

Member News, Briefs & Reminders

New Member Orientation Dates:

If you have not attended a New Member Orientation, please join us to learn all about Lifestyles and our programs so you can get the most from your membership:

6 - 7 p.m.

West – 10/13/09 / 11/10/09 / 12/8/09

North – 10/20/09 / 11/17/09 / 12/15/09

Remember Your Anniversary Date!

Your membership anniversary date is the only time that you can make changes to your membership status. If you would like to know your anniversary date, please contact the membership services coordinator at 330-945-3120 (North) or 330-665-8105 (West).

LifeStyles honored for Best New Member Integration Program

Akron General LifeStyles was recently awarded a Club Industry Best of the Best award. Club Industry is a national publication and conference. LifeStyles was recognized as having the "Best New Member Integration Program" for its "Road Map to Success", a program that has been a collaborative effort led by Jason Ivory, Manager of Health & Fitness at LifeStyles - North. This program was designed to facilitate a smooth and efficient transition to becoming an active member following the initial sign-up process. In addition to receiving an award at the Club Industry National Convention, LifeStyles will be featured in the October issue of Club Industry Magazine. Congratulations to all the staff members who worked to develop and implement this special program and to our members who continue to help us refine our programs to better meet your needs!

Referral Rewards Add Up There's Strength in Numbers!



Help your friends experience the medical fitness difference and you can experience growing rewards!

For referrals that join between
October 1 – October 31:

- Referral # 1- \$25 LifeStyles cash*
 - Referral # 2 - \$100 LifeStyles cash
 - Referral # 3 - \$100 LifeStyles cash
 - Referral # 4 - \$100 LifeStyles cash
 - Referral # 5 - \$100 LifeStyles cash
 - Referral # 6 - \$100 LifeStyles cash
- \$525 LifeStyles cash**

- Keep going...NO LIMIT!

Added Bonus!

Anyone who refers a member will be entered into a drawing for

A CHANCE TO WIN

SIX MONTHS FREE!

FOR COMPLETE RULES, STOP BY THE LIFESTYLES FRONT DESK

Lifestyles Cash = Gift cards that can be used for Lifestyles fees, dues or services.



**Jerry's doctor told him
"Lose weight or die."**

Read his story online at
www.akrongeneral.org/lifestyles



GROUP EXERCISE



Avoid Frustrating Fitness Plateaus!

Cardiovascular Training ~ Strength Training ~ Flexibility Training

Do you have all three in your routine?

Fall is a time when people start heading indoors to exercise. It is also a perfect time to reevaluate your program and perhaps make some changes. In order to continuously see results and respond to your workouts you need to rearrange your program and change the stimulus. Our bodies adapt to imposed demands. It is crucial to consistently change your routine in order to consistently change your body.

In order to see results and achieve balance you need to incorporate the three elements of exercise into your fitness routine: cardiovascular training, strength training, and flexibility training. If you are looking for a bit of guidance, some motivation and camaraderie, let the Group Exercise staff help you with your fitness program. **Currently there are 70+ classes at West and nearly 40+ classes at North.** (The amount of classes offered at each facility is directly proportional to the membership numbers.)

For more information, check out the published group exercise schedule available in the flyer racks, on our website www.akrongeneral.org or by calling North: 330-945-3130 or West: 330-665-8130.

Let the Group Exercise staff help. We encourage you to step out of your comfort zone, try a different class or a different instructor and look for overall balance in your workout routine. All of our Group Exercise Instructors are nationally certified. Each instructor has his/her own unique methods and personality. Therefore, no two classes should ever be the same. By varying your workouts, you will help prevent muscle memory and its consequential lack of response to your current routine. This will help prevent you from those frustrating fitness plateaus. Welcome change by trying a new class, mixing up your routine and adding in those missing elements!

Here are a Few Group Exercise Reminders:

1. Please arrive to class on time and remember to sign in for each class you attend.
2. Members who wish to take a cycle class should sign in prior to class at the Front Desk.
3. In general, classes not averaging at least seven members per class may be taken off the schedule or modified.

The Fall Schedule is effective through November 30, 2009. Classes are ongoing and open to all fitness levels. We welcome your feedback and suggestions and hope to see you soon!

AQUATIC NEWS SPLASH

Registration for all Aquatic and Recreation programs can be done at the corresponding LifeStyles front desk. For more information regarding the Aquatics programs listed below, contact the Aquatic Department: Akron General LifeStyles West – 330-665-8131, Akron General LifeStyles North – 330-945-3131.

