



Galter
LifeCenter

Chicago's Leading Medical Fitness Center

LIFESTYLES NEWSLETTER

FOR MEMBERS, ASSOCIATES,
HEALTHCARE PROFESSIONALS
AND FRIENDS

5157 North Francisco Avenue
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An affiliate of Swedish Covenant Hospital

A New You in the New Year

by Tracy Hernandez and Francie Habash

Improving personal health and well-being is a common goal for the New Year, but resolutions often fade without a plan. How will you stick to your fitness goals? What strategies will you apply? And how will you track your progress?

Galter LifeCenter and Swedish Covenant Hospital can help you address these questions and achieve your health and wellness objectives this year, and for a lifetime. Here are some tips to get you started:

Create a plan: Recognize the obstacles and plan for them. If you skip a workout, think about how you will feel about it tomorrow.

Be realistic: In an ideal world, how much would you exercise in a week? How much time do you realistically think you will have for exercise this week? Often times we start off aggressive and get overwhelmed, which leaves us less successful in the end. Aim for three to five three-month goals and two to four weekly goals.

Stay Motivated: Why do you want to get fit and what is most likely to get in the way? When you skip a workout, think about what you did instead—and why, at the time, it seemed like the right decision.

Find a friend: Workout with a buddy. Having someone to keep you accountable can help you stay on track. Galter LifeCenter can pair you with someone during our Workout Meet and Greet class, or ask a Fitness Specialist for help.

Stick with it: Once the January motivation starts to fade, sign up for our Biggest Mover Challenge (see page three for details). This program will keep you coming and motivated through February and March. Three months into the New Year and you should see a new you!

Overcoming obstacles

Common health concerns including knee or back pain and poor muscle tone can slow down your fitness progress. Here are some ways you can use our services to address chronic pain, overcome obstacles, and achieve balance and succeed in your unique goals:

- Set up your annual checkup with a one of Swedish Covenant Hospital's primary care physicians and have your blood pressure and cholesterol checked
- Try a strength training program like Boot Camp, Athletic Strength or HIIT-IT

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Francie Habash
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MEMBERSHIP

WINTER MEMBER APPRECIATION EVENTS

GET A HEALTHY START TO THE NEW YEAR

Join us on **Wednesday, January 18** to help us celebrate the start of a New Year. We will have healthy snacks available throughout the day and will be holding a raffle to win a delicious Healthy Gourmet Gift Basket in addition to a private Nutrition Consultation to get you started on your health and fitness goals for the year.

HAPPY VALENTINE'S DAY

Don't forget, **Tuesday, February 14** is Valentine's Day! Stop by Galter LifeCenter and indulge in chocolates and candy hearts with special messages just for you. While you're here pick up a \$10 off coupon for a massage at the Courtesy Desk. Relax, you deserve it!

LUCK O' THE IRISH

Spin the Wheel of Chance and see if you have the Luck of the Irish on **Friday, March 16**. Stop by the Courtesy Desk, spin the wheel and take your chance at luck to win a special prize. Everyone will receive something along with a special St. Patrick's Day treat. You may even be the lucky winner to get one month off your membership. What have you got to lose?

CONTACT KRISTIN WALTERS, MARKETING COORDINATOR, KWALTERS@SCHOSP.ORG OR X 7345

UPDATES FROM THE DIRECTOR



Dear Members,

Welcome to a new year! Thank you to those who celebrated with us last year as we were recognized as the only Medical Fitness Center in Illinois and for our 20th Anniversary. And thank you to all of our new members. We hope that 2012 is as eventful as this past one.

To start the year we wanted to give some tips to help you during your visit at Galter LifeCenter in these winter months. We know that a large majority of our members use our pools and combined with the air quality this may cause a few problems.

- 1) When showering directly after your swim do not use soap. Rinse the pool water off your body so there is minimal opportunities for chemical reaction.
- 2) Lotion your skin at least one hour prior to getting to the pool. It is the same concept as applying sun-tan lotion prior to going in a pool in the summer.
- 3) Avoid prolonged multiple extreme temperature variables in saunas, whirlpools and steamrooms. The maximum time in the heat should be 5-10 minutes. If you choose to use more than one please allow yourself to cool down 5-10 minutes between each.
- 4) During this time of year maybe it is an opportunity to head to the fitness floor and try a new workout? I've tried the new Group Core (1/2 hour only!) class and it's great.

We hope to see everyone successfully working towards their health and wellness goals this year. Remember that if you are struggling with your fitness resolutions there is always someone here to help.

In good health,

Art Slowinski
Director of Galter LifeCenter



Make sure we have your email address so that you can receive a birthday coupon, updates and special discounts.

GALTER INDOOR MARATHON

It's February and you are itching to run! Too cold outside, not enough shoveled paths and the sidewalks are slippery—we have the answer and a challenge for you!

