

FIT 4 LIFE

fitness center

900 W. Romeo Road, Romeoville, IL 60446 www.romeoville.org

Buy 2, Get 1 FREE Personal Training

 FIT 4 LIFE fitness center	Member	Non Member Resident	Non Member Non Resident
Individual Training Packages*			
One Session	\$34	\$43	\$51
Three Sessions	\$68	\$86	\$102
Six Sessions	\$136	\$172	\$204
Nine Sessions	\$204	\$258	\$306

Whether you need to tone your quadriceps or need that first step to physical fitness, our certified personal trainers will help you achieve your goals. Personal training at the

Fit 4 Life Fitness Center includes a fitness assessment prior to training by appointment with the fitness center staff, as well as goal setting with your personal trainer.

**Each session is one hour in length; sale pricing is only for individual packages.*

ONLY UNTIL JANUARY 31!

Ask the fitness attendant
or call 815.886.6250
for more information!



CONNECT WITH US



Village of **Romeoville**
Where Community Matters

SEPTEMBER/OCTOBER

Summer Hours are Over

The Fit 4 Life Fitness Center is back to regular hours starting September 6, 2015.

Monday - Friday 5:00am-9:30pm

Saturday - Sunday 8:00am-7:00pm

FIT 4 LIFE FITNESS CENTER CLOSINGS

Monday, September 7

Thursday, November 26

Thursday, December 24

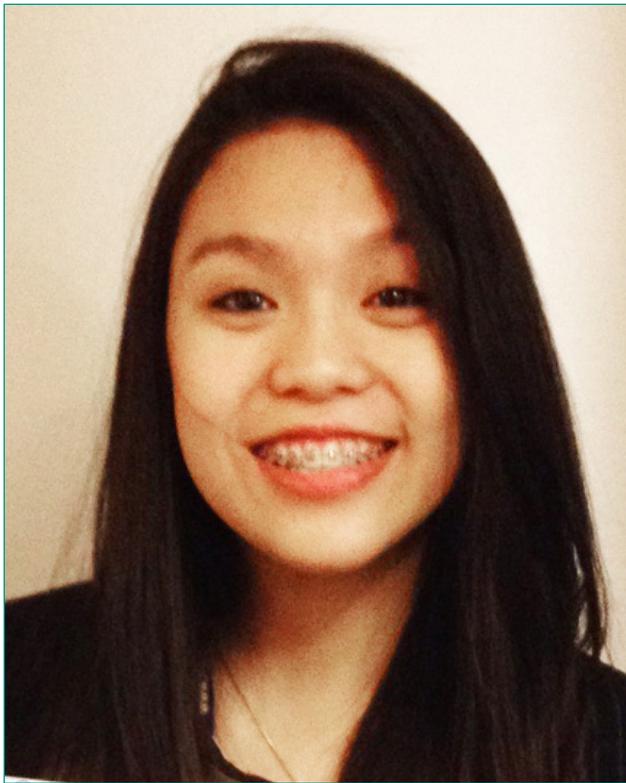
Friday, December 25

Friday, January 1, 2016

The Fit 4 Life Fitness Center will open from 5:00am-Noon on Friday, November 27 and Thursday, December 31.



Getting to Know Our Staff



Name: Angela W.

Position: Fitness Attendant

What is your favorite hobby? I like to watch movies and play badminton

What is your favorite food/snack? Gummy candies

If you could witness any historical event what would it be?

I really would love to witness Martin Luther King's *I Have a Dream* speech and the famous Woodstock Festival.

What do you miss most about being a kid? I miss playing with my childhood friends, I miss the cartoons, and I miss how easy life was.

If you won the lottery, what would you do with the money?

I would buy my mom a house in the Philippines, use it for college, and donate some.

Group Fitness Class Spotlight

Get a Great Workout
—While Sitting Down!



CHAIR BODY WORKS

This class runs 9/17 - 12/17 from 7:45am-8:35am on Thursdays and is for those who want to strengthen overall body with the help of a chair for balance. We will work on coordination, balance, strength & stability. This will help rehab those who are recovering from surgery or illness as well as arthritic. We will use small weights, small ball, and bands while sitting on a chair. This class will use movements for typical everyday living activities.

INSANITY

This class runs 9/14 - 12/7 from 8:00-8:50am on Mondays. This high-intensity program will help you get amazing results with the most explosive and effective workout ever, forcing the body to work for longer periods of time at a higher capacity than traditional workouts. As a result, people experience faster increases in cardiovascular fitness, and burn carbohydrates and fat more efficiently--as much as 1,000 calories per hour!

TABATA

This class runs 9/18 - 12/18 from 8-8:45am on Fridays. Tabata uses 20 seconds of ultra-intense exercise followed by 10 seconds of rest, repeated continuously for 4 minutes (8 cycles). These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning. High intensity exercises are followed by the resistance training. Tabata is the best method to reduce fat and lower insulin resistance.

