



Galter
LifeCenter
The science of feeling better

LIFESTYLES NEWSLETTER

FOR MEMBERS, ASSOCIATES,
HEALTHCARE PROFESSIONALS
AND FRIENDS

5157 North Francisco Avenue
Chicago, Illinois 60625
773-878-9936
GalterLifeCenter.org

An affiliate of Swedish Covenant Hospital

Get Fit for National Senior Health and Fitness Day

by Well Community Staff

8 TIPS FOR A SAFE AND EFFECTIVE EXERCISE REGIMEN

Staying fit as you age can help reduce your risk of a number of health complications, and it can provide immediate mental and physical health benefits. May 29 marks the 20th annual National Senior Health and Fitness Day, a day devoted to raising awareness about the benefits of regular exercise for older adults.

Galter LifeCenter will host several lectures, classes and fun events during the day-long celebration to promote fitness and wellness among seniors. Teaming up with Swedish Covenant Hospital, events will include a lecture about the positive connection between working out and mental health, and a discussion about when and how much to eat while exercising. Registration is required beginning **April 1** at the Courtesy Desk, and all lectures are free to attend.

There are many things that older adults can do to protect themselves while achieving their fitness goals. Check out these 8 tips for preventing and treating joint pain offered by Dr. Jennifer Connor, an orthopedic surgeon at Swedish Covenant Hospital.

1. Participate in low-impact exercise.
Low-impact aerobic exercise, such as walking, biking, hiking or even mowing your lawn, can help you minimize joint pain. Stretching and flexibility exercises (including yoga and Pilates), as well as strengthening activities, can also be helpful.
2. Go for a swim.
Swimming laps or taking a water aerobics class can provide resistance without putting pressure on your joints. Dr. Connor adds that swimming in cool water can help relieve swelling in the joints, while warm water pools can increase circulation and joint flexibility.
3. Make an appointment for physical therapy.
A physical therapist can evaluate specific areas of weakness or stiffness in your body and create a customized and safe exercise program. Additionally, seeing a physical therapist (or a personal trainer at a fitness center) can increase motivation to workout, which is important for joint pain sufferers who are starting a new exercise program.
4. Take steps to prevent falls.
An injury can worsen already stiff joints, so preventing injuries in the first place is a great way to ensure you can remain active. "Start low and go slow," is Dr. Connor's rule of thumb when it comes to safe exercise and injury prevention for adults of all ages. If you are over the age of 65, or if you are taking medications that cause dizziness, she recom-

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Coordinating Editors:

Francie Habash
Kristin Walters
Katie Reagan

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MEMBERSHIP

SPRING MEMBER APPRECIATION EVENTS

MORE POWER FOR YOUR APRIL SHOWERS!

Keep the power on with your personal fitness strategy. Whether your workout of choice is Boot Camp, Dance Training or Kettlebells, there are many different options available. Pick your favorite. Your glutes will thank you and your core and biceps will too. Stop by the Courtesy Desk on **Thursday, April 18** and enter the raffle to win a personal training session with one of our certified personal trainers.

MOTHERS IN MAY

It's a celebration of our mothers in May and this year, Mother's Day falls on **Sunday, May 12**. One of the best ways to honor your mother this year is with a gift of fitness and wellness. Purchase a gift certificate for a massage or personal training session or win one for yourself when you stop by the Courtesy Desk. Enter the raffle for a chance to win! Take good care of yourself and remember your mother in doing so.

READY FOR SUMMER?

It's the season we all wait for . . . summer in Chicago. It's easier to rise early and work out during these longer days and earlier sunrises. Our energy levels are increased and it feels good to stay focused on your fitness and nutrition goals. Stop by the Courtesy Desk on **Wednesday, June 19** and pick up your special gift that will add to your summer fun. Be sure to enter the raffle to win a one-hour massage with one of our certified massage therapists.

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

UPDATES FROM THE DIRECTOR



Dear members,

Spring has arrived! The beginning of spring means more than just warm weather—it also signals new beginnings. We hope that you've been able to keep up with your New Year's resolutions this year, but if you haven't, now is a great time to revamp those goals and try again.

Here are some suggestions to get you started and keep you going throughout spring:

- Take a new class. We just launched a new 30-minute class, R30, which is a shorter version of Group Ride. Trust me, you'll still work up a sweat in 30 minutes!
- Walk 70,000 steps in seven days during Medical Fitness Week. We will be participating with medical fitness centers all over the world from April 22-28 to reach this walking goal. We will have free lectures and other special events to keep you moving during the week, too.
- Try our new equipment. We are adding new pieces this spring and changing the arrangement of some of the equipment on the fitness floor. We hope this will help meet the needs of our diverse members and make your workout goals easier to achieve.

There will be many more options offered throughout the year to help keep you motivated. Just let us know if you need a push in the right direction—we'll be happy to help.

In good health,

Art Slowinski

Director of Operations at Galter LifeCenter

SUMMER SOULSTICE WEEK CELEBRATION!

Partnering with You in Wellness

Friday, June 21 is Summer Solstice!

Celebrate during the week of June 16 thru June 23. Here are a few samples taking place:

- Chi Nei Tsang
- Nutrition Table
- Pilates Workshop
- Meditation
- Yoga Solstice
- Watsu
- Tai Body Massage
- Tai Chi in the Healing Garden

MIND/BODY CHALLENGE

During our Summer "Soul"stice week, attend at least four different classes, events or programs listed on the Summer Soulstice schedule. Everyone who finishes the challenge will receive a wellness gift and be entered into a raffle. Some of the modalities you have to choose from are:

- Pilates
- Yoga
- Nia
- Tai Chi
- Massage
- Watsu
- Nutrition
- Acupuncture

Please see a fitness specialist or one of the instructors for more details.

FOR MORE INFORMATION, CONTACT LAURA MCDONAGH WELLNESS MANAGER, LMCDONAGH@SWEDISHCOVENANT.ORG OR EXT. 3913

SERVICES FOR YOU AT SWEDISH COVENANT HOSPITAL

BY NICOLE JOSEPH

InQuicker: Skip the ER Waiting Room

Swedish Covenant Hospital is proud of the ongoing success of our new at-home waiting room option for patients coming to our emergency department. Patients who do not have a life-threatening emergency and who are unable to reach their primary care physician can visit SwedishCovenant.org to sign up (click on “InQuicker: Online ER Check-In”). A text message will let you know your projected treatment time, allowing you to wait in the comfort of your own home. No pre-registration is necessary, so skip the ER waiting room today and hold your place in line.

