

# FIT 4 LIFE

fitness center

900 W. Romeo Road, Romeoville, IL 60446 [www.romeoville.org](http://www.romeoville.org)

Teams of 3 compete to visit the Fit 4 Life Fitness Center 20 times in 30 days\* to move through the brackets — Just like the NCAA Tournament!



## FIT 4 MARCH MADNESS

### Sign up by March 14!

### 3/14 - 4/10

If you don't have a team don't worry! We will combine singles into teams.



All you have to do is visit the Fit 4 Life Fitness Center as many times per week as you can to workout. Each teammate will check-in with the fitness attendant to get credit for their visit individually. The amount of times per week you visit will help you move through the bracket toward the grand prize raffle.

**WIN A FREE MONTH OF MEMBERSHIP!**

\*Each teammate must visit 5 days per week, totaling 20 times in 30 days to be entered for the grand prize.

CONNECT WITH US



Village of Romeoville  
Where Community Matters

MARCH/APRIL

# NEW TRX Class Added

Join personal trainer Josh Devera in the fitness center and learn to train the entire body with a variety of exercises in a small group setting. Class will include the fitness center equipment and the TRX training system.

Class is on Wednesdays from March 23 - May 25 from 5:00-5:40pm.

THAT'S JOSH!



Stop @ the front desk to sign up!



## 4 Bodyweight Moves for a High-Intensity Core Workout

Core. Such an ambiguous word in today's fitness environment. Believe it or not, core strength goes far beyond those six-pack abs. The core includes the abs, lower back, and other muscles used to stabilize your trunk and pelvis, and it is involved in the vast majority of everyday movements like picking up grocery bags, sitting up in bed, and carrying bags and luggage. Having a strong and stable core helps keep you and your spine safe during these daily movements.

This quick-but-core-crushing bodyweight workout focuses on building strength and stability through a combination of core movements that keep your abs, glutes, and lower back under constant tension. Do each movement for 1 minute and repeat for 5 rounds.

**MORE INFO:** <http://greatist.com/move/quick-total-body-bodyweight-workout>



# Getting to Know Our Staff



**Name:** Rockeya Foy

**Fitness Attendant**

**Favorite Hobby:**

Writing Music Lyrics

**Favorite Food:** Fruit Snacks

**Historical Event:**

The march on Washington

**What I miss about being a kid:**

When being handed \$25 made me feel rich.

**If I won the lottery:** I would pay off any school fees and personal bills in months advance. I plan to buy my mother a nice home she would enjoy.

**GLOW-N-GO**  
**MULTI-TERRAIN**  **5K WALK/RUN**

**THURSDAY, SEPTEMBER 22 - 7PM**

## GLOW-N-GO 5K TRAINING GROUP **NEW!**

Meet up with other walkers and runners to build your way to your first or best 5k! We will provide a training plan for all levels of fitness – from walkers to seasoned runners. The group meets at Lake Strini (524 Belmont Drive). Youth under 13 years old are welcome with parental participation and all participants will receive a \$10 discount on the Glow-n-Go 5K race. Drop-ins welcome; please bring \$2 cash.

Instructors: Natalie Rigoni & Emily Rollins Age: 13 & older Fee: \$15/R - \$23/NR Min/Max: 6/30

CODE	DATE	TIME	DAY
16S6 A	6/7 - 9/13	9:30am - 10:30am	Tue
16S6	6/9 - 9/15	5:00pm - 6:00pm	Thu

**MARCH/APRIL**

# Honey Mustard & Rosemary Chicken



*Boring chicken breasts get smothered in a more grown-up version of much loved honey-mustard sauce in this super healthy and easy one-pot chicken dinner.*