INSANITY



FITNESS TIP:

Eat Meat and Grow! Eat meat—4 to 8 ounces every day—to grow more muscle. A study reported in the American Journal of Clinical Nutrition compared two groups of older male weight lifters: One group ate meat, the other didn't. Both groups grew stronger, but only the carnivores gained significant muscle. Chicken, turkey, and fish count, too.



SEPTEMBER/OCTOBER

The Good, the Bad, & the Ugly



By Kim Sheehan, Fitness Attendant & Personal Trainer

Let's face it, no one actually finds joy in heavy breathing, burning muscles, and sweat burning in the eyeballs. Here's a little more to help you understand how your body is reacting to the workout you are doing.

Your body is a very smart machine. It has what is called a General Adaptation Syndrome, formulated by Hans Selye and Walter Cannon. This is how your body adapts to stress, and we are not talking about the type of stress with running your kids around the country for their activities. We are talking about fitness stress.

Your body has two types of stressors: good stress (eustress) and bad stress (distress). Whether you find working out a good stress (eustress) or you find it to be a pain in the butt (no pun intended), bad stress (distress) depends on many factors.



Don't be *the crazy one on the treadmill*
for hours, killing yourself, & hating
your workout.

The body will do its best to adapt to good stress (eustress) but will have a negative response (distress) if the stress is too much or too little. Here's the game plan- when you workout, please remember these factors: focus on optimal work time, how long are your workout sessions? Optimal intensity, how hard are you working out? You should find a happy medium. Optimal rest periods, how long are you resting in between sets? Optimal recovery periods, how long are you giving your body to rest post-workout? Asking yourself these questions beforehand will help you achieve positive adaptation to the stress of a workout, which in turn will motivate you to do it more as an ongoing thing.

Don't be the crazy one on the treadmill for hours, killing yourself, and hating working out. Working out can be fun and rewarding!

The Cheap and Easy Way to Start Planning Your Meals in Advance

"Make a meal plan." It's a tip we've heard multiple times when nutrition experts talk about healthy eating, but few really explain how you can do it yourself—without spending your entire week-end (and paycheck) planning out exactly what you're going to eat for an entire week. And even then, you'll still end up having to decline dinner invites from friends to avoid "breaking the rules." Basically it all sounds like a big yaaaaawn!

The good news: None of that is actually true—or at least it doesn't need to be. A good meal plan creates structure that encourages healthy eating, yet it's adaptable to how you live and eat, says integrative medicine nutritionist Sheila Dean. Put in a little time one day during the week, and you'll save time by nixing unnecessary trips to the grocery store and ending those "What do I want for dinner?" ponderings that can go on for hours. You'll also save money since your shopping



list will be more accurate (read: less moldy food tossed out) and you'll have a reason to stop relying on takeout so much. Ready? Let's do this!

1. CHECK YOUR SCHEDULE.

Having a meal plan doesn't mean kissing your social life good-bye and staying home to cook every night—it means cooking when you have time so that even on the busiest nights, you have a healthy, homemade dinner. So before determining what to eat, determine how much time your schedule allows to prepare meals, says Lori Zanini, R.D., spokesperson for the Academy of Nutrition and Dietetics. During a week jam-packed with events, it may make more sense to spend some time on the weekend prepping vegetables, cooking a big pot of grains, or making entire meals in advance and freezing half the batch in individual-serving containers. That way you can let one defrost during the day in the fridge and then heat it up quickly when you come home late after happy hour. You also don't risk throwing spoiled food in the trash since you can scale your grocery shopping for the number of nights you'll need meals.

2. RAID THE FRIDGE AND PANTRY.

Not in the eat-everything-in-sight kind of way, though. Rather, take stock of what you have on hand (tip: Do this after a meal so you're not tempted to snag a few chips) and use that as a starting point for some recipes to make during the week. Have noodles and broccoli? Make one-pot pastas primavera! Or turn leftover chicken and a can of beans into a healthy burrito bowl. You get the idea.

3. SEARCH FOR RECIPES.

You know all those recipes you've pinned and said, "Some day I'll make this"? How about actually making them? Check out your boards of food porn, bookmarked recipes, and dog-eared cookbooks and select a few based on the ingredients you have and what makes your stomach growl most. Zanini recommends keeping an eye out for those that have no more than 10 ingredients and take about 25 to 35 minutes to make at most because, let's face it, you want something easy. (But if a more elaborate meal appeals, by all means go for it!) And don't forget slow cooker recipes and one-pot meals for easy cleanup.

