



FIT 4 LIFE

fitness center

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

GLOW GO

MULTI-TERRAIN 5K WALK/RUN

THURSDAY,
SEPT. 22 @ 7PM
DEER CROSSING PARK — 1050 W. ROMEO RD.

\$25/PERSON (ON OR BEFORE 9/12)
\$30/PERSON (DAY OF RACE)



SIGN UP FOR THE RACE
GET 1 MONTH FIT 4 LIFE
MEMBERSHIP FREE!

T-SHIRTS FOR THE FIRST 400 RUNNERS!*
*NOT ALL SIZES ARE GUARANTEED.

You must be an EFT member with all dues paid (no balance on your account). Discount applies to one member per entry per household.

SIGN UP WWW.ROMEVILLE.ORG/GLOW

SEPTEMBER/OCTOBER

Workouts Top Trainers Do When They Only Have 15 Minutes

Benjamin Wegman: 3 Bodyweight Moves to Build Strength

Wegman is a trainer at The Fhitting Room in New York City.

In 10 minutes, complete 20 reps of each move below and as many rounds of the circuit as possible.

Push-Up Sit-Up Squat

For the last 5 minutes, complete 10 burpees every minute on the minute. In other words, perform 10 burpees in 60 seconds, resting for any remaining time in the minute. At the start of the next minute, perform 10 burpees again.



Adam Rosante: 5 Rounds of 5 Moves to Spike Your Heart Rate

Rosante is an NYC-based trainer, founder of The People's Bootcamp, and author of The 30-Second Body.

Perform each move for 30 seconds. At the end of all 5 moves, rest for 30 seconds. You'll complete the entire circuit 5 times in 15 minutes.

Jump Squat Push-Up Lunge Mountain Climber Plank



Astrid Swan: The Countdown Workout

Swan is a celebrity trainer based in Los Angeles who has worked with Julianne Hough and Kimberly Stewart.

Start by performing 10 reps of each exercise, then do 9, then 8, etc., until you perform 1 rep of each exercise, and you're done.

Burpee to Box Jump Lateral Shuffle Jump Lunge Push-Up



MORE INFO & GREAT WORKOUTS:

<http://greatist.com/move/quick-workouts-from-top-trainers>

Getting to Know Our Staff



Richie Moreno, Fitness Attendant

Favorite Hobby: Lifting Weights

Favorite Food: Shrimp Spaghetti

Historical Event: I would have like to have experienced: Watch the White Sox win the 2005 World Series in person

What I miss about being a kid: How easy school was

If I won the lottery: I would take care of the ones I love the most the first. Then I would create myself a home gym, with only the things I desire. I would then save a large majority of it and blow the rest here and there. I would Also give back to those that are less fortunate or suffering from uncontrollable conditions.

Huckleberry Ice Cream



Total Time: 4:50 Prep: 0:20
Yield: 16 servings, each 1/2 cup

Ingredients

- 2 c. half-and-half
- 4 eggs
- ½ c. sugar
- ¼ tsp. salt
- 1 c. whipping cream
- 1 tsp. vanilla extract
- 2 c. huckleberries (blueberries)

Instructions

1. In medium saucepan, whisk together half-and-half, eggs, sugar, and salt. Place pan over medium- high heat and whisk mixture until bubbly. Strain into a large bowl and cool; then whisk in cream, vanilla, and berries. Cover with plastic wrap and refrigerate until chilled, about 2 hours.
2. Pour mixture into ice-cream maker; process according to manufacture instructions.

<http://www.countryliving.com/food-drinks/recipes/a3402/huckleberry-ice-cream-recipe-clv0610/>

FITNESS

group classes

September 11 - December 11



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-8:45am: Cardio Resistance

9:15am-10:15am: Step Express

10:00-11:00am: Y-Weight

tuesday

9:30am-10:30am: Fit Flow

wednesday

9:30am-10:30am: Zumba

thursday

7:45am-8:35am: Chair Body Works

9:30am-10:30am: Single Station Training

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, Advanced

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

tuesday

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

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

6:40pm-7:40pm: Get Fit (English)

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

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

wednesday

5:00pm-5:40pm: TRX

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

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

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

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

thursday

5:30pm-6:30pm: Zumba

6:40pm-7:40pm: Get Fit (in Polish)

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

JOIN US FOR FALL FUN
FALL PROGRAM REGISTRATION
Resident Registration
AUGUST 22 - SEPTEMBER 2
Non Resident Registration
AUGUST 31 - SEPTEMBER 2

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.