Galter LifeCenter (GLC) and the American Cancer Society (ACS) are teaming up to provide an opportunity to fund raise for an important cause and revive your mileage this winter.

No registration fee; just sign up, log your miles, and rally up some support for a good cause!

- Agree to run 26.2 miles between **February 19 and February 26**.
- Log your miles in a binder at our Fitness Desk.
- Running can be done inside or outside, on a treadmill or the track.
- Agree to raise a minimum of \$150.
- ACS will provide a fundraising website where donations can be made or you can mail them to ACS.
- First and last mile party on both Sundays from 2–3 p.m. (participation is optional and will be for a kick-off, encouragement, dedications and congratulations).

All participants will receive an event t-shirt, in addition you will also receive an ACS "Determination" running shirt upon successfully raising at least \$150. Register at the Courtesy Desk.

CONTACT LESLIE MRAS LMRAS@SCHOSP.ORG OR X 7341 WITH ANY ADDITIONAL QUESTIONS

WINTER 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.


BODY TRAINING SYSTEMS WINTER LAUNCH


Let's Move in 2012! If you are a long time mover or a newbie to Group Fitness the January '12 launches are for you. The New Year is all about moving and trying something new. There will be refreshments and surprises, don't miss it. All launch classes are free, but registration is required at the Courtesy Desk. Dates are:

Saturday, January 7


 *Group Groove*
 9:30–10:30 a.m.


 *Group Kick*
 12:30–1:30 p.m.


 *Group Core*
 3:30–4:00 p.m.

 *Group Step*
 4:15–5:15 p.m.


Friday, January 13


 *Group Core*
 5:15–5:45 a.m.


 *Group Centergy*
 5:45–6:45 a.m.

 *Group Active*
 10:15–11:15 a.m.

Thursday, January 19

 *Group Ride*
 5:45–6:45 p.m.

 *Group Core*
 6:45–7:15 p.m.

 *Group Power*
 7:15–8:15 p.m.

The winter group fitness schedule starts Monday, January 9. There are significant changes to the winter 2012 schedule, please make sure to check the schedule.

CONTACT MEGAN SLATTERY FOR MORE INFORMATION, MMSLATTERY@SCHOSP.ORG OR X 2023.



GROUP CORE LAUNCH



Come try the new FREE program being added to the Group Fitness schedule, "Let's Get HARD CORE!" Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, will help prevent back pain and give you ripped abs! Expert coaching and motivational music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform- all to challenge you like never before. REACH YOUR PEAK with Group Core!

BIGGEST MOVER CONTEST

Participate in group fitness classes and refer members and you could be crowned "The Biggest Mover". The contest will run February 1st to March 31st with registration starting January 9th. Earn points for participating in group fitness classes and for referring new members! Get motivated, get fit, and also have a chance to win prizes weekly. Let's Move!

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, x 5804 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: x 3863 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, x 5804 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!

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

Sat: 11 am

Sessions:

January 2–February 11

February 13–March 24

Program Fee:

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

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

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

Specialty Boot Camp

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

Days & Time: Tuesdays, January 3–February 7 and February 14–March 20, 5:30 am

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

For all Boot Camp programs, contact:

Leslie Mras, x 7341 or lmras@schosp.org

Triathlon Training Course

RUN/BIKE/SWIM—join us for our annual 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 12-week comprehensive training session.
- If you choose, finishing the session with a race! We will do the Twin Lakes Triathlon in Palatine, IL on June 24. Advanced registration for this race is due in March, before the course starts—please contact Leslie Mras if interested in the race and program.

Bike, bike helmet, and the ability to swim and jog are all required.

Dates & Times: Saturdays, starting March 31, 6:30-8 am

Program Fee: M \$200 / NM \$450

Contact: Leslie Mras x7341 or lmras@schosp.org

BOSU—Playground

BOSU—Playground will put the fun back in your workout. You will play games and do athletic drills that will leave you laughing and wanting more. *6-week session.*

Days & Time: Mondays, January 9–February 13, 11:30 am–noon and 6–6:30 pm

Program Fee: M \$45 / NM \$70

BOSU—Balanced Body

Balanced Body will focus on full body strength work, utilizing BOSU and body bars, to improve your overall body functional movements. *6-week session.*

Days & Time: Mondays, February 27–April 9, 11:30 am–noon and 6–6:30 pm

Program Fee: M \$45 / NM \$70

BOSU—Core Synergy

This course uses Pilates-inspired functional and balance exercises in order to enhance your core strength and stamina. Work on body awareness while getting a great strength workout. Taught by Jesse Berg. *8-week sessions.*

Dates & Times: Tuesdays and Thursdays, January 24–March 15; March 20–May 10, 6:15–7 am

Program Fee: 1 day/wk. M \$60 / NM \$90, 2 days/wk. M \$100 / NM \$150

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 and Ed Whitaker. *12-week session.*

Dates & Times: Mondays, January 16–April 2, 8–9 pm; Tuesdays, January 17–April 3, 6:30–7:30 am; Wednesdays, January 18–April 4, 8–9 pm; Thursdays, January 19–April 5, 6:30–7:30 am

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

HIIT-IT Endurance Clinic

This version is focused solely on cardio work to ramp up your speed and power.