TURKEY SWIM – NORTH AND WEST

Worried about those extra holiday pounds? Register for the Turkey Swim in the aquatic area. Log your laps and get entered into a drawing for a holiday turkey or some of the trimmings. The more you swim the better your chances of winning prizes and getting fit. The swimming begins October 19

RED CROSS SWIM LESSONS AT LIFESTYLES ACTIVITY POOL – NORTH AND WEST

Upcoming Sessions:

Session begins the week of
November 9, 2009

Registration begins October 24, 2009

Session begins the week of
January 4, 2010

Registration begins: December 19, 2009

* Please note that children's swim lessons are primarily for children who have family memberships. Individual and Couple Members may register for one set of lessons per year at a slightly higher rate.

SEALS SWIMMING – NORTH AND WEST

The Swimming Elite At LifeStyles (SEALS) is a youth non-competitive swim training program that focuses on stroke development, speed, strength, teamwork and FUN. Youth ages 6 – 18 who have a LifeStyles Family Membership may sign up for one of three levels dependent upon age, experience and ability. Check with the Aquatics Department for appropriate, days, times and fees.

The SEALS swim program runs the same dates as the Red Cross Swim Lessons.

Upcoming sessions:

Session begins the week of
November 9, 2009.

Registration begins October 17 for North
and October 24 for West.

Session begins the week of
January 4, 2010.

Registration begins: December 19, 2009

NAUI SCUBA CERTIFICATION COURSE

Become a certified scuba diver through the Deep Six Specialists, Inc. underwater training school. Join the thousands of people who have already discovered the enjoyment of scuba diving. Internationally recognized training taught by Deep Six Specialists, Inc, is safe, fun and rewarding.

Call the Aquatic Department for more information on costs and pre-requisites.
Sundays, November 8 - December 13
2:00 – 7:00 p.m.

Watch flyers for upcoming dates at
LifeStyles – North as well.

RED CROSS BABYSITTING COURSE

Attention LifeStyles youth and guests: Babysitting is a great way to earn a little extra cash during the school year. Get certified as a Red Cross Babysitter and show prospective employers how responsible you are. Learn emergency preparedness, basic first aid, problem solving and how to keep young ones occupied and entertained in a safe manner. Room locations may vary please ask the LifeStyles front desk upon arrival.
December 30, 2009, 1:00 - 5:00 p.m.
Ages: 11 and up
Members: \$40 Guests: \$45

HIGH SCHOOL COMPETITIVE SWIM PROGRAM AT LIFESTYLES

LifeStyles is proud to be home to two area high school swim programs. Reverse High School practices at the LifeStyles – West Pool and Stow High School practices at the LifeStyles – North facility.

The practice season begins the last week of October and will run through the end of February 2010. The teams will use five of the six activity pool lanes at LifeStyles – West and all six lanes of the activity pool at LifeStyles - North, so please plan your

swim schedule accordingly. Also, the pools will be closed up to six times per year for home meets. Those dates will be scheduled and posted in early fall. Come cheer on our youth, many of whom you see guarding our pools, helping to teach our swim lessons, or demonstrating proper stroke technique to our members.

AMERICAN HEART ASSOCIATION CPR/AED COURSE HELD AT BATH FIRE STATION 1

The Bath Fire Department instructs this three-four hour basic Heartsaver Course to the community.

Upcoming Classes:

- Friday, September 25
9:00 a.m. – 1:00 p.m.
- Saturday, October 10
6:00 p.m. – 10:00 p.m.
- Saturday, November 21
9:00 a.m. – 1:00 p.m.
- Saturday, December 12
9:00 a.m. – 1:00 p.m.

There is no charge for those who live or work in the Bath Community. All others \$40.

Participants may register at LifeStyles – West Front Desk. For more information, call course instructor Matt Null at 330-329-2033.

HOLIDAY SWIM CINEMA – LIFESTYLES - WEST

Join us for Holiday movies in the warm water therapy pool on a first come, first serve basis. If the therapy pool gets too full, the movie will be shown a second time. Parents must accompany their children under 14. Parents must be in the water with all children under 3.5 feet and those with minimal swimming skills. Small rafts are welcome.

- Friday, October 23, 2009
- Friday, November 27, 2009
- Friday, December 18, 2009

*First movie begins at 7:00. The movie will be repeated throughout the evening.

Fighting the Flu— Tis' the Season

When it's flu season, it can mean serious business - especially if you're at high risk. The flu can be severe for certain populations primarily because of the complications.

