

# Newsletter

## Workout to Live Well LCP key to living life to the fullest

Most everyone is familiar with the old saying that it's healthy to "work to live, not live to work", which tells us to put our priorities on quality of life. When applied to our workout routines, I think it illustrates the real usefulness of workouts to most of us—to help us live our "real lives" to the fullest. The LifeCenter Plus fitness staff and personal

trainers are willing and waiting to help us design programs that will maximize health benefits for each of us, no matter what our aspirations or limitations. The following inspirational stories from two of our members recount how their LCP workout routines enable them to enjoy activities they are passionate about.

## In Their Own Words

Members enjoy skiing again, thanks to workout routines

### Ernie Mastroianni's story

"Thirteen years ago, I broke my leg in a skiing accident in Colorado. I was considered for knee replacement, but I put it off. As a result, I did not ski for two years. I became a member of LifeCenter Plus in June of 2009 and I've been faithfully sticking to my routine ever since." —*Ernie Mastroianni*



Ernie's sense of dedication paid off when he finally went skiing in February pain-free for the first time in over two years! Ernie attributes his success to his combination strength and cardio exercise routine here, as well as his "painful, yet effective" stretching exercises from Jessica, but Ernie also says "he is having fun" with it!

### Gary Janzig's Story

"I mainly do water skiing for the exercise and the enjoyment, and I do

the same type of skiing they do in competition. I ski the slalom course, trick ski, kneeboard, and barefoot. The only form I have not tried is jumping, which I have no desire to try because everyone gets hurt! I was a member of First Fitness in Streetsboro until it closed and joined LifeCenter Plus through the arrangement they made then.

"In my family, there is high blood pressure and diabetes. It really opened my eyes to the necessity of staying in

shape. Since I have been at LifeCenter Plus, I have added swimming to my workout, and it has helped me drop from 16% to 12% body fat. The water skiing is a big motivator for me to stay in shape. I have four friends I am now teaching how to ski the slalom course, which is just as technical as golf. I have had the opportunity to take water ski lessons from some of the pros over the years." — *Gary Janzig*

# Be Well, Stay Well

## Have you Heard? Free Hearing Screenings

Does your spouse say you turn the TV up too loud? Are you tired of having to ask people to repeat things for you? Audiologist Larry Givinzio takes a no-nonsense approach to testing for hearing problems, and then he can help you make the best decisions possible to improve your hearing. Sign up for your FREE hearing screening by filling out a registration form and dropping it in the acrylic box by the front desk.

Please notify us immediately if you cannot keep your appointment. Free to members, Pool Conference Room

Friday, April 16, 11 a.m. -Noon (Register by April 12)

Code: 3441-5021

Wednesday, May 12, 6-7 p.m. (Register by May 7)

Code:3441-5022

## Diabetes and Exercise Seminar Wednesday April 22

(Register by April 19)

Scientific studies have shown that exercise is an excellent form of managing diabetes. Join fitness expert Troy Cochran for this FREE seminar and learn what type of exercise can be used to reduce the risk of long term complications from diabetes. You will be armed with the knowledge to lower glucose needs and restore normal glucose metabolism.

Code: 3441-5001

## New Physicians' Seminar Series Starts in April

LifeCenter Plus will present the first of its new Physicians' Seminar Series on Wednesday, April 14th at 6:30 p.m. The inaugural presenters will be **Dr. Erwin Maseelall, MD, FACP and Dr. A. Andrew Raynor,**

**MD, FACR. Dr. Maseelall will speak on Heart Disease, Diabetes and Wellness and Dr. Raynor will speak on Arthritis, Exercise and Wellness.**

All members and their guests are

invited to this joint free seminar, but advance reservations are required by April 9th. **Bob Naymak from Bon Health will provide complimentary healthy refreshments.**

## Maria Choi, Employee of the Month of January

Maria Choi is one of LifeCenter Plus' most energetic and knowledgeable personal trainers. Maria graduated from Ohio University with a B.S. in Exercise Science and minor in Spanish. She is a Certified Personal Trainer from the American College of Sports Medicine (ACSM). When she isn't busy here at the club, Maria also coaches a middle school girls' lacrosse team and is working on her Master's degree in Occupational Therapy.

Maria says she has "a special place in my heart for older adults", although she also works with all ages, including young athletes.