4. PLAN FOR LEFTOVERS.

Although recipes for one are perfect for those living alone, it's also worth cooking meals that make additional servings and can turn into another night's dinner or lunch. If the thought of eating the same meal sounds blah, use the ingredients to make a new meal, says Caroline Kaufman, R.D.N. Grilled salmon for dinner can become top a salad for lunch the following day, and cooked vegetables can be added to an omelet in the morning. And don't forget you can always freeze most dishes (soups are great for this).

5. PUT IT IN BLACK AND WHITE.

OK, you know the amazing homemade goodies you'll be eating this week—now write it down. Whether you use pen and paper, an app, or a chalkboard, recording your plan will boost accountability, Kaufman says.

6. MAKE A GROCERY LIST AND HIT THE STORE.

Chances are you won't remember everything you need, so use your phone or jot down your list of ingredients (plus staples that you're low on or out of, of course). This way you're less likely to need to go back to the supermarket later in the week—saving time—and you're more likely to only buy what you need—saving money, Zanini says.

One final tip from Dean: Review your meal plan, either at the end of each day or at the end of the week. See how well you followed it and then adjust the next week based on what worked and what didn't. Perhaps you'll find that you have more time to cook weeknights at the beginning of the week or that you can only stand using leftovers one more time. It's your meal plan—do what works for you. And have fun!

MORE INFO? <http://greatist.com/eat/easy-way-create-meal-plan>

FALL INTO

FITNESS

SEPTEMBER 2 THROUGH **NOVEMBER 7**

Every time a member comes in to workout or take a group fitness class, the fitness attendant will take a leaf off the tree on the wall and write the member's name on it.

At the end of October, the leaves will be totaled per member, and they will get rewards depending on how many leaves they have.

Only one leaf per member per day, including a class or workout.



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Pizza Zucchini Roll-Ups

Recipe created exclusively for Greatist by Reboot With Joe.

Need an impressive but easy appetizer? These veggie roll-ups contain all your favorite pizza flavors inside of broiled or grilled zucchini. Since they can be served at room temperature, you can make a big batch before your party. Want a spicy version? Sprinkle with red pepper flakes before rolling.

8 INGREDIENTS

- 4 large zucchini, sliced lengthwise into 1/4-inch thick slices
- 1 tablespoon olive oil
- Sea salt
- Freshly ground black pepper
- 1 cup pizza sauce
- 1/2 cup black olives, chopped
- 1/2 cup sun-dried tomatoes, chopped
- Red pepper flakes (optional)



DIRECTIONS

1. Preheat broiler or grill.
2. Brush each zucchini slice lightly with olive oil and season with salt and pepper. Broil or grill until softened, about 2 minutes per side. Let cool slightly.
3. Spread a thin layer of pizza sauce on half of one side of zucchini. Sprinkle with olive, sun-dried tomato, and red pepper flakes, if using. Roll up each slice and secure with a toothpick if necessary.

MORE INFO? <http://greatist.com/eat/recipes/pizza-roll-ups>



FITNESS TIP:

Kill Your Excuse! If you think you're too busy to exercise, try this experiment: For one day, schedule a time to work out, and then stick to it—even if you can exercise for only 10 minutes. "At the end of the day, ask yourself if you were any less productive than usual," says John Jakicic, Ph.D., an exercise psychologist at the Brown University school of medicine. The answer will probably be no—and your favorite excuse will be gone.

GLOW-N-GO

MULTI-TERRAIN

5K WALK/RUN

CODE: 15SGLOW

FRIDAY, SEPTEMBER 25, 2015

RACE START 7:00PM

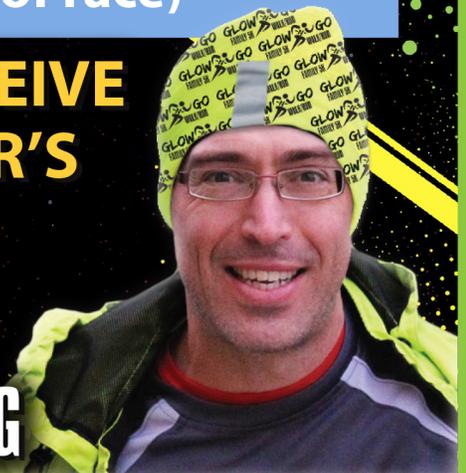
The Glow-N-Go 5K is a one-of-a-kind night-time event that is about enjoying the experience with your friends and family. Participants of all different speeds, ages, shapes, and sizes are welcome and encouraged to be ready to GLOW!

REGISTRATION & ACTIVITIES
BEGIN AT DEER CROSSING
PARK (1050 W. ROMEO RD.).

\$25/person (on or before 9/22)
or \$30 per person (day of race)

THE FIRST 400 RECEIVE
A CUSTOM RUNNER'S
NEON BUFF!

SIGN UP AT
WWW.ROMEOVILLE.ORG



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Parks & Recreation Department
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(815) 886-6222 • www.romeoville.org