Some 36,000 Americans die of the flu and its complications each year, while 200,000 are hospitalized.

The very young, the very old and the chronically ill are the most vulnerable. For these populations, the flu may prove to be life-threatening if pneumonia develops. For a middle-aged individual, who typically has a stronger immune system, the likelihood of severe complications from the flu is much, much less than those in the at-risk populations.

Viral infections such as the flu are primarily transmitted by droplet infection, which means the virus actually is spread by the sneezing, the coughing and the respiratory secretions from one person to another. People may sometimes wipe their faces, blow their noses, or cough into their hands and then shake hands with someone else.

Your Best Defense

Flu vaccine—get your vaccine as early as possible (September through November is best) but well through January, possibly even into February if there is flu circulating.

Use "Cough etiquette"—Coughing into the sleeve of your arm is considered much safer than coughing into your hands. You can spread the flu by touching common objects.

Hand washing—Wet hands with warm water, apply the soap and scrub vigorously for 30 seconds.

Immediately dispose of used tissues—Reduce the risk of spreading the virus to someone else.



Carry pocket-size alcohol-based sanitizers—Great for those times when soap and water is not immediately available; may also help to moisturize the skin and reduce dryness.

Stay home if you're sick—Spreading the illness to co-workers will create a further loss of work force down the line.

As part of an ongoing system-wide commitment to prevention and wellness, Akron General Health & Wellness Centers will continue to offer its' flu vaccinations through the month of October. Check at the front desk for a complete schedule or log on to www.akrongeneral.org for more information.

Want more flu information?

Check out these articles.

Check Flu Activity Across the United States
<http://www.cdc.gov/flu/weekly/fluactivity.htm>

Q & A about the Flu Vaccine
<http://www.cdc.gov/flu/about/qa/flu vaccine.htm>

If the Shoe Fits...

If you participate in a sport three times a week, you need sport-specific shoes. To get the proper fit, try on athletic shoes after a workout or late in the day, when your feet are largest. Put on the socks you'll wear with those shoes. You should be able to wiggle all your toes, and your heels shouldn't slip.



WELLNESS SERVICES

Low-Cost Cholesterol Screenings – Know your Numbers

Akron General offers low-cost blood cholesterol and glucose screenings at Portage Lakes Fitness Center, Mustard Seed Market & Café (Montrose), Life Center Plus, Akron General's Health & Wellness Center – North & West and Acme Grocery Stores. Please call 330-665-8095 for a listing of dates, times, and locations nearest you. Future dates at the North and West locations include:

All times are 8:30 a.m. – 11:00 a.m.

North

- *October 6
- October 17
- *November 3
- November 14
- *December 1
- December 12

West

- *October 13
- October 24
- *November 10
- November 21
- *December 8
- December 19

Health LifeStyle Educational Lecture Series

This is a free program where you can discuss the latest topics in nutrition and fitness; share recipes, facts and myths and receive tips from our experts.

Begins at 6:00 p.m.

West

- (2nd Tuesday of each month)
- October 13
- November 10

North

- (3rd Tuesday of each month)
- October 20
- November 17

Room locations may vary. Please check with fitness desk staff at both facilities. Reservations are encouraged please call the fitness desk at West 330-665-8107 or North 330-945-3107 to make a reservation.

LiteStyle – 10 Weeks to a Healthier Body

Look better and feel better with a nutrition and exercise program that changes your life by changing your lifestyle in 10 short weeks. You won't feel guilty about exercise videos you don't use or diets you can't follow. You will be coached, instructed and encouraged by a registered dietitian and personal trainer who will show you everything from working out to dining out. The cost is \$395 for the 10-week program.

Please contact Wellness Services at 330-665-8022 to register or for more information.

Akron General — Take Me There

Be prepared. In the event of an emergency, you want family, friends and EMS to know that you want to be evaluated and treated as quickly as possible and that you prefer Akron General. With four locations, we're sure to be nearby. Plus, carrying Akron General's Take Me There card also gives you added ways to save money all year long.