Date & Time: Saturday, February 11, 10–11 am

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

HIIT-IT Endurance

This version is focused solely on cardio work to ramp up your speed and power. *6-week session.*

Dates & Times: Thursday, March 1–April 5, 6–7 pm

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

HIIT-It Clinic

Jump into this one-hour clinic and feel for yourself what high intensity interval work is all about!

Date & Time: Saturdays, March 10 or March 24, 10–11 am

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

See Page 3 for details on Body Training Systems Winter Launch.

Check out the latest BTS addition, Group Core!

Kettlebell Training

If you are looking for a unique, dynamic, and effective way to train, consider kettlebells. By connecting and combining several movements into one continuous set, you'll build both strength and cardiovascular fitness. This one-hour workout utilizes full-body ballistic movements and a variety of kettlebell drills and combinations. Prior experience/exposure to kettlebell training and/or attendance at a previous kettlebell clinic is recommended. Limited to 4 participants. Taught by Maki Uechi-Brooker. *6-week session.*

Dates & Times: Thursdays, January 19–February 23, 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, January 28 or February 25, 10–11 am

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

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. Prior experience/exposure to the TRX Suspension trainer and/or attendance at a previous TRX clinic is recommended. Limited to 4 participants. Taught by Maki Uechi-Brooker and Joe Palla. *Sessions vary.*

Intro TRX Training

Dates & Times: Thursdays, January 19–February 23, 5:30–6:30 am

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

Intermediate TRX Training

Dates & Times: Tuesdays, January 17–March 6, 5–6 pm and Thursdays, March 1–April 19, 5:30–6:30 am

Program Fee: M \$175 / NM \$235

Advanced TRX Training

Dates & Times: Thursdays, January 19–April 5, 5–6 pm

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

Jump Rope Training 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: Saturdays, January 21, February 18, or March 17, 10–11 am

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

For all HITT-IT, Kettlebell, TRX and Jump Rope

programs, contact: Amy Petersen x 7318 or apetersen@schosp.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. *Two 6-week sessions.*

Dates & Times: Wednesdays, January 18–February 22 11–11:45 am and Thursdays, March 1–April 5, 10:30–11:15 am

Program Fee: M \$99 / NM \$130

Contact: Sue Talbert, x 7259 or stalbert@schosp.org

For workshops/courses, contact: Megan Slattery, x 2023 or mmslattery@schosp.org, unless otherwise noted

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: Wednesdays, 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, x 2023 or mmslattery@schosp.org

INTEGRATIVE THERAPY

Integrative Therapy can add vitality to your life. These therapies help your body on many levels and promote natural healing and increased productivity. Schedule an appointment today.

- Reduce stress and anxiety
- Reduce pain
- Improve circulation
- Improve digestion

Program Fee: Starting at \$55

Acupuncture

Contact: Sandy Sumi, x 6773
Cliff Morland, x 6740

Clinical Massage Therapy

Contact: Heather Alfnejd, x 7723 or halfnejd@schosp.org
Watsu (water shiatsu)

Contact: Kristin Hovious, x 7466 or Diane Novak, x 7356

Update: Massages can now be booked with our call center at x 8699 during the following hours, Monday–Friday, 9 am–1 pm and 3–7 pm

Infant Massage Class

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: Wednesdays, February 15, 22, 29, noon–1:30 pm

Program Fee: M \$75 / NM \$99

Contact: Heather Rabbitt, LMT, CIMI, x 5993

“WELL MAMA”



New and expectant mothers:

Sleep better, stress less and gratify your body throughout pregnancy and beyond. Your baby is worth it. Create a personalized package to suit your needs by choosing any 7 sessions: Massage Therapy, Pilates, Personal Training, Watsu aquatic therapy, Infant Massage, Acupuncture, Total Control or a nutrition consultation with a Registered Dietitian.

Contact: Heather Alfnejd x7723 or halfnejd@schosp.org

Stress Less with Acupuncture

Receive a real stress treatment, and get to know Galter's Licensed Acupuncturists. Sign up today! Registration limited. Drop-ins available for single sessions or buy two get the third session free.

Dates & Times: Tuesdays, January 17, 24, 31, 4:30–5:30 pm

Program Fee: M \$20 per drop-in, \$40 for all three, NM \$25 per drop-in, \$50 for all three

Contact: Courtesy Desk x 5660

Healing Dance

Wanna dance? Love the water? Join Diane Novak for a teaser of Healing Dance—a form of aquatic bodywork which allows the natural tendencies of the body in water to move in more than 30 hydrodynamic waves and spirals. Movement is understood as medicine and carefully dosed, intermixed with restful pauses in quiet positional sanctuaries to allow for integration of its effects. Sign up today and experience your true healing potential in the water! Registration limited.