**Serves 4 / Prep Time - 10 min. / Cook Time - 60 min.**

## Instructions

1. Preheat oven to 200 C (390F).
2. In an oven-safe skillet, cook the onions in a couple of tablespoons of olive oil over medium-high heat on the stove until softened and starting to brown, about 10 min.
3. Take off the heat and arrange your potato slices on top in an even layer. (if you are using a normal skillet, transfer the onions to an oven-safe dish first then arrange the potatoes on top). Drizzle with olive oil and sprinkle with salt & pepper. Cover loosely with foil and bake in the oven for 15-20 minutes, until softened.
4. Meanwhile, mix all the sauce ingredients together in a bowl or jug. Taste and adjust according to your preference; if you like more acidity add more lemon, more sweetness add more honey etc.
5. Take the pan out of the oven and arrange your raw chicken on top of the potatoes in an even layer. Pour the prepared sauce on top, making sure everything is coated. Throw a few sprigs of rosemary around the chicken, cover again with foil and bake for 20 minutes.
6. After 20 minutes, remove the foil and turn on your oven's top grill on high and bake for a further 15 minutes until nicely browned. Serve immediately.

## Ingredients

- 400-600g potatoes cut into thin wedges or sliced
- 600g chicken breasts, cut into thick strips
- 2 medium onions, finely diced
- A small bunch of fresh rosemary
- Olive oil
- Salt & pepper

## For the Sauce

- 2 tbsp. Dijon mustard
- 3 tbsp. grainy mustard
- Juice of a large lemon (or 2 small)
- 1 tbsp. olive oil
- 2-3 tbsp. honey
- 2 cloves garlic, minced
- Salt & pepper

**MORE INFO:** <http://www.mattersofthebelly.com/honey-mustard-rosemary-chicken/>



# LAST CHANCE TO SIGN UP — Check Out These Two Great Classes!

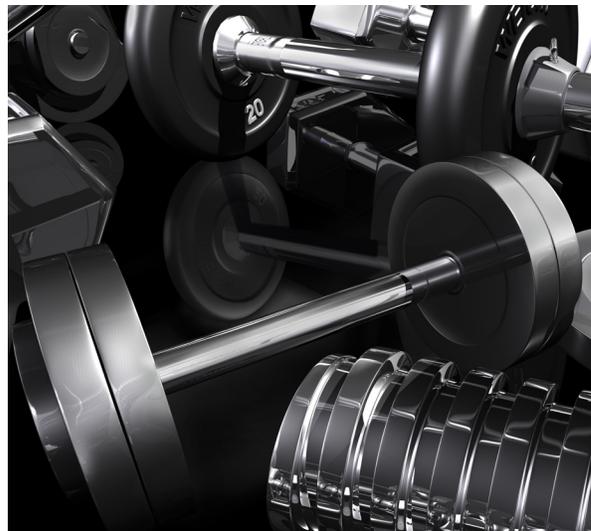
## CHAIR BODY WORKS

This class is for those who want to strengthen their overall body with the help of a chair for balance. We will work on coordination, balance, strength, and stability. This will help rehab those who are recovering from surgery or illness as well as arthritis. We will use small weights, small balls, and bands while sitting on a chair. This class will use movements for typical everyday living activities.

Instructor: Janet DeRudder      Age: 13 and older  
 Fee: \$63/R - \$94/NR              Min/Max: 6/30



CODE	DATE	TIME	DAY
16W613B	3/24 - 5/26	7:45am - 8:35am	Thu



## ADULT STRENGTH

Personal training for LESS! This class focuses on strength/resistance training. Learn correct posture and how to execute proper form using machines and other equipment. New exercises and techniques will be introduced, while safely and effectively improving muscular strength and endurance along with cardiovascular fitness. You'll gain confidence and boost your metabolism in a fun, dynamic group environment. Leave class feeling stronger, more flexible, and more energized.