Maria tries to instill her enthusiasm and training philosophy in members of all ages and says that her personal feeling is, "Nutrition and exercise are extremely important aspects of life that work together to balance mental and physical health. Through personal training, I can provide the confidence and motivation for people to accomplish their goals, whether that is weight management, strength-conditioning or disease intervention and prevention."



## Hallie Rubins, Employee of the Month of February

Hallie Rubins is a familiar, friendly face in the Membership Department. She graduated from Otterbein College in 2008 with a degree in Sports Management and Business.

Hallie says, "One of the best parts of my job is meeting new people, those who are looking to become members and those who currently are. Each person has their own unique story, and I always like to hear them.

"Another great thing about working at LifeCenter is the many friends I've made. It always makes me smile when I see our members reaching and exceeding their goals. It's easy for me to relate to many of our members in terms of workout goals and eating habits. I hope that I inspire some people not to give up and to continue to work hard.

Many see me working out everyday in the cardio studio or with my personal trainer, Rom. Since I started training with Rom, I have lost almost 30 lbs., and I want to thank all the members who have approached me with compliments about the changes they have seen and the continued support I get."



# Feeling Fit

## Special Water Boot Camp!

The first Water Boot Camp was so well received that we have taken your requests for another one. On Saturday, April 17, from 11:15 a.m. to 12:30 p.m., join our water instructors for this challenging, fun, Boot Camp style class in the pool. You will be led through different stations for a total body workout. All members are welcome, but you must register by April 15.

Code: 3431-5300

## Pre-surgery Workout

### FREE Informational meeting:

**Tuesday, April 28, 6 p.m. (Register by April 27)**

If you are scheduled for upcoming surgery, or know a surgery is in your future, we can help you prepare for it with our Pre-surgery Workout program. Specially designed exercises performed before surgery can help decrease your post-operative recovery time. The program consists of a weekly one-on-one meeting with our personal trainers for three weeks, followed by weekly telephone contact until your surgery. Each exercise program will be designed specifically for the type of surgery you'll be undergoing. For more information call Rom Vinhaes, personal training coordinator, at (330) 655-2377, ext. 144. Code: 3441-5006

Cost if you decide to participate after attending our FREE informational meeting:

\$40, members; \$75, non-members

## Beginner Zumba Classes

Does Zumba look like fun to you, but you're a little hesitant about jumping right into this fast-paced class? Instructor Cindy Etzel is offering two 30-minute intro classes, a half hour before her regular Zumba classes, to introduce "newbies" so they can learn the basics at a slower pace. The Zumba Beginner sessions are Sunday, April 11 at 5:30 p.m. (register by April 9) or Sunday, May 2 at 5:30 p.m. (register by April 30). Join the party!

Code: 3431-5029 (April date)

Code: 3441-5030 (May date)

## Wedding Day Memories



non-member Code: 3441-5011

Meet with a personal trainer or Pilates personal trainer once a week for six weeks using your individualized weekly plan, to help you fit into the dress of your dreams and make you look great in that tux. You set your goals, and we'll help you reach them. Contact Personal Training Coordinator Rom at 330-655-2377, ext. 144. New session: April 27 – June 7 (Register by April 20)

\$180 per member, \$240 per

## LCP's Adventurers Travel We're going places

*Carolyn Szachta  
Travel Director*



### Titanic Artifact Exhibit and Chihuly Show in Columbus

**Date:** Tuesday, April 27, 2010

Travel to Columbus to see the celebrated Titanic Artifact Exhibit, featuring 100 new artifacts since its last world debut. Explore stunning room recreations, see hundreds of authentic treasures, and interact with costumed characters from that fateful night. The Chihuly Illuminated show explores the groundbreaking artwork of Dale Chihuly. Chihuly Illuminated challenges convention with a feast of bold color, dramatic forms, and extraordinary composition. This is an all new, never seen display.

**Cost:** \$74 **Code:** 7221-3007 **Leave:** 8 a.m. **Return:** 7 p.m.

**Includes:** Deluxe motor coach, admissions to exhibits and lunch.

### Lilac Festival in Mackinac Island, Michigan ( 4 days)

**Dates:** Sunday, June 13 – Wednesday, June 16, 2010

Enchanting Mackinac Island has long captivated visitors. We will ferry over for our three-night stay at the Mission Point Resort, right across from the beach. Enjoy a narrated horse-drawn carriage tour of the island with admission to Fort Mackinac. We will have the famous lunch buffet at the Grand Hotel. En route home, we will stop in Frankenmuth.