Rush University Medical Center Affiliation

Swedish Covenant Hospital has recently established an affiliation with Rush University Medical Center to improve the quality and accessibility of cancer services for residents of Chicago’s north side. The affiliation strengthens Swedish Covenant Hospital’s ability to treat patients who have been diagnosed with a variety of cancer types, including breast, colon, lung, liver and prostate cancer. The formalized relationship allows physicians at both sites to work together to provide care for our cancer patients. It will also result in the establishment of a joint tumor board, which will allow doctors at Swedish Covenant Hospital and Rush to use video conferencing to review cases and determine the best course of treatment. The result? Comprehensive cancer care, right in your community. Visit SwedishCovenant.org/cancer-services for more information.

3-D Mammograms

Swedish Covenant Hospital is now equipped with 3-D mammogram capabilities through breast tomosynthesis. This innovative mammogram technology provides physicians with higher quality, more detailed images and scan results, which means more accurate diagnoses for our patients. Our 3-D and sophisticated 2-D imaging capabilities particularly benefit younger women and those with dense breasts by locating and identifying abnormalities or suspicious lumps that may have been overlooked in the past. Swedish Covenant Hospital is one of just three hospitals in Illinois offering this technology. Call now for an appointment: 773-878-6888.

FOR MORE INFORMATION ON ANY OF THESE SERVICES VISIT SWEDISHCOVENANT.ORG

SPRING 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
 APRIL '13 GROUP FITNESS
 LAUNCH**

Leap into spring with the April '13 BTS Launches. You will squat and press your way into spring with the new releases. You will laugh, groan, scream, with the new moves and excitement of the classes. Join the fun, and LET’S DO IT! There will be raffles and refreshments, you must be registered to enter raffle. Please register, starting March 13, at the Courtesy Desk or online. Look for more launch information on the posters and fliers.

Wednesday, April 3

-  Group Step, 7 p.m.
-  Group Core, 8 p.m.

Thursday, April 4

-  Group Power, 8:45 a.m.
-  Group Kick, 10 a.m.

Friday, April 5

-  Group Centergy, 5:45 a.m.
-  Aqua Zumba Party, 8 a.m.
-  Group Ride, 8:30 a.m.
-  Group Active, 10:15 a.m.
-  Dance Party (Group Grove and Zumba), 6–7:30 p.m.

The new group fitness schedule begins April 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 that is best for you. We offer several options designed to help you build your PFS:

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. This appointment may include some physical fitness testing, come dressed to move.

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.

Program Fee: Free to new members, within the first three months of joining / Current members \$25

Contact: A Fitness Coach to schedule tests or re-tests, x7358 or fitness@schosp.org

Fundamental Fitness

A comprehensive 8-week course which allows you to learn about health, fitness and wellness in a supportive and encouraging environment. Recommended for those who 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

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

WORKSHOPS/COURSES

Registration is required.

Semi-Private Myo-Release and Stretch Class

45-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 lmras@schosp.org if interested

CORRECTive Exercise

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, overcome nagging problems and learn proper techniques. Limited to four participants. Taught by Cliff Morland *6-week session.*

Dates & Times: Wednesdays, April 17–May 22, 6–7 pm
Program Fee: M \$135 / NM \$175

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 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: April 1–May 10 (6 weeks) and May 13–June 28 (7 weeks)

Days of Week:

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

T/Th: 9:30 am

Th: 7 am (H₂O Boot Camp) - Land based Boot Camp style workouts done in the East Pool.

Sat: 11 am

Program Fee for 6 weeks:

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

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

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

Program Fee for 7 weeks:

3 times/week: M \$180 / NM \$240

2 times/week: M \$130 / NM \$195

1 time/week: M \$70 / NM \$100

For all Boot Camp programs, contact:

Leslie Mras, x7341 or lmras@schosp.org

Dance Concepts Training

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

Dates & Times: Wednesdays, April 10–May 15, 4:30–5:30 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.

Date & Time: Saturday, May 11, 8–9 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. Limited class size. Taught by Maki Uechi-Brooker, Joe Palla and Jesse Berg. *12-week sessions.*

Beginner/Intermediate TRX Training

Dates & Times:

Mondays, April 22–July 15 (No class May 27), 6:50–7:50 am

Tuesdays, April 23–July 9, 7:15–8:15 pm

Thursdays, April 25–July 11, 5:15–6:15 am, April 25–July 11 Thursdays, April 25–July April 11, 5–6 pm

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

Intermediate/Advanced TRX Training

Dates & Times:

Wednesdays, April 24–July 10, 6–7 pm

Thursdays, April 25–July 11, 5:30–6:30 am

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

TRX—Kettlebell Fusion

Maki mixes these two tools into one outstanding workout. Get fit, strong and balanced! Prior experience with kettlebells preferred. *8-week session.*

Dates & Times: Saturdays, June 8–July 27, 8–9 am

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

TRX—Jump Rope Fusion

Double-fun: join Maki and Ed for an athletic, energetic Saturday workout! You'll learn basic technique and get great circuit-style training. Participants should be able to jump, do push-ups, squats and lunges. No prior jump rope or TRX experience required. *6-week session.*

Dates & Times: Saturdays, May 4–June 15 (No class May 25), 10–10:45 am

Program Fee: M \$99 / NM \$135

Jump Rope Training

How can you burn a ton of calories in just 30 minutes? By jumping rope with Ed! The 6-week session will also help you improve coordination, agility, quickness, footwork and endurance. *6-week sessions.*

Dates & Times: Tuesdays, May 7–June 11 and June 25–July 30, 7:30–8 am

Program Fee: M \$70 / NM \$90

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, for eight continuous cycles. Recommended for intermediate and advanced exercisers. Must be able to sprint, jump, squat, lunge, push up, lift heavy weights and perform fast repetitions. Limited to 6 participants. Taught by Maki Uechi-Brooker. *12-week session.*

Dates & Times: Mondays, April 22–July 15 (No class May 27), 8–9 pm

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

Water Toys!

Not all toys are equal. Some of them are a real drag, but so good for you! Push, Slice, and pull against the water with the added use of foam resistance equipment. The use of stability techniques target your core, back, and upper and lower body with support and resistance of Water Toys. Taught by Jandra Fraire. *6-week session.*

Dates & Times: Free Trial Session: Thursday, April 4, 8:30–9:30 am; Class runs Thursdays, April 11–May 16, 8:30–9:30 am

Program Fee: M \$60 / NM \$80

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

BOSU—Core Synergy

This is a Pilates-inspired class that will teach you core strength, body awareness and stamina.