SUICIDE PREVENTION AWARENESS MONTH

[*One conversation can change a life.*]

Learn more
about what you
can do as an
individual,
friend or family
member.



NAMI.org/suicideawarenessmonth

September 2016 is also known as National Suicide Prevention Awareness Month which helps promote resources and awareness around the issues of suicide prevention, how you can help others and how to talk about suicide without increasing the risk of harm.

Suicidal thoughts can affect anyone regardless of age, gender or background. Suicide is the third leading cause of death among young people and is often the result of mental health conditions that affect people when they are most vulnerable. Suicidal thoughts and suicide occur too frequently but should not be considered common and can indicate more serious issues. In many cases the individuals, friends and families affected by suicide are left in dark, feeling shame or stigma that prevents talking openly about issues dealing with suicide.

- Know the Warning Signs and Risk of Suicide
- Preventing Suicide as a Family Member or Caregiver
- Being Prepared for a Crisis

Crisis and Information Resources

- I'm in crisis or am experiencing difficult or suicidal thoughts: National Suicide Hotline 1-800-273-TALK (8255)
 - I'm looking for more information, referrals or support: NAMI HelpLine 800-950-NAMI (6264)
- If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or call 911 immediately.
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World Suicide Prevention Day

On September 10, 2016 we observe World Suicide Prevention Day to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to address suicide prevention.

What else can I do?

We believe that these issues are important to address year round. Highlighting these issues during Suicide Prevention Awareness Month and World Suicide Prevention Day provides a time for people to come together and display the passion and strength of those working to improve the lives of the millions of Americans that can benefit from honest discussions about mental health conditions and suicide. In fighting for those living with mental illness there is still much more that needs to be done and more ways to get involved.

- Mental Illness Awareness Week
- Take the StigmaFree Pledge
- Raise Awareness
- Get Involved
- Donate

If you or someone you know may need a mental health assessment, anonymous online tools are available. Learn more and help yourself or someone you care about.

SEPTEMBER/OCTOBER

October is Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

According to the World Health Organization, breast cancer is the most common cancer among women worldwide, claiming the lives of hundreds of thousands of women each year and affecting countries at all levels of modernization. In recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options.

Perform a Breast Self-Exam

Women should perform a self breast-exam each month and any changes or abnormalities should be discussed with a doctor or physician.

Clinical Breast Exam

A clinical breast exam is performed by a qualified nurse or doctor. A healthcare professional will check for lumps or other physical changes in the breast that may need to be investigated.

Mammogram

A mammogram is an x-ray that allows a qualified specialist to examine the breast tissue for any suspicious areas.

What Can I Do To Reduce My Risk of Breast Cancer?

Although you cannot prevent cancer, some habits that can help reduce your risk are:

1. Maintain a healthy weight
2. Stay physically active
3. Eat fruits and vegetables
4. Do not smoke
5. Limit alcohol consumption

Facts about Breast Cancer in the United States

- One in eight women in the United States will be diagnosed with breast cancer in her lifetime.
- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of cancer death among women.
- Each year it is estimated that over 246,660 women in the

United States will be diagnosed with breast cancer and more than 40,000 will die.

- Although breast cancer in men is rare, an estimated 2,600 men will be diagnosed with breast cancer and approximately 440 will die each year.

- On average, every 2 minutes a woman is diagnosed with breast cancer and 1 woman will die of breast cancer every 13 minutes.

- Over 2.8 million breast cancer survivors are alive in the United States today.

Symptoms & Signs

A change in how the breast or nipple feels

- Nipple tenderness or a lump or thickening in or near the breast or underarm area

- A change in the skin texture or an enlargement of pores in the skin of the breast (some describe this as similar to an orange peel's texture)

- A lump in the breast (It's important to remember that all lumps should be investigated by a healthcare professional, but not all lumps are cancerous.)

A change in the breast or nipple appearance

- Any unexplained change in the size or shape of the breast

- Dimpling anywhere on the breast

- Unexplained swelling of the breast (especially if on one side only)

- Unexplained shrinkage of the breast (especially if on one side only)

- Recent asymmetry of the breasts (Although it is common for women to have one breast that is slightly larger than the other, if the onset of asymmetry is recent, it should be checked.)

- Nipple that is turned slightly inward or inverted

- Skin of the breast, areola, or nipple that becomes scaly, red, or swollen or may have ridges or pitting resembling the skin of an orange

Any nipple discharge—particularly clear discharge or bloody discharge. It is also important to note that a milky discharge that is present when a woman is not breastfeeding should be checked by her doctor, although it is not linked with breast cancer.