**Cost:** \$585 per person double occupancy; \$695 single

**Code:** 7221-2984

**Includes:** Deluxe motor coach, 3 nights' deluxe accommodations, 3 hot buffet breakfasts, 1 brunch, all tours and baggage handling.

# Kids News

## Summer Fun is Coming Soon to LCP

School is still in session, and summer may seem a long way away, but the pool opens at LCP for the pre-season on May 15th, and now is the time to sign up for summer camps and the LCP Stingrays Swim Team. **In fact, April is the last month to sign up for summer camps and get the 10% Early Bird discount.** Half and full-day summer

camps for kids ages 3-14 will bring back some old favorites and offer new excitement, like Golf Camp, Model Racing Camp, Arts Galore! and Pint Size Chefs Camp. Ask for our new brochure, or sign up now with Kids Fitness Director Laura Coon, ext. 145. You can check out all the offerings on our website, too, at [www.lifecenterplus.com](http://www.lifecenterplus.com).

### Stingrays Summer Swim Team

This summer, kids 4-18 years old can be part of the competitive action with the Stingrays Summer Swim Team. Our fantastic coaches will lead the Stingrays team in a summer of swimming fun, friends, and adventure. Kids will take their swimming skills to new heights, participate in exciting meets, and enjoy a pool party and a celebration banquet with teammates during the season.

**Meet the Coaches Meeting**  
**Wed. May 12, 6:30-7:30 p.m.,**  
**in the Gecko Café.**

Get to know the coaches and order your team swimsuits. If you cannot make the meeting, you may contact Coach Meilani or fill out an order form at the front desk and place it in the acrylic box anytime between May 8 and May 15.

**Early Bird Discount:**  
**Register for Swim Team during the month of April and save \$10 per child!**

\$90 for Youth members;  
\$140 for non-members.  
Code: 3124-5315

For more information contact the Aquatics Director at: 330-655-2377, ext. 125.

### New Kids Fitness Program! Kindergarten Klub

Kids 5 and 6 years old can join LCP's new Kindergarten Klub for fun, games, and enrichment. Kids will have fun while learning colors, numbers and readiness concepts. A great way to supplement half-day kindergarten in the public schools. There are two session dates to choose from, plus morning and afternoon options. The cost is \$50 per child of LCP members and \$65 per child of non-members.

**Tuesdays/Thursdays 9:30-11:30 a.m.**

**Session I: April 13- May 13 (Register by April 2)**

9:30-11:30 a.m. Code: 1-3481-5866

12:30-2:30 p.m. Code: 1-3481-5867

**Session II: May 18- June 17 (Register by May 7)**

9:30-11:30 a.m. Code: 1-3481-5868

12:30-2:30 p.m. Code: 1-3481-5869

### Kids Night Out (aka...Parents Date Night!)

**Friday, April 17, 6-9 p.m. (Register by April 13)**

Kids, 2nd through the 5th grade, this evening is for you! Bring a towel, bring a friend, and bring lots of energy because we will be climbing the rock wall, swimming in the pool and just hanging out having lots of fun playing Dodgeball, Wii, Dance Dance Revolution and more! We will also have some pizza, snacks and drinks. non-member friends are welcome. The cost is just \$7 for youth members, \$11 for children of LCP members and \$15 for non-members.  
Code: 1-3481-3834

### Member Appreciation Week May 10-14

LifeCenter Plus really appreciates its members, and this year we will be celebrating Member Appreciation Week from Monday, May 10th to Friday, May 14th. There will be surprises, treats, samples and special events every day. **Wednesday, May 12 from 6-7 p.m. will be our May Days Member Happy Hour around the pool.**

**On Wednesday, May 12 members and CPN providers will hold a Showcase of their businesses**

**around the club.** Registrations for tables all day that day will be taken by Wendy Turrell, ext. 124 and Kristine Wozniak, ext. 131. The first 25 members to sign up are FREE. Registratin must be received by April 12.

Member Appreciation Week will conclude with **Free Friday Guest Day**—bring a friend for free and let them join you for one of our fun classes or just to experience all that LifeCenter Plus has to offer.