Dates & Times: Tuesdays and/or Thursdays, April 2–May 23 and June 4–August 1, 6:15–7 am (No class week of July 4)

Program Fee: One day/wk: M \$60 / NM \$90; Two days/wk: M \$100 / NM \$150

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

Register online for a program that begins in April and get \$5 off. Ask us how.

Circuit Craze NEW

Want to come and blast through a workout in a half hour, come to Circuit Craze. You will hit four stations that will target the full body and use a variety of equipment in this half hour power circuit. Come prepared to have fun and sweat. The circuit will have something new every week. *6-week session.*

Dates & Times: Free trial session, Tuesday, April 9, 7-7:30 am, Class runs Tuesdays, April 16-May 21, 7-7:30 am
Program Fee: M \$40 / NM \$60
Contact: Megan Slattery, x2023 or mmslattery@schosp.org

Group Rowing

Are you tired of your same cardio workouts: spinning, the elliptical, stationary bike, the treadmill? Come 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. *6-week session.*

Dates & Times: Thursdays, March 21-April 25 and May 16-June 20, 7-8 am
 Mondays, May 13-June 17, 7-8 pm
Program Fee: M \$80 / NM \$110

Intro to Rowing

Dates & Times:
 Thursday, March 14 and May 9, 7-8 am
 Monday, May 6, 7-8 pm
Program Fee: M \$10 / NM \$20
Contact: Megan Slattery, x2023 or mmslattery@schosp.org

For Workshops/Courses, contact: Amy Petersen x7318 or apetersen@schosp.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: Saturdays, April 6, May 11, June 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

BTS Spring Launch

New Schedule Begins April 9.

See page 2 for more information.

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
Program Fee for both programs: M FREE / NM \$100/10 classes or \$120/15 classes.
Contact: Megan Slattery, x2023 or mmslattery@schosp.org

INTEGRATIVE THERAPY

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

- Heal 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 Alfnejd, x7723 or halfnejd@schosp.org

Watsu Aquatic Therapy

Contact: Kristin Hovious, x7466 or Diane Novak, x7356

Prices: starting at \$55/session

Update: Massages can now be booked with our Concierge, glcprograms@swedishcovenant.org or x8699

Meditation

Given the times and uncertainty, it's too easy to become stressed out, which can compromise our health. Learn how to personally manage your overall well-being. Meditation has several proven health benefits:

- Lower blood pressure and heart rate
- Reduce muscle tension
- Reduce stressful hormones, including cortisol
- Enhance overall sense of well-being

Dates: April 6-May 4 and May 11-June 15
 (No class May 25)
 Saturdays 10:15-11 am

Dates: April 8-May 6 and May 13-June 17
 (No class May 27)

Mondays 4:45-5:30 pm
Program Fee: 5 Sessions: M \$59 / NM \$75

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: Three day course, TBD
Program Fee: M \$75 / NM \$95 per family
Contact: Heather Rabbitt, LMT x5993 or hrabbitt@schosp.org

For Integrative Therapy Programs, contact: Heather Alfnejd, x7723 or halfnejd@schosp.org.

AQUATICS PROGRAMS

Please see GalterLifeCenter.org/Aquatics for the most up to date information regarding programs, schedules and registration dates.

Aquababies Session #2 & #3

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. *6, 7 or 8 week sessions.*

Weekdays and Weekends

Wednesdays	11-11:30 am	6 mos.-18 mos.
Wednesdays	3-3:30 pm	6 mos.-24 mos.
Thursdays	10-10:30 am	6 mos.-18 mos.
Saturdays	7:45-8:15 am	6 mos.-18 mos.
Saturdays	8:15-8:45 am	18 mos.-24 mos.
Saturdays	noon-12:30 pm	6 mos.-24 mos.
Sundays	9:30-10 am	6 mos.-12 mos.
Sundays	10-10:30 am	12 mos.-18 mos.
Sundays	10:30-11 am	18 mos.-24 mos.
Sundays	11:30 am-noon	6 mos.-24 mos.
Mondays	11-11:30 am	6 mos.-18 mos.

Session #2

Online Registration: M March 3 / NM March 10
In House Registration: M March 4 / NM March 11
Dates: April 1-May 26 (Make-up dates: May 20 for Monday class and May 28-June 2 for others)

Program Fees Session #2:

Weekdays: M \$71.50 / NM \$93.50
 Weekends: M \$76.50 / NM \$98.50
 *Monday: 7 weeks M \$62.50 / NM \$82

Session #3

Online Registration: M May 19 / NM May 27
In House Registration: M May 20 / NM May 28
Dates: June 10-July 28, No class July 3 and 4 / (Make-up dates: July 29-August 4)

Weekdays and Weekends

Program Fees Session #3:
 Weekdays: M \$63 / NM \$82
 Weekends: M \$67 / NM \$87
 *Wednesdays & Thursdays: M \$54 / NM \$70

Advanced Aquababies Session #2 & #3

This program is recommended for children ages 2-3 who have established a solid comfort level in the water. The goal of this class is to cultivate and build on the skills taught in Aquababies. *6, 7 or 8 week sessions.*

Weekdays and Weekends

Wednesdays	11:30 am-noon
Wednesdays	3:30-4 pm
Thursdays	10:30-11 am
Saturdays	8:45-9:15 am
Saturdays	11:30-noon
Sundays	9-9:30 am
Sundays	11-11:30 am
*Mondays	11:30-noon

Session #2

Online Registration: M March 3 / NM March 10
In House Registration: M March 4 / NM March 11
Dates: April 1-May 26 (Make-up dates: May 20 for Monday class and May 28-June 2 for others)

Program Fees Session #2: M \$80 / NM \$105
 *Monday: 7 weeks M \$70 / NM \$92

Session #3

Online Registration: M May 19 / NM May 27
In House Registration: M May 20 / NM May 28
Dates: June 10-July 28, No class July 3 and 4 / (Make-up dates: July 29-August 4)

Program Fees Session #3: M \$70 / NM \$92
 *Wednesdays and Thursdays: M \$60 / NM \$79

Semi-Private Aquababies Session #2 & #3

Our Semi-Private Aquababies program is designed to provide specific instruction that fits the needs of children ranging from ages 6 months old up to a Level 2 swimmer (typically age 3 1/2). There are three main categories of classes with systematic goals and objectives. The three types of classes are Infant, Toddler and Pre-School (6 months to 3 years). *7 or 8 week sessions.*

Session #2

In House Registration Only: M March 4 / NM March 11
Dates & Times: April 2–May 26 (Makeup dates: May 28–June 2)
Program Fee: M \$100 / NM \$125