Date & Time: Tuesday, January 31, 5:30–6:30 pm

Program Fee: M \$20 / NM \$30

Contact: Courtesy Desk x 5660

New Baby, Now WHAT!?

The first 40 days after a baby is born brings a time of adjustment and transition for every new family. Discuss topics related to your postpartum period that you may encounter and how to have the most positive experience as you get used to being a parent. Join Birth Doula and Licensed Massage Therapist, Emily Semer, in this interactive discussion. Enrollment is limited.

Date & Time: Wednesday, March 21, 6–7 pm

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

Contact: Heather Alfnejd x7723 or halfnejd@schosp.org

Prenatal Partner Massage Course

The expectant woman has additional strains on her body from the demands of pregnancy. Learn the safe way to address the needs of the healthy pregnant woman from a licensed massage therapist who specializes in pregnancy massage. Class will include a discussion of physiological changes, comfortable sleeping positions, pain reducing techniques for labor support and hands on instruction. No prior knowledge of massage is required. Enrollment is limited.

Dates & Times: March 28, 7:30–9 pm

Program Fee: M \$55/couple / NM \$70/couple

Contact: Heather Alfnejd, x 7723 or halfnejd@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 Session #2

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.*

Registration: Members, March 5, nonmembers March 6
Dates & Times: March 28–May 21 (all makeup classes will take place May 23–27)

Weekdays and Weekends

Wednesdays	11–11:30 am	6 mos.–1 yr.
Wednesdays	11:30 am–noon	6 mos.–1 yr.
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.–36 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.–1 yr.
Mondays	11:30 am–noon	6 mos.–1 yr.
Mondays	noon–12:30 pm	1 yr.–18 mos.

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

Program Fee: Weekdays: M \$65 / NM \$85
 Weekends: M \$71.50 / NM \$93.50

Children's Group Swimming Lessons Session #2

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, March 3, nonmembers March 10
Dates & Times: Saturdays, March 30–May 19 (makeup classes May 26)

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 #2

A swim team setting that gives children ages 8 to 17 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 taught by experienced swimmers and coaches. *8-week session.*

Registration: Members, March 3, nonmembers March 10

Dates & Times: Saturdays, March 30–May 19, 7:20–8:20 pm

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

Learn-To-Swim Session #2

The Learn-to-Swim program is designed as the next step for any child who has advanced through our Aquababies program. 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, March 5, nonmembers March 6

Dates & Times: March 28–May 16

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

Private Swimming Lessons

Did you always want to learn how to swim, but didn't know where to start? Learn to swim or refine your skills, no matter what your age. Work one-on-one with a qualified WSI Certified swim instructor. Swimmers of all levels and abilities are welcome. Lessons scheduled at your convenience. Lessons are a half-hour in length. Three years of age and up.

Note: No private swim lessons on Sundays, 9 am–noon; Wednesdays, 3–6 pm and Saturdays, 9–11:30 am. No children's lessons after 7 pm.

Program Fee:

Package of 3 lessons:	M \$60 / NM \$72
Package of 6 lessons:	M \$108 / NM \$132
Package of 12 lessons:	M \$192 / NM \$240

Masters Swimming Program Session #1 2012

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: January 3–March 31

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:

Sundays, January 8, February 12 and March 11, 12:30–6 pm

Friday Night Family Swim: Fridays, January 13 and 20, February 3, 10 and 17, March 9, 16 and 23, 6–7:30 pm

To register, contact: Courtesy Desk x 5660

For private swim lessons contact: Aquatics administration team, x 7399 or glcaquaticsinfo@schosp.org

For all other aquatics programming info contact: Vanessa Recinos, Aquatics Navigator at x 8015 or vrecinos@schosp.org

Comments or suggestions regarding aquatics programs, contact: Wes King, Aquatics Director x 7309 or wking@schosp.org

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: Saturdays, January 14, February 11 and March 10, 8–10 am

Contact: John Joyce, x 7347

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/post-natal 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 if you can't make whole session. *Join our 6-week session anytime.*

Prenatal Aqua Dates & Times:

January 2–February 6; February 13–March 19
 Mondays 5:45–6:30 pm Suzanne/Cortney

January 5–February 9; February 16–March 22
 Thursdays 5:45–6:30 pm Krista

Prenatal Yoga Dates & Times:

January 4–February 8; February 15–March 21
 Wednesdays 7:05–8:05 pm Juliane

January 7–February 11; February 18–March 24
 Saturdays 9–10 am Juliane

Pre/Postnatal Semi-private Fitness Dates & Times:

February 14–March 20
 Tuesdays 5:15–6:15 pm Suzanne

Program Fee: M \$55 / NM \$80

Drop-in fee for any of above: M \$10 / NM \$15

Mom and Baby Workout

A body conditioning workout that allows new moms to bond with their baby as they get back in shape. Strengthen your core and relieve your aching back and shoulders. Taught by Krista Booth. *6-week session.*

Age: Mom: six weeks postpartum, baby: six weeks to 10 months (not more than 20 lbs.)

