

Newsletter

Basking in the Heart of Summer

Summer in Ohio is so sweet because it's short and jam-packed with wonderful activities. LCP members have been busy enjoying all summer has to offer, as these photos will attest. Summer's not over yet, so come out to the club and

swim, socialize, bring the kids to try new activities in summer camp, or shape up yourself at our very popular boot camp. See what all the fun is about!



Gecko Café Takes the Heat Out of Your Kitchen

Rich Anderson's Gecko Café by the outdoor pool has brought a tasty, healthy new menu to LifeCenter Plus members. Featuring delicious salads, sandwiches, wraps and snacks, at modest prices, it really makes the "livin' easy" around the pool.

Now, you can grab some of Rich's freshly-made meals to take with you. Play in the sun until the last minute, or get in your workout guilt-free, then just get dinner to go from the Gecko Café! Menu selections change daily, and they are always made fresh that day.



Be Well, Stay Well

Arthritis--Combating, Coping and Conquering

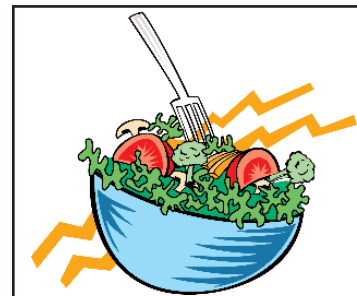
You don't have to live in pain! Learn how to manage life with arthritis on **Thursday, July 15, 1-2 p.m.**, through exercise and a variety of daily living tips to help you live better, stronger and with less pain. Topic applies to osteoarthritis, rheumatoid arthritis, gout, psoriatic arthritis and others. This seminar is free to all, but **please register by July 8.**



Nutrition and Weight Management for Life

It's never too late to "turn over a new leaf" with lettuce and other vegetables, fruits, whole grains and other healthy selections. If you missed LCP Registered Dietician Marianne Fisher's nutrition seminars in June, she is reprising them this month. **Healthy Summer Eating will be offered again on Monday, July 26, from 6-7 p.m.** This free seminar will show you how to enjoy the foods of summer, without sabotaging your diet. Learn to prepare "summer light" selections and develop strategies for resisting overeating at popular summer events.

Non-diet Weight Management is the second free seminar that will be offered on Monday, July 26, from 7-8 p.m. Because Marianne will give these two seminars back-to-back, you can stay for both and get a complete education in practical strategies to help you achieve lasting weight loss, fitness and health. This seminar shows you how to prepare old favorite recipes in new ways, and treats you to healthy food samples. Both these free seminars are open to guests, but please remember to register by July 16.



New Staff Member Knows Fitness Is a Lifestyle

The new face you may have seen in the fitness center belongs to our newest personal trainer, Matt Johnson. Matt earned his B.S. from Kent State University in Physical Education and Exercise Science. He is certified as a National Strength and Conditioning Association Certified Strength and Conditioning Specialist (NSCA-CSCS) and an American College of Sports Medicine Certified Personal Trainer (ACSM-CPT).



Matt Johnson, Personal Trainer



working with Division I athletes in baseball, football, women's soccer, field hockey, track and field, men's and women's basketball and golf, wrestling, volleyball and gymnastics.

Matt works effectively with all ages and goals. He says, "My passion is helping my clients reach any goal they would like to undertake, whether it's weight gain or loss, decreasing body fat, achieving a higher level of cardio-

vascular fitness, building muscular strength and endurance, increased flexibility, or building balance and stability to increase quality of life.

"My training philosophy is that fitness is a lifestyle. Everyone needs long and short-range goals to get the most out of his or her program. Whatever my clients goals, I can help in a fun, safe and effective manner."

Aquatics News

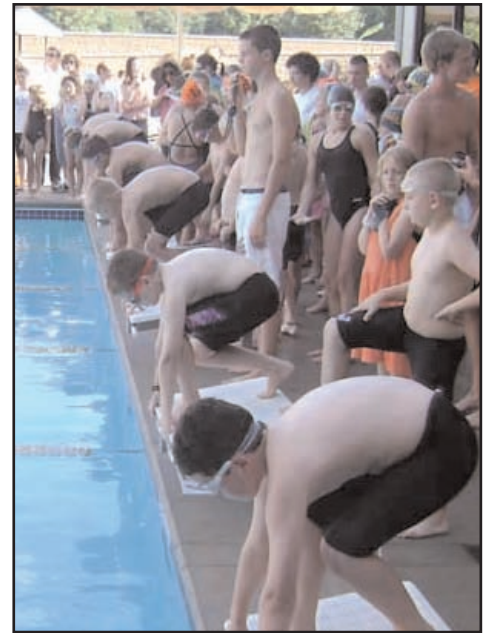
Stingrays Working Hard and Having Fun

The LCP Stingrays Swim Team is mid-way through their third season in the Akron Metropolitan Swim Association. As the newest team in a very established league, improvements in individual swimmers and as a team are clearly visible each summer. The team is working hard with daily one-hour practices and two meets a week. The swimmers are improving their stroke techniques and their individual race times, with newer swimmers gaining experience and confidence with each meet that they attend.

But it is not all about hard work. A big incentive for returning swimmers is the friendships and camaraderie they build through the practices and cheering each other on dur-

ing the meets. Each Friday practice is a "fruit festival", which is part practice, part healthy snacks, and part playing with friends. The team also enjoyed a private splash party for team members and their families on June 19. Be sure to check out the new records board displayed in the Gecko Café as you enter the outside pools.

The swim season concludes with two Championship meets, depending on ability levels, in mid-July. Swimmers will also enjoy the swim team banquet with trophies and other awards, and lots of fun. We would like to extend a big thank you to head coach Meilani Snellenberger and her coaching staff--Amy Weber, Chris Gleason and George Mitchell--for all



of their hard work this season. Great job Stingrays!

Kids News

Play, Party and No Parents Permitted!

Friday, July 16, 6-9 p.m.

This fun evening out for the kids 6-11 years old also means a great date night out for parents. Kids' friends are welcome, too. Partiers will climb the rock wall, swim in the

pool and hang out playing Dodgeball, Wii and more! Pizza, snacks and drinks will be provided. The cost is just \$7 for youth members, \$11 per child of LCP members and \$15 for nonmembers. Registration is required by July 9.

Special Needs Are Being Met with Fun!

Does your 11-17 year old struggle to socialize? **Shout Hooray for Game Play** focuses on helping kids interact with each other and have fun. Those enrolled have mild to moderate disabilities, which include but are not limited to: ●Aspergers Syndrome/High Function ●Autism/Pervasive Developmental Disorder ●Speech and Language disabilities ●Obsessive Compulsive Disorder ●Learning disabilities, ADHD /ADD ●Anxiety/Depression/Behavioral disorders ●Mild cognitive delays.

Same age peers without disabilities are integrated into the **Shout Hooray** program to help provide social support and fun interaction to each participant who signs up. All activities take place within our large gymnasium environment and are structured and easy to follow.

Beth Lattime, M.Ed., brings former high school teaching experience of teens with emotional and learning disorders to **Shout Hooray for Game Play**. Lattime also served as the facilitator for community based programming for teens with Aspergers Syndrome and High Functioning Autism for the past two years for a local medical practice.

There is still time to sign up!

Shout Hooray for Game Play Program takes place on Fridays from 4:15-5:00 p.m. on July 9, 16, 23 and 30. Price is \$48 for members of LifeCenter Plus; \$62 for nonmembers

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