Session #3

In House Registration: M May 20 / NM May 28
Dates: June 11–July 28 (Makeup dates: July 30–August 4)
Program Fee: M \$87.50 / NM \$110

Learn-to-Swim Session #2 & #3

The Learn-to-Swim program is designed for any child who has completed our Advanced Aquababies program and is between 3 to 6 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. *4 to 1 instructor to student ratio. Please see our website for more information. 6, 7 or 8 week sessions.*

Wednesdays	4–4:30 pm	Level 1A
Wednesdays	4:30–5 pm	Level 1B
Wednesdays	5–5:30 pm	Level 2A
Wednesdays	5:30–6 pm	Level 2B/3A
Fridays	4–4:30 pm	Level 1A
Fridays	4:30–5 pm	Level 1B
Fridays	5–5:30 pm	Level 2A
Fridays	5:30–6 pm	Level 2B/3A
Saturdays	6–6:30 pm	Level 1A
Saturdays	6:30–7 pm	Level 1B
Saturdays	7–7:30 pm	Level 2A
Saturdays	7:30–8 pm	Level 2B/3A
Sundays	4–4:30 pm	Level 1A
Sundays	4:30–5 pm	Level 1B
Sundays	5–5:30 pm	Level 2A
Sundays	5:30–6 pm	Level 2B/3A

Session #2

Online Registration: M March 3 / NM March 10
In House Registration: M March 4 / NM March 11
Dates & Times: April 3–May 26 (Makeup dates: May 29–June 2)
Program Fee: M \$90 / NM \$115

Session #3

Online Registration: M May 19 / NM May 27
In House Registration: M May 20 / NM May 28
Dates & Times: June 12–July 28, No class July 3 and 5 / (Makeup dates: July 29–August 4)
Program Fee: M \$79 / NM \$101
 *Wednesday & Fridays: M \$67.50 / NM \$ 87

Intermediate Learn-to-Swim #2 & #3

Intermediate LTS is for any child who is ready to move from the East Pool to the West Pool and pursue above Level 3 swimming skills. This is the next step towards preparing for technical development and increase endurance. The student must have the ability to swim multiple lengths in a 25 yard pool. The student can swim front crawl with lateral breathing and back stroke. The student also needs to have a basic understanding of breast stroke, kick and pull. Average age, 7 and above. *6, 7 or 8 week sessions.*

Mondays	4–4:45pm
Fridays	4:45–5:30 pm
Saturdays	6:30–7:15 pm

Session #2

Online Registration: M March 3 / NM March 10
In House Registration: M March 4 / NM March 11
Dates & Times: April 1–May 25 (Makeup dates: May 20 for Monday class and May 28–June 2 for others)
Program Fee: M \$95 / NM \$120 and Mondays M \$83.50 / NM \$105.50

Session #3

Online Registration: M May 19 / NM May 27
In House Registration: M May 20 / NM May 28
Dates & Times: June 10–July 27, No class July 5 / (Makeup dates: July 29–August 3)
Program Fee: M \$83 / NM \$105.50, Fridays M \$71.25 / NM \$90.50

Advanced Learn-to-Swim

Advanced LTS is for any child who is ready to move from the East Pool to the West Pool and pursue above level 3 swimming skills. This is the next step towards preparing for technical development and endurance growth. The student must have the ability to swim multiple lengths in a 25 yard pool. The student can swim front crawl with lateral breathing, back stroke and breast stroke. The student has a basic understanding of the dolphin kick. *6, 7 or 8 week sessions.*

Mondays	4:45–5:30 pm
Fridays	4–4:45 pm
Saturdays	6:30–7:15 pm

Session #2

Online Registration: M March 3 / NM March 10
In House Registration: M March 4 / NM March 11
Dates: April 1–May 25 (Makeup dates: May 20 for Monday class and May 28–June 2 for others)
Program Fee: Friday and Sunday Class M \$95 / NM \$120 and Monday Class M \$83.50 / NM \$105.50

Session #3

Online Registration: M May 19 / NM May 27
In House Registration: M May 20 / NM May 28
Dates: June 10–July 27, No class July 5 / (Makeup dates: July 29–August 3)
Program Fee: M \$83 / NM \$105.50, Fridays M \$71.25 / NM \$90.50

Swim Club Session #2 & #3

A swim team setting that gives children who are able to swim the length of the pool (25 yards) and moved through our Intermediate/Advanced Learn-to-Swim programs, the opportunity to develop their swimming skills in a fun and supportive environment. Designed for children and youths seeking to develop advanced swimming skills to prepare for a “swim team”, this program is coached by experienced competitive coaches! *7 or 8 week sessions.*

Session #2

Online Registration: M March 3 / NM March 10
In House Registration: M March 4 / NM March 11
Dates & Times: Saturdays, April 6–May 25 (Makeup date: June 1), 7:15–8:15 pm
Program Fee: M \$95 / NM \$115

Session #3

Online Registration: M May 19 / NM May 27
In House Registration: M May 20 / NM May 28
Dates & Times: Saturdays, June 15–July 27 (Makeup date: August 3), 7:15–8:15 pm
Program Fee: M \$83.50 / NM \$101

Masters Swimming Program Session #2 & #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. Price includes: Up to five dry-land practices per month for registered Masters participants, two Postal timings, 2–4 coaches clinics/year, specific training for Big Shoulder event.

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
Dry Land	
Wednesdays	6–7 pm

Session #2

Registration: M March 4 / NM March 11
Dates & Times: April 1–May 31

Session #3

Registration: M May 20 / NM May 28
Dates & Times: June 1–August 31
Program Fee: Quarterly (12 wks) M \$100 / NM \$125

Family Swim Day Session #2 & #3

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 located 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, April 14, May 12, June 16, July 14, 12:30–2 pm and 2:15–3:45 pm
Friday Evening Family Swim: Fridays, April 12, 19; May 3, 10, 17; June 7, 14, 21; and July 12, 7–8:30 pm
To register, contact: Courtesy Desk x5660

For all aquatics programming info contact: Vanessa Recinos, Aquatics Program Supervisor x8015 or vrecinos@schosp.org

Private Swimming Lessons

Our private swim instructors are trained in the Galter LifeCenter standardized teaching style as well as WSI certified. Whether you are training for a triathlon, improving a specific skill, or have a few friends who you want to learn with, we invite you to participate in private swim lessons. We offer solo, duo’s and trio lessons for swimmers of all ages. Adult private swim lessons are typically matched with an instructor sooner than a child, based on availability and schedule flexibility. Currently we are not taking child private swim lesson requests on the weekends. Please visit our website for further information and to fill a private swim lesson in-take form.

