

Newsletter of

fitness FORUM

sports & wellness



April 2008

Discover Yourself!



For the fourth time, after Sydney 2000, Athens 2004, Turin 2006, Technogym is once again working along side the best athletes on the planet, bringing to the forefront its exceptional experience in supporting athletic preparation for the Olympic Games. Technogym has long played a pioneering role in promoting innovation. Fitness Forum Sports & Wellness chose the Technogym line because of their reputation of being cutting edge and the best line of cardiovascular and strength equipment in the industry. We are proud to say that we have provided

our members with the newest Selection Line of Technogym. To ensure you are using this correctly fitness staff is available at all hours of operation. If you have not had your fitness assessment, please schedule this at the front desk. Our professional staff at Fitness Forum Sports & Wellness is here to support and educate you to reach your goals in a safe, timely manner. We also have weekly equipment orientations on the cardio and strength lines. Sign up for these classes at the fitness desk. Change up your workout, learn what your target heart rate is, and find out how to use all the programs on the equipment!

Wow! Experience The Medical Difference- Medical Fitness Week Extravaganza

LifePlex is celebrating Medical Fitness Week with an extravaganza of health screenings and information, educational displays and tours of our state-of-the-art facility. As if that's not enough, there will be fabulous door prizes, drawings and free food! This is an opportunity for Plymouth-area residents to see this amazing new facility, become familiar with its wide variety of services and improve their well-being by participating in a dynamic health fair. The response we hear from most first-time visitors is "Wow!" LifePlex is the only holistic health management facility of its kind in northern Indiana. Our mission is to assist others in reaching their God-given potential by promoting health and physical fitness in balance with mental and spiritual well-being. We serve the members of our community with the utmost care, concern and respect within our convenient, inspiring facility, which house state-of-the-art equipment and expertise for diagnosis, health promotion, fitness and recreation—all under the same roof! Services in the 132,000 square-foot facility include a fitness center, medical clinic, urgent care, pharmacy, medical specialists (orthopedists, obstetrician/gynecologist, surgeon, neurologist, podiatrist, nephrologists, and cardiologists), cardiac rehabilitation, dialysis, diagnostic imaging (including MRI), nutrition consultation, diabetes education, massage therapy and other spa services, Cafelicious-a Nutritious and Delicious dining experience, the Play House child care center and "retail therapy" at The Laugh Out Loud Company - and The Discover Shoppe. Come experience the "Wow" of the medical difference April 19th, 21st and 22nd at LifePlex. Call 574-936-2333 for more details or visit www.lifeplex.org or www.fitnessforum.biz for additional information.

Reminders and Exercise Etiquette

- When the facility is busy, please limit your cardiovascular workout to 30 minutes.
- When doing multiple sets on the strength training equipment, please let others work in with you. Let's not rest on the equipment
- Please return free weights and plates when finished with them.
- Please wipe down all equipment when finished, spray bottles and wipes are located throughout the facility.
- Make sure clean athletic shoes are worn on the equipment, in the group exercise rooms, and on the track.
- Missing your radio or favorite shorts? Check the Fitness Forum lost & found for items you may have left behind.

Our Website has a NEW look

Go to: www.fitnessforum.biz
and check it out!!

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Group Exercise in the news

Core Training By Cody Hite, Fitness Assistant

A strong core will enhance balance and stability. It will also improve your posture. Look around at people that slouch or slump, they probably have not exercised much in their life. Add some strength training to their low back and their abdominal region and you will stand up better. Also, adding some functional training in your workout will improve your core strength. This is important to anyone that needs to walk, bend, turn, or lift things throughout the day.

A strong core can prevent back pain. Most people think that back pain is caused by a weak back. In most cases this is actually caused by a combination of weak abdominal muscles and tight hamstrings. A strong core supports the body more effectively; this allows you to do your daily activities with less fatigue. A strong core can also help you lift heavier loads by lifting weights, shoveling the driveway or packing heavy boxes. If you have a weak core, take five minutes and strengthen it. We have several machines at the Fitness Forum Sports & Wellness to help with this. Try a group exercise class, most of these incorporate abdominal training. If you have additional questions on core strength, our Fitness Assistants would be happy to show you some additional exercises!

NEW CLASS! *Moms in Motion*

Moms in Motion is a fitness program designed to prepare women for the physiological changes of pregnancy and the post-partum period and to develop the stamina and strength to handle the rigors of pregnancy and motherhood. Class combines low-impact, flowing movements using the large muscle groups with stability-ball work, stretching, core and pelvic-floor strengthening, relaxation and education.



Moms in Motion will begin the first session on April 21st on Monday and Wednesday evenings at 7:00pm for 4 weeks. Classes will be taught by Aimee Clady, RN and Fitness Forum Sports & Wellness Group Exercise Director. The class is FREE to members and only \$30.00 for non-members. Pre-Registration is required. For additional information see the front desk at FFSW or call 574-936-2333.

April "Member" Massage Specials

Massage—30 minutes \$25.00 or 60 minutes \$55.00

April Nail Special

Full Set of Acrylics—\$23.00

Manicure-12.00 * Pedicure- \$20.00 * Manicure/Pedicure \$30.00

Call The Spa today to schedule your appointment 574-941-1086

2 Hour Cycle Endurance Challenge

Saturday—April 12th

7:15am and 9:30am

Please sign up at the front desk to reserve your bike

ATM now available at LifePlex-across from SPA

Summer "Student" Special

3-Months - \$150.00



April Weekly Specials

Week of April 7th—Salad Bar

Week of April 14th—Chinese Vegetable Stir Fry

Week of April 21st— Meat or Vegetable Lasagna

Week of April 28th—Sloppy Joe Week

Discover...Shoppe

April Special

Sidewalk Sale 4/19-4/22

(Clearance prices on most items)

Come check out the new spring items!

Community Outreach Education

FREE to the Public

Tuesday ~ April 15, 2008

TOPIC: Learn to Laugh Stress Away

SPEAKER: Mary Labuzienski, FFSW Clinical Physiologist

LOCATION: LifePlex Conference Room

TIME: 6:30pm to 7:30pm (Refreshments Provided)

For more information call 574-936-2333 ask for Mindy Troutner (mtroutner@fitnessforum.biz)