pregnancy and gestational diabetes. Offering services in both English and Spanish, the Diabetes Community Center is capable of reaching a wide population in managing the disease.

Contact: The Diabetes Community Center at 773-989-2292

Rehabilitation Medicine Services

Physical Therapy and Occupational Therapy are available for acute and chronic musculoskeletal and neuromuscular disorders. The OT Clinic is staffed by a Certified Hand Therapist. Among the problems treated are: sports injuries, post-reconstructive surgery, neck and back pain and work related injuries. Physician referral required.

Contact: Rehab Department at 773-989-1682

Meet the Physical Therapist

Are aches and pains limiting your activities? Ask a Physical Therapist for advice. Consultation takes place in first floor PT Department.

Dates & Times: July 11, July 25, August 8, August 22, September 12, September 26, 4–6 pm

Contact: 773-878-6888 to set up your 15-minute appointment.

Program Fee: Members only FREE

Joint Replacement Program Class

Join us for an educational session about Swedish Covenant Hospital's Joint Replacement Program. You will have a chance to meet and discuss all aspects of joint replacement with the joint program navigator, as well as a physical therapist and an occupational therapist. All of these individuals offer unique perspectives and expertise to help you navigate your way through our Joint Replacement Program. Those attending this session prior to a scheduled surgery should select a date 3–4 weeks before surgery, if possible. However, if your surgery is scheduled sooner, it is still recommended that you attend a session. No children under 16.

Dates & Times: Tuesdays, 2–3:30 pm

Contact: 773-878-6888 to schedule an appointment

Pulmonary Rehab Phase II

This is the initial outpatient conditioning program for those with chronic pulmonary disease. This medically based program utilizes exercise, education and breathing re-training.

Cardiac Rehab Phase II

This is the initial outpatient conditioning program for those with heart disease. This medically based exercise program monitors EKG, heart rate, blood pressure and symptom responses.

Medical Fitness Program

This is an exercise conditioning program supervised by nurses and exercise physiologists for people who suffer from chronic health problems including diabetes and heart and lung disease.

Doctor referral required for Pulmonary II, Cardiac Rehab Phases II and the Medical Fitness program.

Contact: x 7321

TIPS FROM THE TRAINER by Maki Uechi-Brooker, M.Ed.**POSITIVELY POSITIVE**

"If you think you can or think you can't, you're right." - Henry Ford

Positivity is not about changing outside circumstances or being Happy. All. The. Time. It's about changing the way we perceive and react to situations.

Positive emotions make us feel more open-minded and creative, and help us to connect better with others. Negative emotions cause narrowed focus, limiting our ability to problem-solve.

Barbara L. Fredrickson, Ph.D. suggests aiming for a positivity ratio of 3:1. That is, you experience 3 positive emotions for every negative one. In her research on positive psychology, Dr. Fredrickson has found that the 3:1 ratio is a tipping point: above it, you thrive and are resilient. Below it, you languish. Of course negative emotions will occur; but having enough positive emotions helps us deal with the negative ones, solve problems and move forward.

To find out your Positivity Ratio, visit www.PositivityRatio.com. Your result will shift from day to day, so take the two-minute test on 3–4 different occasions to get an average.

How do we become more positive?

10 forms of positivity that can create lasting change:

When was the last time you felt **joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and LOVE!** Where were you? What activities allow you to have these emotions? Look for opportunities to be in situations where you may experience these positive feelings and pump up that ratio! Here are some suggestions:

Practicing gratitude for the people, places, and things in your life—great or small—is a nice tool for cultivating positivity. Try starting a gratitude journal to reflect on the good things in your life. Send a thank you note to someone who has made a difference to you. This type of expression has a domino effect. It not only makes you feel good; the person receiving the acknowledgment feels good too. Take a moment to say a few words of thanks, either silently or out loud, and see how this practice affects how you walk through your day.