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

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

Comments or suggestions regarding the aquatics department 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. Health-care provider's release is required for prenatal. Postnatal may start six weeks postpartum. Minimum participation is required to begin session. We offer a drop-in fee after class is in session. Join our 6-week sessions anytime.

Prenatal Aqua Dates & Times:

Mondays	April 8–May 13	5:45–6:30 pm
Mondays	May 20–July 1	5:45–6:30 pm
Thursdays	April 4–May 9	5:45–6:30 pm
Thursdays	May 16–June 20	5:45–6:30 pm

Prenatal Yoga Dates & Times:

Wednesdays	April 3–May 8	6:45–7:45 pm
Wednesdays	May 15–June 19	6:45–7:45 pm

Program Fee: M \$60 / NM \$85 (No class May 27)

Contact: Delia Arroyo x7353 or darroyo@schosp.org

Mom and Baby Yoga

This small group yoga class is designed for new moms. Babies are welcome to attend. Learn yoga poses that will ease the stress of carrying the baby while making the body stronger and more flexible. 6-week session.

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

Dates & Times: Tuesdays, April 9–May 15, 8:30–9:15 am

Program Fee: M \$60 / NM \$85

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 session.

Dates & Times: Tuesdays, May 21–June 25, 8:30–9:15 am

Program Fee: M \$60 / NM \$85

Fit After Fifty

If you're a woman who is part of the Baby Boomer Generation, this course is for you! Fight osteoporosis, menopause and other conditions that join you at this age with this fun new class that includes cardio, strength training, balance and core work. This course meets twice a week for 6 weeks.

Dates & Times: Wednesdays and Fridays, April 10–May 17, 4-5 pm

Program Fee: M \$175 / NM \$225

For the above programs, contact: Delia Arroyo x7353 or darroyo@schosp.org

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 sessions.

Program Fee: M \$300 / NM \$350

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, April 8–May 13, 5–6 pm
Saturdays, April 13–May 18, 9–10 am

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

Total Control™ Platinum

Wednesdays, April 10–May 15 and May 22–June 26, 11 am–noon

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

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

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

PERSONAL TRAINING SERVICES

Registration is required.

Personal Training

Get the most out of your workouts! Galter LifeCenter offers one-on-one sessions for the beginner to the athlete. Our certified personal trainers will customize an exercise plan to help you achieve results. In-home and duet training are also available.

Contact: Peter Marcy, x3863 or pmarcy@schosp.org, for more information or to be matched with a trainer

Group Personal Training

The best of both worlds: receive the instruction, support and motivation of a personal trainer, but share the cost with others! Your workouts will include cardiovascular, strength and flexibility elements, and the class size is limited so you still get plenty of coaching. Gather a group of friends, family, neighbors or coworkers and we will schedule a session at your convenience. Semi-Private (3-6 people) and Small Groups (6–10 people) are available. 6-week sessions.

Program Fee:

Semi-Private M \$135 / NM \$175

Small Group M \$90 / NM \$120

Contact: Laura Olsen, x7317 or lolsen@schosp.org

Semi-Private Training

Train with Peter and enjoy the camaraderie of a small group while you get fitter together! 8-week session. Limited to 4 participants.

Dates & Times: Saturdays, April 6–June 1, 9–10 am (No class May 25)

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

Contact: Peter Marcy, x3863 or pmarcy@schosp.org

Cardio Coaching

- Train smarter not harder
- Understand heart rate zone training and what it means for you
- Be effective and efficient with each training session you do

A cardio coach will help you utilize a 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 an accurate way to measure your intensity or exertion level. Learn the right amount of time and intensity needed to get results!

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

Contact: Leslie Mras x7341 or lmras@schosp.org

Wellcoaching

Work one-on-one with a certified coach on goal-setting for exercise, emotional fitness, nutrition, life satisfaction, sleep, 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 for your goals. Each little step is energizing toward the following week – you may surprise yourself with what you can accomplish! Express Pack (4 sessions) available to kick-start your progress.

Contact: x3244 or Wellcoaching@schosp.org

MIND/BODY HEALTH

Registration is required.

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." 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 for Triathlon Training Workshop

Including Pilates in your triathlon training can provide flexible, strong muscles without adding any bulk. With Pilates you can improve your technique, prevent injuries, improve balance and enhance athletic performance. This workshop will focus on how to strengthen the body's core stabilizing muscles, deep abdominals, pelvic floor and buttock muscles. Learn how to target the many layers of abdominal muscles that make up the body's core and generate more power to swim, run and bike.

Date & Time: Monday, April 15, 7–8 pm

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

Cancer Survivor Workshop

This workshop is designed to teach how the gentle movements of Pilates and refining your breathing patterns can help relieve other symptoms associated with your treatment.

Date & Time: Saturday, May 18, 1-2 pm

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

Pilates in the Park Mat Workshop

Celebrate Summer "Soul"stice by enjoying a mat class outdoors! Take in the sights and sounds of the season and you stretch and tone your body.

Date & Time: Saturday, June 22, 1-2 pm
Program Fee: M \$20 / NMS 30

For Pilates programs and events contact: Pilates Studio x2233 GLCpilates@schosp.org or Delia Arroyo x7353

Please Note: Register for any Pilates Mat Class before March 26, 2013 for a reduced fee.

Pilates Basics

This course is designed to introduce new students to the basics of Pilates. Gradually you will introduce your body to the conditioning method of Pilates on the mat. Taught by Laura Martinelli. *6-week sessions.*

Dates & Times:
Mondays, April 1-May 6, 7-7:45 pm
Wednesdays, April 3-May 8, noon-12:45 pm
Program Fee: M \$95 / NM \$115

Intermediate/Advanced Pilates Semi-Private Mat Classes

For intermediate to advanced levels. *12-week sessions.*

Dates & Times: April 4-June 21
Thursdays 9:15-10 am Jackie
Fridays 2-2:45 pm Laura
Program Fee: M \$175 / NM \$210

Advanced Mat Class

For the novice or experienced student to master the workout on their own from memory. *12-week sessions.*

Dates & Times: April 2-June 20
Tuesdays 6-6:45 pm Joe
Thursdays 4:45-5:30 pm Jennifer
Program Fee: M \$175 / NM \$210

Pilates Tower Classes (NEW)

This small group class incorporates Pilates mat work and work on the tower apparatus. The springs help support your body so you can get the full benefits of the Pilates method. Your workout class is designed to tone and strengthen your core musculature and improve body alignment and posture. *10-week sessions.*