Dates & Times: Tuesdays, February 14–March 20, 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.

For pre/postnatal programs, contact: x 5660 or glcprograms@schosp.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 5 participants needed for the classes to begin.

Dates & Times: Mondays, January 9–February 6, noon–12:45 pm

Program Fee: M \$95 / NM \$115

Contact: Jennifer Palmer at x2233 or jpalmer@schosp.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 postmenopausal. Ball and band are available for purchase. *6-week sessions.*

Dates & Times:

Mondays, January 9–February 13, 9–10 am or 7–8 pm
Saturdays, February 4–March 10, 8–9 am

Total Control Maintenance

Wednesdays, February 22–March 28, 11 am–noon

Program Fee: M \$95 / NM \$120

Total Control™ Platinum

This class is designed for those who have concerns about getting up and down off the ground. All exercises are done in the chair and some standing. Taught by Cori. *6-week session.*

Dates & Times: Wednesdays, January 11–February 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, x 3913 or lmcDonagh@schosp.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, x 3863 or pmarcy@schosp.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 four 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, x 7317 or lolsen@schosp.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, x 7341.

Program Fee: M \$85 / NM \$100

Contact: Leslie Mras, x 7341 or lmrmas@schosp.org

Polar Body Age Challenge

This popular program uses Polar Heart Rate Monitors, team workouts with a trainer (3–4 people), cardio coaching and competition to get you fitter, faster, stronger! Meet for 13 weekly workouts with your team; score points by training smart and making fitness improvements. Top three teams split a prize bank of GLC gift cards.

Dates & Times: February 20–May 20

Program Fee: M \$585 / NM \$685, includes HR monitor

Contact: Caitlin McGrath x 3244

Meet the Coach

Consult with Maki Uechi-Brooker, Personal Trainer/Wellcoach for 30 minutes and get some direction on your overall health and wellness goals. Discuss whatever you need to increase motivation and enhance your plan. Quick: grab a time slot!

Date & Time: Saturday, January 14, 9–11 am

Program Fee: M \$10 / NM \$15

Contact: Amy Petersen x 7318 or apetersen@schosp.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. We'll work to find you a compatible partner.

Contact: Sue Talbert x 7259 or stalbert@schosp.org

Workout Partner Meet & Greet

Join us for this casual meet and greet. Our trainers will lead you through a fun circuit-style workout (adaptable to all fitness levels) and you'll have the chance to interact with others who are looking for a partner. You may or may not find a partner—but this is a great way to start the search process.

Dates & Times: Saturdays, January 14 and March 3, 10–11 am

Program Fee: M \$5 / NM \$8

Contact: Sue Talbert x 7259 or stalbert@schosp.org

Wellcoaching

Work one-on-one with a certified coach on goal-setting around exercise, mental / emotional fitness, nutrition, life satisfaction, sleep & energy, etc. Each week you'll set small objectives which you can reasonably accomplish over the next 7 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: x 3244 or Wellcoaching@schosp.org

MIND/BODY HEALTH

Registration is required.

Yoga/Tai Chi Privates

Would you like to try yoga or tai chi but don't know where to begin? Are you a seasoned practitioner who wants to perfect your practice? Have you stopped taking classes because you don't know how to modify poses for chronic conditions? Our instructors will work one-on-one with you to customize a practice for your body and mind to help you achieve your goals. You can familiarize yourself with the fundamentals by trying one of our beginner sessions.

Beginners Yoga 6-week session

Dates & Times: Saturdays, February 4–March 10, 1:15–2:15 pm

Program Fee: M \$75 / NM \$100

Beginners Tai Chi 6-week session

Dates & Times: Wednesdays, January 25–February 29, 6–7 pm, Lin Schalek

Program Fee: M \$75 / NM \$100

Intermediate Tai Chi 8-week session

Dates & Times: Thursdays, January 12–March 1, 7:05–8:05 pm, Lin Schalek

Program Fee: M \$100 / NM \$130

If you have some experience and want to move at a slower pace: Gentle Yoga 10-week session

Dates & Times: Fridays, January 13–March 16, 4:45–5:45 pm, Rene

Program Fee: M \$125 / NM \$165

Spring has Sprung/Wake Up with Yoga

What is more beautiful than greeting the first day of spring with yoga? Connect with your breath, practice compassion, and find harmony on the first day of spring, so that you may have inner peace throughout the rest of the year. No prior experience required. This will be a fun, invigorating morning practice.