Think of a time when someone did something nice for you. Remember how you felt? **Random acts of kindness** generate positive emotions and a connection to the person being helped. Think of new ways to make a positive impact on others and perform these kind gestures on a regular basis.

Social connections play a huge part in raising positivity. Interactions where there is mutual appreciation, respect, trust, support, affirmation and playfulness can be life-giving. You walk away feeling energized and recharged. Make it a priority to develop these healthy connections.

Reflecting on past events that gave you pleasure can turn the wheel of positivity. Recreate the joyful occasion through mental images with as many details as possible. Look at photos; share the story with a friend. Likewise, you can savor a great moment from each day as you prepare to go to bed that night.

Find what strategies work for you and make them part of your daily routine. Check back and see if your ratio is increasing. Positivity is transformative! When our hearts and minds are open, we discover opportunities to learn and develop. When creativity flows, we solve dilemmas and deal with whatever we're dealt. With positivity, we thrive!

FOR MORE INFORMATION ON WELLCOACHING CONTACT WELLCOACHING@SWEDISHCOVENANT.ORG OR EXT. 3244

EMPLOYEES OF THE MONTH**February—Dan Dorff, Building Facilities**

Dan is conscientious, hard-working, meticulous, flexible, polite and dependable. He promotes a great departmental image. He communicates well with all staff who request repairs and follows up to ensure satisfaction. Dan works hard and persistently to stay on top of a long list of preventative maintenance tasks especially with the pools. We are very happy to have Dan as part of our team.

**March—Monica Jackson, Aquatics**

Monica leads our expanding Family Swim Service by supervising the staff and organizing the activities for family swim. She also is a very strong aquababies instructor and has been very helpful in launching our new semi-private aquababies program. Along with teaching, Monica is a wonderful pool attendant and teaches private swim lessons. Monica a true asset to the team and consistently finds ways to ensure her team and our members have a quality experience in the pool and at Galter LifeCenter. Congratulations Monica.

**April—Amy Washington, Member Services**

Amy Washington has been a member service representative for 4 years. As a regular user of Galter LifeCenter along with her family, she does a fantastic job of establishing rapport with prospects and helping guide them in their own individual journey to meet their goals and needs. Amy does a great job with connecting with other staff, knowing and using programs and services and participates in many activities. It is with this commitment and devotion that she has recently been recognized by both members and peers. Amy is a great asset to Galter LifeCenter.



Join the crowd and get fit

continued from front cover

that 90 percent of people prefer to workout in a group.

Group fitness classes also provide many everyday advantages. Some of those include:

- Having a set workout time, which will help you stick to your exercise program.
- Getting better training than your usual treadmill or elliptical workout.
- Burning more calories than your average machine workout.
- Improved results!

Getting Started with Group Fitness

Starting your group fitness routine at Galter LifeCenter is an easy process:

- Talk to a Fitness Specialist to help pick the correct class for you, and learn about specific instructions.
- Arrive five minutes before class to introduce yourself to the instructor.
- Customize or scale the workout to your unique needs; Group Fitness is designed for a wide range of abilities and fitness levels.
- Try a variety of classes; if the first isn't the right fit, there are many other options.
- Don't be discouraged if you don't catch on right away. It takes sometimes 3 or 4 classes for you to start feeling comfortable with the movements.
- Have fun!

Holiday Hours:

Wednesday, July 4, Independence Day
Galter LifeCenter open 8 a.m.–1 p.m.
KidCenter open 8:30 a.m.–12:30 p.m.

Monday, September 3, Labor Day
LifeCenter open 8 a.m.–1 p.m.
KidCenter open 8:30 a.m.–12:30 p.m.

Check out our current free group fitness schedule on our website or pick up a copy in our front lobby.

FOR INFORMATION ON ANY OF THE ABOVE PROGRAMS, PLEASE CONTACT MEGAN SLATTERY, MMSLATTERY@SWEDISHCOVENANT.ORG OR X 2023.



5157 North Francisco Avenue
Chicago, Illinois 60625
773.878.9936
www.galterlifecenter.org