Dates & Times: April 1-June 10 (No class May 27)

Beginning Tower

Mondays 8-8:50 am Cori
Mondays 2-2:50 pm Laura
Thursdays 11-11:50 am Juliet
Fridays 1-1:50 pm Laura
Saturdays 9-9:50 am Joe

Intermediate Tower

Mondays 6-6:50 pm Joe
Tuesdays 5:05-5:55 am Joe
Tuesdays 6-6:50 am Joe
Tuesdays 9-9:50 am Jesse
Wednesdays 7-7:50 am Juliet
Wednesdays 9-9:50 am Cori
Wednesdays 10:15-11:05 am Cori
Wednesdays 6:30-7:20 pm Joe
Thursdays 9-9:50 am Jennifer
Saturdays 8-8:50 am Joe
Sundays 10-10:50 am Joe

Dates & Times: April 2-June 11

Tower for Triathletes

Tuesdays 7-7:50 am Cori
Program Fee: M \$200/ NM \$230

Pilates Stretch

Pilates mat with emphasis on stretching. Taught by Juliet Cella. *12-week session.*

Dates & Times: Saturdays, April 6-June 22, 12:15-1 pm
Program Fee: M \$175 / NM \$210

Pilates Challenge for Men

This mat class designed specifically to challenge men. Taught by Joe Palla. *12-week session.*

Dates & Times: Saturdays, April 6-June 22, 6:45-7:30 am
Program Fee: M \$175 / NM \$210

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

Yoga/Tai Chi Privates / Intro Classes Yoga

Yoga is an ancient technology that continues to evolve even today. The physical postures are designed to purify the body and provide the individual with physical strength and stamina. You will increase your flexibility and sense of balance. The movement into poses (asana) and stretches, breathing technique (pranayama), meditation (dhyana) and relaxation will together foster optimal health and well-being. It is a practical aid to living that encourages the union of mind, body and spirit.

Tai Chi

The ancient art of tai chi uses gentle physical exercise and stretching. You perform a series of postures or movements in a slow, graceful manner. Flowing into the next without pause, ensuring that your body is in constant motion. The movements may help to reduce the stress of today's busy lifestyles and improve health. Anyone can benefit from practicing tai chi or yoga.

Yoga Basics 6-week session

Dates & Times: Saturdays, April 20-May 25, 1:30-2:30 pm
Program Fee: M \$75 / NM \$100

Beginners Tai Chi 8-week session

Dates & Times: Wednesdays, April 3-May 29, 5:45-6:45 pm
Program Fee: M \$100 / NM \$130

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 sessions.*

Dates & Times: Thursdays, April 11-May 16 and May 23-June 27, 3:30-4:45 pm
Program Fee: M \$85 / NM \$110

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 session.*

Dates & Times: Fridays, April 5-June 7, 4:45-5:45 pm
Program Fee: M \$125 / NM \$165

Wake up with Yoga

What is more beautiful than starting the day with yoga? Connect with your breath, practice compassion, and find harmony on the first day of summer; so that you may have inner peace throughout the rest of the year. No prior experience required. This will be an invigorating way to start off your summer!

Date & Time: Friday, June 21, 6:30-7:30 am
Program Fee: M FREE / NM \$20

Chakra Workshop

Learn about the power and balancing of the chakras. Chakras, the nerve bundles along the spine to the crown of the head, asanas (poses), pranayama (breath), meditations. Learn fun and interesting thoughts about the chakras—in a nutshell.

Dates & Times: Monday, May 20, 5-6 pm
Program Fee: M \$20 / NM \$30

Help Yourself to DeStress

This workshop will help you to create your own de-stress and relaxation routine. The topics covered include yoga breathing, a brief yoga sequence, use of foam roller and tennis ball massage with a guided relaxation at the end. Be good to yourself—you deserve it!

Date & Time: Saturday, June 22, 1:15-2:30 pm
Program Fee: M \$20 / NM \$30

Tai Chi in the Healing Garden

Enjoy the first day of summer with a short practice of Tai Chi held in the Healing Garden. Breathe fresh air while you gently move through the movements. Taught by Lin Schalek. If bad weather, class will be held in studio 4.

Date & Time: Friday, June 21, 6:30-7:15 pm
Program Fee: M FREE / NM \$15

For all Mind/Body programs, contact: Delia Arroyo x 7353 or darroyo@schosp.org, unless otherwise noted

YOUTH FITNESS

Registration is required.

Yoga for the Tween

Your child will improve their strength, flexibility, and coordination as they bark in downward dog, hiss in cobra pose, flutter their wings in butterfly, and spread their branches in tree pose. They will learn self-respect and respect for others through group games and lessons in basic anatomy. This hour-long class will help your child cultivate a lifetime of joy, peace, and wonder. Visualization and breathing exercises are used to help your child's mental and physical balance and concentration, which they can apply to everyday situations. Children ages 7-12 years old. *7- and 8-week sessions.*

Dates & Times: Wednesdays, April 10-May 22, 4:30-5:30 pm

Program Fee: M \$70 / NM \$85

Dates & Times: Wednesdays, June 5-July 24, 4:30-5:30 pm (8 week session).

Program Fee: M \$80 / NM \$95

Zumbatomic Lil' Starz (Ages 4-7)

If you're looking for a fun, safe fitness class for your child, try Zumbatomic! This hour-long class combines Latin, hip hop and world dance moves set to inspiring music. The instructor will break down each song's routine step-by-step and will include at least one water and bathroom break, along with a fun game to keep your child energized and engaged. You will be able to see your child showcase their moves during a dance performance that will be held at the end of the session. *7- and 8-week sessions.*

Dates & Times: Sundays, April 7–May 9, 1:45–2:45 pm
Program Fee: M \$70 / NM \$85
Dates & Times: Sundays, June 2–July 21, 1:45–2:45 pm
Program Fee: M \$80 / NM \$95

Family Fitness Fun NEW

Join your child for a fun filled 60 minutes of stretching, games, and obstacles. This course will be a place where you and your child can develop strength and get some energy out. Children ages 6–10 years old. *7- and 8-week sessions.*

Dates & Times: Sundays, April 7–May 19, 12:45–1:45 pm
Program Fee: M \$105 / NM \$120 (1 parent per 1 child)
 Additional child \$25 for M/NM
Dates & Times: Sundays, June 2–July 21, 12:45–1:45 pm
Program Fee: M \$115 / NM \$130 (1 parent per 1 child)
 Additional child \$25 for M/NM

For all Youth Fitness programs, contact: Diana Dimas, x 5804 or ddimas@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.