Date & Time: Tuesday, March 20, 6–7 am

Program Fee: M \$20 / NM \$30

Gentle Yoga

This course is designed for individuals interested in yoga with a gentle approach. The class moves at a slower pace, offering time for individual assistance. Classes incorporate relaxation through breath and restorative poses as well as basic asanas (yoga postures) to improve overall strength and flexibility. All levels welcome, but students must be able to get up and down from the floor either unassisted or with a chair. Yoga mats and props are provided. Please wear comfortable clothing. (10 week course)

Dates & Times: Fridays, January 13–March 16, 4:45–5:45 pm

Program Fee: M \$125 / NM \$165

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. A perfect practice for anyone wanting to experience the sense of letting go and opening up into one’s true self. No prior yoga experience necessary.

Dates & Times: Thursdays, January 12–February 16, 4–5 pm

Program Fee: M \$75 / NM \$100

"Wringing in the New Year"—Utilizing Twist for Detoxification & Health!

Find balance, relaxation and ease of movement with this twisting practiced designed to increase blood flow, stimulate your internal organs and release toxins from the body. No prior yoga experience necessary.

Date & Time: Saturday, January 14, 1–2 pm

Program Fee: M \$20 / NM \$30

LifeForce® Yoga for Anxiety and Depression

If you ever find yourself dealing with anxiety or depression, you might be happy to know that yoga can help! LifeForce® Yoga was developed by Amy Weintraub, author of the book “Yoga for Depression”. In addition to yoga postures, this method uses breathing techniques, guided visualizations and affirmations, tones and gestures that regulate the emotions and balance and clear the chakras. The workshop is suited to practitioners of all levels of yoga experience.

Dates & Times: Saturdays, Jan 21–Feb 11, 2:00–3:30 pm

Program Fee: M \$75 / NM \$100



Meditation Mondays

Come expand your serenity and peace of mind! Join this guided meditation series for beginners and those wanting to learn how to relax the mind and body while improving general well-being. The first class will run 60 minutes and include some basic instruction and tips for meditation. Immediately following, we will begin our guided meditation. Follow-up classes will last 30 minutes. Enrollment is limited.

Dates & Times: Mondays, March 5–26, first class 4:15–5:15 pm, follow-up classes 4:45–5:15 pm

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

Contact: Heather Alfrejd x 7723 or halfrejd@schosp.org

Pilates Privates - True to the Original Method

Receive tailored, individualized instruction from our certified Pilates instructors. Lessons are available in our fully equipped Pilates Studio or in your home. Pilates is wonderful for all ages and fitness levels. We offer privates solos, duets and trios. Share the cost and gain support from your workout partner. Come to our Pilates Demos, where our Certified Pilates instructors will be demonstrating exercises on the different apparatuses and answer all of your questions. Get inspired to take your body to a new level!

Date & Time: Thursday, February 16, 8:30–9:30 am; noon–1 pm and 5:00–6:30 pm

Program Fee: Free

Pilates Basics

If you are new to Pilates, this is for you! An introductory course of small group mat class with a certified Pilates instructor who will break down Pilates mat class exercises with the goal of helping individuals participate in larger group mat classes. Taught by Jesse Berg. 6-week session.

Dates & Times: Fridays, January 6–February 10;

February 17–March 23, 5–5:45 pm

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

Intermediate/Advanced Pilates Small Group Mat Classes

Continue working on your Pilates mat work. Classes will 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: January 4–March 22

Wednesdays 10:15–11 am Cori

Thursdays 9–9:45 am Jackie

Thursdays 4:45–5:30 pm Jennifer

Program Fee: M \$160 / NM \$195

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.

Date & Time: Tuesdays, January 3–March 20, 6–6:45 pm

Program Fee: M \$160 / NM \$195

Pilates Stretch

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

Dates & Times: Saturdays, January 7–March 24, noon–12:45 pm

Program Fee: M \$160 / NM \$195

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, January 7–March 24, 6:45–7:30 am

Program Fee: M \$160 / NM \$195

SPECIALTY CLASSES

Registration is required.

Athletic Group Training

Join in for a fun, functional athletic workout. You will get fit using the trendy new fitness toys: Kettlebells, Ropes, TRX, BOSU and Gliders. It will be a strength focused workout that will keep you interested, while you get strong, fit and powerful. In the four week sessions you are able to attend as many classes as you want for the flat fee. Three 4-week sessions.

Dates & Times: January 10–February 4, February 7–March 3, March 6–March 31

Tuesdays, Thursdays, and Saturdays, 8–9 pm

Program Fee: one session M \$75 / NM \$100 or three sessions M \$190 / NM \$250

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, January 12–February 16, 7–8 am

Saturdays, January 14–February 18, 12:15–1:15 pm

Thursdays, March 1–April 5, 7–8 am

Saturdays, March 4–April 8, 12:15–1:15 pm

Program Fee: M \$ 80 / NM \$110

Intro to Rowing

Try a whole new workout that will burn as many calories as running, without the pounding on the joints.