- 20% off your enrollment fee when you join Akron General LifeStyles, an award winning, medically supervised exercise and membership program. (one discount offer per membership, not valid with any other offer)
- 10% off LifeStyles Personal Training – 8 Session Package (offer available to both members and non-members one time during the calendar year)

• \$2 off parking at Akron General Medical Center (discount applies to parking garages)

• 10% off Akron General's Pregnancy, Childbirth and Infant Care classes (one discount offer per class, not valid with any other offers)

• 10% off Red Cross Swim Lessons at LifeStyles – a variety of levels and courses (offer available to both members and non-members one time during the calendar year)

• At Akron General Lodi Community Hospital, we promise your emergency needs will be evaluated within 15 minutes, and you'll be examined by a doctor within 45 minutes of arrival time. If that time is exceeded during your visit, you are eligible for a \$50 gift certificate for the local outlet mall.



• 10% off your purchase at Anna's Boutique-Lodi Community Hospital Auxilliary's gift shop

Complete details on the Take Me There benefits may be found at www.akrongeneral.org/er.

Have your friends and family visit the Web site. They, too, may order a Take Me There card and enjoy these exclusive benefits. These benefits – and others – are updated throughout the year, so please be sure to check back often for the latest rewards.

RECREATION

Benefits of Active Family!

Physical activity combined with family togetherness can be a win/win event. It may help:

- Boost self-esteem and sharpen minds
- Relieve stress
- Develop skills for fair play and teamwork
- Build and maintain healthy bones and muscles
- Control weight
- Bring you and your children closer (be sure to ask about your children's interests and friends)

Try walking, biking, playing basketball, swimming or other recreational activities that bring your family together for fun!



Please contact the Recreation Department or check out the flyer racks at LifeStyles for more information regarding the programs listed below:
LifeStyles – West: 330-665-8109 or LifeStyles – North: 330-945-3146

Parents Night Out

Parents, enjoy a relaxing evening out while LifeStyles Recreation Staff take care of your children from 6:30 p.m. – 11:00 p.m. We'll keep your toddlers entertained and safe. Older children will enjoy crafts, swimming, rock wall, games and more. See flyers for more details.

LifeStyles – West Dates:

- October 17
- November 14
- December 12

Cost: \$20-1st child

\$15-2nd child

\$10-3rd child

Half night option available

North dates to be determined please contact recreation department at North for dates and times at 330-945-3146.

Santa is coming to LifeStyles

Celebrate the holidays with LifeStyles. Enjoy games, crafts, music and more. Don't forget your camera, so you can take a picture with Santa.

Parents must accompany their children.

LifeStyles family members – Free

Guests: \$5.00

LifeStyles – West: December 18
6:30 – 8:30 p.m.

Women Rock! North Only

Learn the fundamentals of indoor Rock Climbing at this women's only climb! In a no-pressure atmosphere, women will have the opportunity to gain physical and mental strength, flexibility, coordination, balance & confidence as they learn the skills and techniques of climbing and belaying. Make friends with other LifeStyles members and enjoy a night out after hours at LifeStyles! No boys allowed!

Contact the front desk at North to register 330-945-3146.

Dates to be determined please contact the number above for dates and times.

Adult Full Court Basketball – North and West

A popular favorite! Adults - join the pick-up games:

West – Monday and Wednesday
from 5:30 – 7:00 p.m.

North – Monday
from 6:30 – 7:30 p.m.

This is a special opportunity for members to use the whole gymnasium for a great workout. Full court play must not begin before 5:30 p.m. or end after 7:00 p.m.

Adult Basketball Leagues

Please contact the respective facilities if you are interested in joining a three-on-three basketball league this fall. If the interest is there, we will put together a league!

One-Bounce Volleyball – West only

Join other LifeStyles members for a unique game of one-bounce Volleyball. This game takes a good mix of coordination and brain cells! Tuesday and Thursdays
5:30 – 6:30 p.m.

Regular Volleyball – West only

Open volleyball games are scheduled from 7:30 – 10:00 p.m. on Thursdays for young adults 15 and older and older adults who are young at heart. All skill levels are welcome!

Babysitting Hours

West

Monday - Friday: 8:00 a.m. - 8:30 p.m.

Saturday: 8:00 a.m. - 1:00 p.m.

Sunday: 10:00 a.m. - 12:00 p.m.

North
Monday - Friday: 8:00 a.m. - 8:30 p.m.
Saturday: 8:00 a.m. - 5:00 p.m.
Sunday: 9:00 a.m. - 5:00 p.m.

KidStyles School Year Hours

Operating Hours – West
Monday - Friday: 3:30 - 8:30 p.m.
Saturday: 9:00 a.m. - 5:00 p.m.
Sunday: 9:00 a.m. - 5:00 p.m.