Program Fee: one-hour session M \$70 / NM \$85
 30-minute session M \$40 / NM \$55
 Semi-Private (3-5 people) M \$90 / NM \$120
 Group Session (>6 people) M \$150 / NM \$205

Fitmate

Measurement of your resting metabolic rate (RMR) and results review with a registered dietitian. 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 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 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 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 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 or be reimbursed by your insurance provider! Taught by Peter Marcy, Maki Uechi-Brooker, Delia Arroyo and Kate Kinne. *12-week session.*

Dates & Times: FREE info session, Thursday, April 4, 7-8 pm. Session runs April 16–July 2, Tuesdays and Thursdays, 6–8 pm
Program Fee: M \$800 / NM \$975

"Express" Nutrifitness for a NU You!

Lose weight, drop inches, reduce blood pressure, cholesterol and more in this "express" version of our comprehensive group weight loss program that is designed for clients who are overweight or with medical conditions directly related to weight gain. Teachers, this one is for you—designed to coincide with your summer break! *8-week session.*

Dates & Times: FREE info session, Wednesday, June 26, 9–10 am.
 Session runs July 8–August 29, Wednesdays and Thursdays, 9–11 am
Program Fee: M \$650 / NM \$800

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 Fraire, Delia Arroyo and Peter Marcy. *12-week session.*

Evening Dates & Times: Tuesdays and/or Thursdays, April 2–June 20, and June 25–September 17, 6–7 pm
Day Dates & Times: Mondays and/or Wednesdays, April 1–June 24, 9–10 am

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 includes 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: Saturdays, April 20–July 6, 12:30–1:30 pm
Program Fee: M \$255 / NM \$375

BodyMedia FIT® Weight Loss Package

Do you have a BodyMedia armband and want to get started using it? Bring your armband in to GalterLifeCenter to get assistance setting up your individualized profile and learn how to maximize your potential for becoming healthier. Includes: One hour session with a registered dietitian and a personal trainer and three additional 30 minute sessions with the registered dietitian or personal trainer. (Online subscription for BodyMedia must be purchased prior to appointment)

Program Fee: M \$175 / NM \$225

The Walk and Talk T.E.A.M.

Trust. Encouragement. Accountability. Motivation. If you've run out of ideas and motivation during your journey to weight loss, this group is for you. The guided discussion will cover topics such as strategies, motivation and encouragement that will give you that extra push. This group meets once a month for support, idea-sharing and strategies related to eating healthy, exercising and weight management. After experiencing a life changing weight loss, personal trainer Delia Arroyo is eager to motivate and encourage others in their own weight loss journey.

Dates & Times: Saturdays, April 13, May 11, June 8, 9–10 am
Program Fee: single class fee M \$15 / NM \$20

Nutrition for an Active Lifestyle

Are you starting a new exercise plan, running your first 5k, a marathon or participating in triathlon training at Galter LifeCenter? Either way, you need to know how to best fuel your body to meet your goals and perform the best that you possibly can. Learn tips about pre and post activity fueling as well as the low down on sports beverages, bars and gels. Join us for a lecture you won't want to miss!

Dates & Times: Monday, April 8, 5:30–6:30 pm
Program Fee: M \$15 / NM \$20

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

Events at Swedish Covenant Hospital

FREE LECTURES

Balance Screening

Physical therapists from Swedish Covenant Hospital's Balance Center will perform free, 10-minute screenings to evaluate your risk for a fall. You'll go home with a print out of your results. Ideal for anyone who recently had surgery or an injury, as well as those who suffer from dizziness, vertigo or neurological conditions.

Date & Time: Thursday, April 11, 10 am–1 pm and Tuesday, May 21, 4–7 pm

Location: The Balance Center (use Rehabilitation Services entrance)

Program Fee: Free

Contact: 773-878-6888 for reservations

Nutrition Information Table

Stop by to meet one of Galter LifeCenter's registered dietitians, Syeda Farid, and have your questions answered about preventing chronic diseases like heart disease or diabetes and find out what foods are right for maximizing your wellness.

Dates & Times:

Wednesday, May 29, 9:30–10:30 am, Thursday, June 20, noon–1 pm

Program Fee: Free

EVENTS

Reflexology

Did you know that your feet, hands and outer ears can be stimulated to release tension in your body? Join us to learn how reflexology can be used to complement modern medical treatment for many ailments, including anxiety, asthma, cardiovascular issues, knee pain and much more.

Date & Time: Thursday, April 18, 7–8 pm

Location: The Book Cellar, 4736 N. Lincoln Ave.

Program Fee: Free

Contact: 773-878-6888 for reservations

Home Remedies

Learn to use your pantry as a personal pharmacy. Join Dr. Rusalina Mincu, an internal medicine physician at Swedish Covenant Hospital, for a fun, hands-on discussion about easy recipes, remedies and treatments you can whip up at home.

Date & Time: Thursday, May 16, 7–8 pm

Locations: City Olive Roscoe Village, 2236 W. Roscoe St.

Program Fee: Free

Contact: 773-878-6888 for reservations

Make Your Own Baby Food

Making your own baby food can help ensure that your little one is getting food packed with quality nutrients. A representative from Whole Foods Market Sauganash, will show you how to make, store and serve baby food. A registered dietitian from Galter LifeCenter will share the nutritional benefits for your

baby and provide tips on feeding schedules. Learn now while the bun is still in the oven!

Date & Time: Saturday, June 8, 1:30–3 pm

Location: Whole Body Fitness, 6125 N. Cicero Ave.

Program Fee: Single ticket \$10 / Couple ticket \$15

Contact: 773-878-6888 for reservations

Practical Parenting Series: Effective Infant and Toddler Eating Habits

Join Dr. Andy Sagan, pediatrician and medical director of Swedish Covenant Medical Group Pediatrics, as he discusses proactive strategies to ensure your little one has a well-rounded diet for optimal development. Giveaways and gift bags will be distributed courtesy of kickSprout, a local organization creating fun events for expectant parents and families.

Note: This class is for expectant parents and parents of infants.

Date & Time: Thursday, June 13, 7–8:30 pm

Location: Pickles Playroom, 2315 W. Lawrence Ave.

Program Fee: Single ticket \$10 / Couple ticket \$15

Contact: 773-878-6888 for reservations

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: Wednesdays; April 10, 24; May 8, 22; June 12, 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: 773-878-8200, x 7321

Galter LifeCenter has a new tagline:

The science of feeling better

We're here to give you the knowledge and skills you need to achieve your wellness goals so you walk out of here feeling better.