Dates & Times:

Thursday, January 5, 7–8 am

Saturday, January 7, 12:15–1:15 pm

Thursday, February 23, 7–8 am

Saturday, February 25, 12:15–1:15 pm

Program Fee: M \$10 / NM \$20

For all special events programs, contact: Megan Slattery, x 2023 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

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 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 four years and enjoys helping others achieve a healthier lifestyle.

Dates & Times: Wednesdays, January 18, February 15, March 21, 5–6 pm

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

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 Megan Slattery, Peter Marcy, Maki Uechi-Brooker, and Kate Kinne. Daytime and evening classes available. *12-week day and evening session.*

Dates & Times:

Daytime:

FREE info session, Monday, January 9, 10 am.
January 16–April 5, Mondays, 9–11 am and Wednesdays and Thursdays 9–10 am.

Evening:

FREE info session, Tuesday, January 10, 6 pm.
Tuesdays and Thursdays, January 17–April 5, 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, this maintenance class continues the twice weekly group workouts and provides a couple of “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 Megan Slattery and Peter Marcy. *12-week session.*

Dates & Times: Tuesdays and Thursdays, January 3–March 22, 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 would 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. Stay on track with the healthy habits you started in the Nutrifitness class, with the support of fellow classmates and motivating instructors!

12-week session.

Dates & Times: Thursdays, January 12–March 29, 7–8 pm

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

Know Your Body—Change Your Life

Galter LifeCenter is providing BodyMedia® FIT armbands, available in the proshop. BodyMedia® FIT armbands automatically track the calories burned during your daily activities, monitor the quality of your sleep and provide an easy-to-use food log where can track your calories eaten to provide key information you need to maximize your weight loss efforts. Come to this FREE seminar to see how BodyMedia® FIT works and decide if this is the missing link you need!

Date & Time: Tuesday, January 10, 7–8 pm

Program Fee: Free

Nutrition Information Table

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

Dates & Times:

Tuesday, February 7, 3–4 pm, Hearty Healthy, Erica Battin, RD

Program Fee: Free

For all Nutrition programs and services, contact: Nutrition Services x 6723, unless otherwise noted

PROGRAM SPOTLIGHT

Nutrition Fair

In celebration of National Nutrition Month, Galter is hosting a FREE Nutrition Fair which is open to the community. Come talk with GLC Registered Dietitians about your nutrition questions, grab a healthy snack, enter a raffle for free nutrition counseling sessions and receive healthy eating information and discounts on nutrition services and products. Bring the whole family, and learn something new!

Date & Time: Saturday, March 10, 8:30–10:30 am

Program Fee: Free

Contact: Nutrition Services x 6723

Partnering with Swedish Covenant Hospital

FREE LECTURES

3 Day for the Cure “Get Started” Meeting

Learn what it takes to complete a three-day, 60-mile walk for breast cancer for Chicago’s 2011 Susan G. Komen 3-Day for the Cure event. Discuss training, fundraising and how to set up your online participant center.

Date & Time: Saturday, January 21. 9:30 am–12:30 pm

Location: Anderson Pavilion, Titus Johnson Room.

For reservations, contact: (800) 996-3DAY or The3Day.org

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.

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

EVENTS

Living Gluten Free

A diagnosis of Celiac Disease can change your whole lifestyle. Join Dr. Kavita Singh, gastroenterologist at Swedish Covenant Hospital, as she provides a medical explanation of this condition. Then, a registered dietitian from Galter LifeCenter will discuss how to develop and maintain a healthy, balanced gluten-free diet. This class will be beneficial to those who have this condition, or know someone living with it. Samples and recipes provided by Whole Foods Market. All proceeds benefit Gluten Intolerance Group of Chicago.

Date & Time: Thursday, January 26, 7–8:30 pm

Location: Whole Foods Market Lincoln Park, 1550 N. Kingsbury St.

Program Fee: \$15

For reservations, contact: 773.878.6888

AARP Driver Safety Course

Taught by an AARP representative, this two-day program is designed to enhance driving skills and possibly reduce automobile liability insurance fees for people age 50 and older.

Dates & Times: Part I, Tuesday, April 3, 9 am–1 pm; Part II, Thursday, April 5, 9 am–1 pm

Location: Anderson Pavilion, Auditorium (2751 W. Winona)

Program Fee: AARP members (must bring AARP card) \$12 / NM \$ 14

For reservations, contact: 773.878.6888

TIPS FROM THE TRAINER by Maki Uechi-Brooker, M.Ed.**BURNING QUESTIONS ABOUT FAT AND METABOLISM****Resistance Training and Metabolism**

Fact: Resting metabolic rate is influenced by the body's amount of fat-free mass (muscle). Adding muscle to your frame increases the demand for energy, helping you burn more calories all day long, even at rest. Build muscle by incorporating resistance training into your routine!