Operating Hours – North
Monday - Friday: 8:30 a.m. - 8:30 p.m.
Saturday: 8:00 a.m. - 5:00 p.m.
Sunday: 9:00 a.m. - 5:00 p.m.

Rock Wall Open Climbs

LifeStyles members at either location can climb the rock wall during supervised climbing times as shown below. To access the wall at other times, members ages 16 and older must enroll in a LifeStyles rock climbing certification course to learn about the equipment, climbing/belaying techniques and strategies. Contact the front desk at either location for details or upcoming dates on rock wall certification.

Supervised Open Climbs
West and North

Mondays and Wednesdays
7:30 – 9:00 p.m.

Fridays
5:30 – 7:30 p.m.

Celebrate your Birthday Party at LifeStyles!

No matter what your age, everyone can enjoy a fun party at LifeStyles! Available at both North and West locations, choose from a variety of packages that can include swimming, gym activities, party games, rock-climbing wall, food, drinks, a party room, party supplies and more. We can provide these activities for your Scout, church or community group as well. Ask for



Get Personal!

Looking to move beyond your plateau or just getting more involved in fitness? Go one-to-one with a certified personal trainer who motivates and coaches you through focused, customized exercise sessions.

REASONS TO GET A PERSONAL TRAINER:

- Guaranteed Results
- Expert Coaching
- Accountability
- Reliable Support
- Advanced Fat Loss System

OTHER REASONS FOR TRAINING:

- High Level Achievement- Tri-athalons, marathons, cycling, etc...
- Weekend Warriors
- Up Your Game!

To find out if you could benefit from personal training, or for more information about training sessions and fees, please feel free to stop by the fitness desk, or call Jason Baron at 330-945-3140 (North) or Scott Crabiel at 330-665-8140 (West).

Your health & wellness

Stay in the know!

Get connected by signing up to receive LifeStyles Monthly Updates. This e-newsletter is designed to keep our members up to date on programs and events in the facility. Stop by the front desk to sign up today!



**AKRON GENERAL
HEALTH & WELLNESS CENTER**

4125 Medina Road
Akron, OH 44333

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SPECIAL HOLIDAY HOURS

	Facility Hours	Dependent Hours	Kidstyles Hours	Baby sitting
New Year's Day, January 1	8 a.m. - 2 p.m.	8 a.m. - 2 p.m.	11 a.m. - 2 p.m.	By reservation only
Martin Luther King, Jr. Day January 19	REGULAR	5:30 a.m. - 10 p.m.	9 a.m. - noon, 3:30 p.m. - 8:30 p.m.	REGULAR
Presidents Day, February 16	REGULAR	5:30 a.m. - 10 p.m.	9 a.m. - noon, 3:30 p.m. - 8:30 p.m.	REGULAR
Good Friday, April 10	REGULAR	5:30 a.m. - 10 p.m.	9 a.m. - noon, 3:30 p.m. - 8:30 p.m.	REGULAR
Easter Sunday, April 12	8 a.m. - 2 p.m.	8 a.m. - 2 p.m.	11 a.m. - 2 p.m.	By reservation only (West) 11 a.m. - 2 p.m. (North)
Memorial Day, May 25	8 a.m. - 2 p.m.	8 a.m. - 2 p.m.	9 a.m. - 1 p.m.	By reservation only (West) 9 a.m. - 1 p.m. (North)
Independence Day, July 4	C L O S E D			
Labor Day, September 7	8 a.m. - 2 p.m.	8 a.m. - 2 p.m.	9 a.m. - 1 p.m.	By reservation only (West) 9 a.m. - 1 p.m. (North)
Thanksgiving Day, November 26	5:30 a.m. - 1 p.m.	5:30 a.m. - 1 p.m.	9 a.m. - 1 p.m.	By reservation only (West) 9 a.m. - 1 p.m. (North)
Christmas Eve, December 24	5:30 a.m. - 5:30 p.m.	8 a.m. - 5:30 p.m.	9 a.m. - 1 p.m.	By reservation only (West) 9 a.m. - 1 p.m. (North)
Christmas Day, December 25	C L O S E D			
New Year's Eve, December 31	5:30 a.m. - 5:30 p.m.	8 a.m. - 5:30 p.m.	9 a.m. - 1 p.m.	By reservation only (West) 9 a.m. - 1 p.m. (North)

REGULAR HOURS OF OPERATION: MONDAY - FRIDAY 5:30 A.M. - 10 P.M., SATURDAY 7 A.M. - 6 P.M., SUNDAY 8 A.M. - 6 P.M.