What makes you feel better?

Share your stories with us on facebook.

WELLNESS WISDOM—TIPS FOR THE BABY BOOMERS

by Laura McDonagh, MS

As Baby Boomers (years born 1946–1964) we are at the age where things start to change in our bodies . . . no matter if you were an athlete or have been sedentary, the time is **NOW** to take care of yourself!

Here are some tips:

Give your diet a nutritional update:

Eat foods that will help you travel through the decades feeling great and to help you age successfully. Select foods that will provide you with a health boost during each life stage. Our registered dietitians have the following recommendations:

- Add a protein punch to your meals by adding lean protein such as fish, legumes (beans), lean poultry or eggs. Don't be afraid of the egg! Protein will help maintain muscle in the body.
- Try to aim for three servings of low fat or fat-free dairy per day to get calcium and vitamin D that are important for bone health. Other options are canned fish with soft bones, dark green leafy veggies or fortified beverages and cereals.
- Eat a variety of fruits and vegetables each day.
- Make at least half your grains, whole grains. If you don't get enough fiber, gradually add it to your intake.
- Switch from solid fats to oils like olive oil or sunflower oil to lower your risk of heart disease. Remember, with fat intake moderation is key.

Develop a Well-Balanced Fitness Routine: A total body workout will lessen your chances of injury.

- *Cardio exercise of at least 30–45 minutes per day;* biking, swimming, walking the dog, gardening, playing with the kids, using the stairs.
- *Strength training twice a week for 30–45 minutes;* need I say—Osteoporosis! Receive the proper instruction to learn proper form.
- *Core training is essential.* Maintaining your core strength can help avoid back pain. Try Pilates!
- *Mind/Body programs bring daily peace of mind.* Mental calm is crucial for overall well-being; meditation, massage, yoga or tai chi can help reduce stress and tension. These services can help lower blood pressure and help improve flexibility as well as balance—which you start to lose as you age.
- *Hydrate often.* Bring a water bottle along while you exercise.

Above all, listen to your body: You may not be as flexible or can't tolerate some of the same activities you did years ago, but you may be able to prevent injury by modifying your activity to accommodate your body's needs. According to the March 2010 issue of the Mayo Clinic Women's Healthsource there has been an increasing number of 50-60 years olds suffering exercise related injuries. The Mayo Clinic calls this "Boomeritis".

At Galter LifeCenter, we have quality, credentialed staff that can help you avoid "Boomeritis". We have everything you could use to digest all these tips. If you are not sure how to get started, check out our new class: Fit After Fifty, found under Women's Health programs.

FOR MORE INFORMATION CONTACT LAURA MCDONAGH AT EMAIL LMCDONAGH@SWEDISHCOVENANT.ORG OR EXT. 3913.

EMPLOYEES OF THE MONTH



November

Heather Christoffer

Heather received praise for jumping in to help the Courtesy Desk while performing her concierge duties. Heather is a great set

of second eyes and ears for our programs and can be considered a "hub" for all that happens here.

She is smart, pleasant, hardworking and a great co-worker! Heather also received praise for excellent service, follow up, and program registration changes. We are proud to have Heather as a part of our team!



December

Caitlin McGrath

Caitlin has a passion for personal training and a real knack for meeting individuals where they're at! She has taken a leadership role in the Polar Pro-

gram. We are lucky to have Caitlin as a part of our Galter LifeCenter Team.



January

Jennifer McBride

Jennifer has been instrumental in setting up the new payroll spreadsheets for the departments at Galter LifeCenter. She has

worked on the Safety / Service packet for Aquatics as well as the Quiz and overall checklist for pool personnel. Jennifer continues to step up and offer her knowledge of excel while helping her fellow co-workers! We are proud to have Jennifer as a part of the GLC team!



Get Fit for National Senior Health and Fitness Day

continued from front cover

mends taking extra care while you are exercising at home or walking outside. For home safety tips, visit Stopfalls.org.

5. Treat and prevent osteoporosis.

Osteoporosis, a condition where the bones become weakened, can increase your chances of sustaining an injury. “A healthy diet with calcium and vitamin D from food sources such as dairy, leafy greens, tofu and almonds gives us the vitamins we need to prevent osteoporosis,” says Dr. Connor. “Strength training exercises, along with walking or running, can also help. If you have osteoporosis, receiving treatment for it can help you feel better in the long run.”

6. Quit smoking.

Smoking increases your risk of diseases that make your joints ache. “Smoking decreases your blood flow, which contributes to rheumatoid arthritis and poor circulation,” says Dr. Connor. She notes that poor blood flow can also increase the amount of time it takes wounds and fractures to heal.

7. Keep your weight under control.

Being overweight can raise your risk of developing osteoarthritis, a condition that causes joint pain. “With as little as 10 extra pounds, your knees are taking on three to six times your body weight with every step,” says Dr. Connor. “Even if you already have joint pain, your pain may decrease significantly by losing weight.”

8. Take the next step, when you are ready.

If other prevention and treatment methods don't relieve your pain and allow you to stick to your fitness regimen, Dr. Connor recommends working with your doctor to search for more advanced treatment options. For example, under the guidance of a physician, anti-inflammatory injections may help joint pain sufferers feel less pain and stay active.

In some severe cases, a surgical procedure may help you eventually land back on your feet. “Surgery is something to consider when pain prevents you from normal activities of daily living, and when non-invasive treatments are not providing any relief,” says Dr. Connor. “Many of the surgical procedures require a strong commitment to follow-up rehabilitation after the surgery, but they may be a chance to return to a normal activity level and enjoy life.”

Holiday Hours:

Sunday, March 31, Easter
Galter LifeCenter and KidCenter Closed

Monday, May 27, Memorial Day
Galter LifeCenter open 8 a.m.–1 p.m.
KidCenter open 8:30 a.m.–12:30 p.m.



5157 North Francisco Avenue
Chicago, Illinois 60625
773-878-9936
GalterLifeCenter.org

REGISTRATION FOR NATIONAL SENIOR HEALTH AND FITNESS DAY LECTURES BEGINS APRIL 1, 2013. TO LEARN MORE, AND TO REGISTER, CALL 773-878-9936, EXT. 5660, OR VISIT US ONLINE AT GALTERLIFECENTER.ORG. FOR MORE INFORMATION ON THIS DAY CONTACT SUE TALBERT AT STALBERT@SWEDISHCOVENANT.ORG OR AT EXT. 7259.