Fun Fact: EPOC (excess post-exercise oxygen consumption), also known as exercise after-burn, is the amount of calories burned above resting values after the exercise bout ends. EPOC is dependent on exercise intensity and can burn 65 to 150 calories post-workout.

Cardiovascular Exercise and Fat Metabolism

Fact: One of the primary physiological and metabolic adaptations to cardiovascular exercise is the increase in the number and size of the mitochondrion. These are the cells' power houses and "fat burning furnaces." Result: doing cardio builds you more and bigger furnaces, making you a better fat-burner.

High-intensity training may not be appropriate for sedentary individuals or those with orthopedic, cardiac or health risks. In these cases, the best weight loss plan is to start with low intensity work and gradually progress to longer duration. High intensity exercise should not be done daily due to the potential risk of overtraining and overuse injury. It is recommended to balance both high and low intensity exercise for optimal calorie expenditure.

Which Burns More: High Intensity or Low-Intensity Cardio?

Fact: Both are effective for burning fat. Carbohydrates and fat are the main fuel sources utilized for energy during exercise. Fat is the primary fuel during low intensity exercise. As exercise intensity increases, the ratio shifts: more carbohydrate and less fat is burned. When exercise intensity increases to near-max levels (lactate threshold), moving from aerobic to anaerobic, carbohydrates become the main fuel source. However, once exercise continues beyond 1.5 to 2 hours, muscle glycogen (carbohydrate) and blood glucose concentration levels drop. This metabolic state creates a deficit in the availability of carbohydrates, requiring the muscles to switch back to fat for fuel.

Fact Sum-Up:

Low intensity exercise—Mostly fat

Moderate to High intensity exercise—Blend; more carbohydrate than fat

Near-Max intensity—Mostly carbohydrate

More than 1.5–2 hours of exercise—Mostly fat

Though a greater percentage of fat is used during low intensity exercise, high intensity training yields a greater TOTAL calorie expenditure and total amount of fat burned.

Spot Reduction and Body Fat

Fact: There is no such thing as spot reduction. You cannot ab crunch away the body fat around your mid-section. When doing exercises for a specific body part, it is the muscles that are being targeted and not the fat itself. If fat loss is the goal, focus your efforts on burning more energy than you consume. Balance your program with cardiovascular and resistance training and a healthy diet.

FOR MORE INFORMATION ON PERSONAL TRAINING CONTACT PETER MARCY PMARCY@SCHOSP.ORG OR X 3863

EMPLOYEES OF THE QUARTER**Henrietta Hall**

Henrietta Hall has been a KidCenter attendant for a little over a year. Henrietta is always involved in some sort of active play with the children in the KidCenter.

Whether it's playing a game, singing a song, an art project, or just reading a story – she is there to entertain and keep the KidCenter kids happy! Henrietta is also an active staff member outside the KidCenter – she is always the first to volunteer for GLC events and is an active member on the fitness floor and GLC classes. We are happy to have her as part of our staff!

**Sue Talbert**

This is a well-earned award for Sue, personal trainer extraordinaire! The skill and expertise she brings to her work is of great benefit to her clients as well as

her coworkers. In addition to training, Sue has also served as an Exercise Physiologist in the Cardiac Rehabilitation department and is working toward her Group Core instructor certification. She is enthusiastic, kind and lots of fun! One client said, "Sue goes above and beyond in coming up with creative exercise solutions to physical problems." We agree, and are very glad to have her on the Galter team!

Holiday Hours:

Sunday, January 1, New Year's Day

LifeCenter open 8 a.m.–1 p.m.

Nursery open 8:30 a.m.–12:30 p.m.



A New You in the New Year

continued from front cover

- Talk to a registered dietitian about your diet
- Sign up for a massage or Watsu aquatic therapy session and relax
- Address snoring or sleep apnea concerns by visiting Swedish Covenant Hospital's Sleep Lab
- Visit the Chicago Back Institute, where a team of skilled neurosurgeons can help you find the cause of your pain and determine the best way to treat it
- Meet with a personal trainer to help strengthen and stretch your core, or check out our new Group Core program
- Visit with an orthopedic surgeon for knee, hip or sports related injuries
- Make an appointment with one of our acupuncturists
- Take an arthritis fitness class if you suffer from arthritis
- Reduce stress, improve posture and increase strength with a yoga or Pilates class.

FOR INFORMATION ON ANY OF THE ABOVE PROGRAMS, PLEASE EMAIL COMMUNICATION@SWEDISHCOVENANT.ORG AND THE APPROPRIATE DEPARTMENT WILL CONTACT YOU.



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