Instructor: Karyn Williams      Age: 18 and older  
 Fee: \$40/R - \$60/NR              Min/Max: 6/12

CODE	DATE	TIME	DAY
16W632B	3/20 - 5/22	8:00am - 8:45am	Sun
16W634B	3/20 - 5/22	9:00am - 9:45am	Sun
16W638B	3/20 - 5/22	10:00am - 10:45am	Sun

# Do You Know a Veteran?



This program is for disabled veterans looking to improve their quality of life. Qualifying veterans will receive a one-year membership to the Fit 4 Life Fitness Center and a membership for a support person to train with them! The program also includes fifteen, 30-minute personal training sessions for the veterans and monthly social opportunities.

Contact Shelley at (815)407-1819 x205 or [sfell@nwcsra.org](mailto:sfell@nwcsra.org)

# MARCH/APRIL



# FITNESS

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# classes

## MORNING SCHEDULE

### **sunday**

8:00am-8:45am: Adult Strength

8:30am-9:15am: Metabolic Effect Workout

9:00am-9:45am: Adult Strength

9:15am-10:00am: Pilates/Stretch

10:00am-10:45am: Adult Strength

### **monday**

8:00am-8:50am: Insanity Workout

9:30am-10:30am: Step-n-Weight

### **tuesday**

9:30am-10:30am: S-T-S

### **wednesday**

9:30am-10:30am: Zumba

### **thursday**

7:45am-8:30am: Chair Body Works

9:30am-10:30am: Circuit Training Recess Style

### **friday**

8:00am-8:45am: Tabata

9:30am-10:30am: Zumba

### **saturday**

9:00am-10:00am: Circuit Training Recess Style

10:15am-11:15am: Zumba

## AFTERNOON SCHEDULE

### **monday**

5:45pm-6:30pm: Strength, Tone, Core, & More

6:30pm-7:15pm: Zumba

7:20pm-8:05pm: Fitness Boot Camp, Beginner

8:10pm-8:55pm: Fitness Boot Camp, Advanced

### **tuesday**

5:00pm-5:45pm: F.A.S.T.

6:00pm-6:55pm: Hatha Yoga Beginner\*

6:40pm-7:40pm: Get Fit

7:30pm-8:15pm: Hatha Yoga Continuing\*

7:45pm-8:45pm: Get Fit (in Polish)

### **wednesday**

5:00pm-5:40pm: TRX

5:45pm-6:30am: Cardio Kickboxing with Abs

6:30pm-7:15pm: Core, Abs, & Back

7:20pm-8:05pm: Fitness Boot Camp, Beginner

8:10pm-8:55pm: Fitness Boot Camp, Advanced

### **thursday**

5:30pm-6:30pm: Zumba

6:40pm-7:40pm: Get Fit

7:45pm-8:45pm: Get Fit (in Polish)

— *Spring Session: March 20 - May 28, 2016* —

Note: Dates are subject to start and end on different dates depending on the sessions. Please refer to the program brochure to find out more information. Classes added outside of the session will be subject to group fitness drop in rates (\$5/residents & \$7/non residents).

\*This class is not included in EFT membership, or eligible for class passes or drop in.

# 6 Ways To Prevent Kidney Problems

It's National Kidney Month! Your kidneys are one of your most important organs. They're responsible for filtering about 200 quarts of blood every day. They also filter 2 quarts of extra water and waste products, which eventually becomes urine. Plus, your kidneys also produce some hormones and help regulate important blood chemicals. Taking steps to keep your kidneys healthy just makes sense:

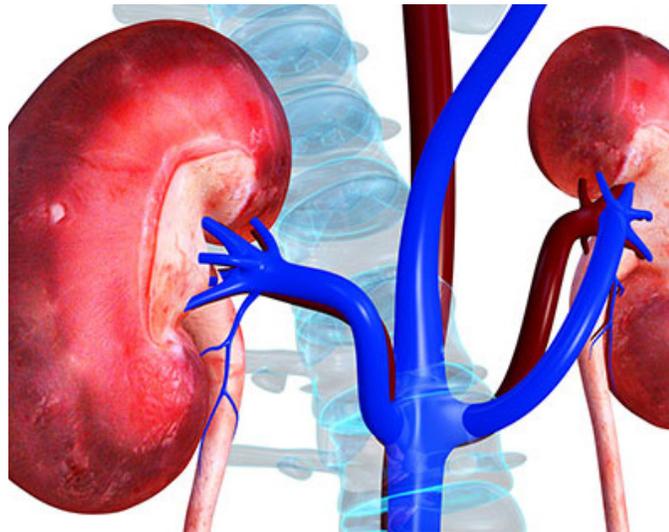
**1. Drink plenty of pure water every day.** Staying well hydrated helps maintain the volume and concentration of blood. It also promotes good digestion, regulates body temperature and washes toxins from the body. For most people, that means drinking about 64 ounces of water every day.

But if you have kidney problems or if you're active and sweat a lot, boost that amount so you are drinking half the amount of your body weight in ounces. For example if you weigh 160 pounds, you should drink at least 80 ounces—or 10 glasses—of filtered or purified water every day.

**2. Don't "hold it."** One of the major jobs your kidneys perform is to filter the blood in your body. When it's done filtering, extra water and waste products are stored in your bladder, waiting to be excreted. But your bladder can only hold about 14 ounces of water—which isn't much.

**3. Drink fresh juices.** While juicing isn't a "cure-all," regularly enjoying fresh fruit and vegetable juices can help keep your kidneys healthy. Juicing daily allows the digestive system to absorb additional water and helps flush toxins and waste out of your body. But if you suffer from kidney stones, it's important to avoid juices made from spinach, beets, collard greens and some other vegetables. These vegetables are higher in oxalic acid which promotes the formation of kidney stones.

**4. Eat right.** Almost everything that happens inside your body is affected by the kind of foods you eat. If the foods you eat are toxic and unhealthy, then it will eventually affect body organs - including your kidneys. This is one reason I recommend avoiding highly processed and refined convenience



foods and fast foods. Foods that strengthen kidney function including green tea, watermelon, asparagus, garlic, parsley, celery and fish.

**5. Take the right supplements.** The same cranberry extracts that protect your bladder can also keep your kidneys healthy. The secret to this small red berry's effectiveness is its ability to keep bacteria from sticking to the lining of the kidneys. Cranberries also reduce inflammation and pack a potent antioxidant punch. To maintain kidney health, take 400 mg of a standardized cranberry extract daily. Double the dose if you are suffering from a urinary tract infection.

It's also important to take supplemental vitamin D. New research shows vitamin D deficiency and kidney problems go hand in hand. Make sure you're getting enough D by taking 2,000 IU every day.

**6. Watch your weight.** If you are overweight or obese, you're at higher risk of kidney stones and kidney cancer. According to researchers at Johns Hopkins University, obesity doubles the odds you'll develop kidney stones. Eating a sensible whole foods diet, watching your portions along with a regular exercise program can help you drop extra pounds and improve kidney health.

Your kidneys were designed to last for a lifetime. Caring for them properly with these six tips will help keep them healthy and happy while promoting good health from head to toe.

**MORE INFO:** <http://www.advancednaturalmedicine.com/general-health/6-ways-to-prevent-kidney-problems.html>

MARCH/APRIL



# FIT 4 LIFE NEW MEMBER REFERRAL PROGRAM

**ONE MONTH FREE  
@ FIT 4 LIFE FITNESS CENTER**

We have a BRAND NEW Referral Program at the Fit 4 Life Fitness Center ending March 30th! Existing members will get a FREE month when a friend signs up for an EFT membership. The new member will get the 2nd month free.\* Workout together in the Fitness Center, join various group classes, or enjoy open gym in the gymnasiums.

**CALL 815.886.6237 FOR INFO**

*\* The new member's credit card needs to be charged for the 1<sup>st</sup> month to establish membership.*