

Dear Fitness First Members,



Happy almost summer! We've survived the long cold slog and are ready for anything and everything that the warm weather holds for us. As you will see in this issue, Fitness First is just as ready as you are to make sure you get up, get out, and get moving. Read on to learn about our Summerfit Parks Tour a brand new way to test your fitness level or even just try a new

group fitness class!

You will also learn about this summer's fitness challenge for members; the Summer Heat Challenge. Just when your routine is starting to feel like the same old same old, try this contest to shake things up and find new ways of moving your body! Finally, take a look at this month's informational article about Metabolic Syndrome. Find out not only what Metabolic Syndrome is but how to prevent or reverse the symptoms.

Most of all though enjoy the next four months. We don't get very long here in Chicagoland to embrace Mother Nature so get out there and move around. Every second counts, so don't waste a single one.

Enjoy reading and stay strong!
~ Jennie Bever, Fitness First! Manager

Summer Heat Challenge for Members

This summer, Fitness First is all about bringing new life to your fitness routine and our Summer Heat Challenge will do just that. Each month a new month-long workout calendar will be available at the Fitness First front desk. Complete all of the workouts listed on the calendar, sign the sheet, and turn it in at the front desk at the end of the month. Your sheet will be entered into a drawing to win FREE personal training sessions, massages, or nutrition consultations. Complete all workouts for the entire summer and you will be entered in the drawing to win our grand prize! All participants will receive an event t-shirt.

Group Exercise Schedules Online

The current Group Fitness/Indoor Cycling Schedule and class descriptions have changed and are available online. To view the information, visit our Web site at SkokieParks.org/Fitness-First! and then click on the link "Group Exercise and Spin Schedule/Class Descriptions." We are always looking to add new and exciting fitness classes to our schedule. If you have any suggestions please contact Fitness First at (847) 674-1500 ext. 2600.

Holiday Hours:

July 4: 7 a.m.-noon

Upcoming Events:

- 5/30-6/14: Monty Python's Spamalot at Devonshire Playhouse
- 6/8: Summer Camp begins
- 7/4: Parade and 3-D Fireworks Festival
- 7/11-7/12: 36th Annual World Wiffle Ball Championship
- 7/12: Pancake breakfast in the Woods
- 8/28-8/30: Skokie's Backlot Bash
- 8/29: Skokie's Backlot Dash 5K



Run & Walk

Saturday, August 29

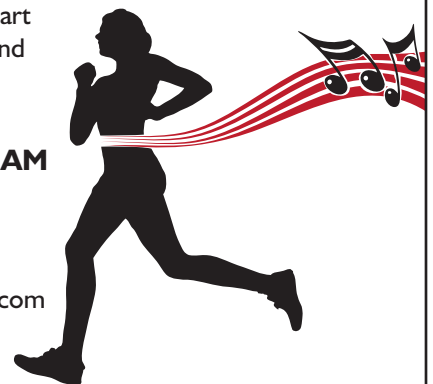
Before you rock out at Skokie's Backlot Bash, start your Saturday with a 5k run through beautiful and historic downtown Skokie.

Kids' 1/2-Mile Run 8:30 AM
5K Race 9 AM

Pre-race registration available online at signmeup.com or in person at the Weber Leisure Center.

Early Bird discount through June 30: \$25
After June 30: \$35

Race day registration begins at 7 a.m. and closes at 8:30 a.m. sharp!



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Metabolic syndrome

About 35 percent of adults in the United States have metabolic syndrome, a serious medical condition that raises your risk for heart disease, stroke, and diabetes. A person with metabolic syndrome is twice as likely to have a heart attack or stroke and five times more likely to develop Type 2 diabetes than someone without it!

What is metabolic syndrome?

Metabolic syndrome is not a specific disease, but rather a group of risk factors. You have metabolic syndrome if you have three or more of the following:

- A large waist circumference (more than 35 inches for women and more than 40 inches for men)
- High triglycerides (a fat found in the blood) or you already take a medication to lower your triglycerides (≥ 150 mg/dL)
- Low good (HDL) cholesterol (< 40 mg/dL for men and < 50 mg/dL for women)
- High blood pressure ($\geq 135/\geq 85$) or you already take a medication to lower your blood pressure
- Elevated fasting blood sugar (or “prediabetes”) (≥ 110 mg/dL)

How to lower your risk of metabolic syndrome

Here is the good news. Metabolic syndrome is closely related to lifestyle choices. If you make the commitment to a healthy lifestyle, you have the power to successfully treat your condition or prevent it from happening in the first place. These 10 steps can help you get started:

1. Get a checkup. Healthy or not, if you haven't had one in over a year, it's time to visit your health care provider. If you have any of the risk factors listed above, it is much easier to treat if caught early.
2. Take medical advice seriously and return for all follow-up visits to your health care provider. If you cannot follow your treatment plan, discuss trying a different plan that may be more likely to maintain.
3. Embrace lifestyle change. Though genetics and age do play a part, the main cause of metabolic syndrome is an unhealthy lifestyle. If you make positive changes in your eating patterns and physical activity, you can reverse metabolic syndrome.
4. Aim for a modest weight loss. Your health can improve in a big way by losing just 5–10% of your current body weight. Start slow with small goals.
5. Make a plan. Sure, losing weight is all about eating less and moving more. But how are you going to do it? Begin by setting small, reachable goals related to diet and exercise.
6. Educate yourself on what changes need to be made to your diet. The DASH diet, Mediterranean diet, and MyPlate are safe and evidence-based eating plans that can improve your health.
7. Keep a food log. This is a very effective tool for weight loss.
8. Get moving. You can't get healthy without getting active. Aim for 150 minutes of moderate activity per week. Walking is a great way to get this in!
9. Find an accountability partner. Having a friend or family member who supports your efforts and will check in with you on a regular basis is invaluable.
10. Don't forget the other “biggies”. Though they are not part of metabolic syndrome, smoking and high bad (LDL) cholesterol are still major risk factors for heart disease.

SUMMERFIT PARKS TOUR

Shake up your fitness routine this summer and take it on tour! Join our SPD Summerfit Parks Tour as we get outside and work up a sweat while visiting a different park and hosting a different class every week.

Drop in rate per class: \$5. Pre-register for all twelve classes, save 40%, and receive a Summerfit water bottle! Register in advance online or at the park. See parks map on page 79 for park locations. Attend all 12 classes and you will be eligible to win our grand prize.

Monday morning sessions: 8–9 a.m.

Wednesday evening sessions: 6–7 p.m.

Devonshire Park—Zumba

250470-01 Mon. 7/6 & Wed. 7/8

Oakton Park—RIPPED

250470-02 Mon. 7/13 & Wed. 7/15

Emily Oaks Nature Center—Yoga

250470-03 Mon. 7/20 & Wed. 7/22

Hamlin Park—Turbo Kick

250470-04 Mon. 7/27 & Wed. 7/29

Timber Ridge Park—Boot Camp

250470-05 Mon. 8/3 & Wed. 8/5

Terminal Park—Insanity!

250470-06 Mon. 8/10 & Wed. 8/12

Lorel Park

Mon. 8/10 • 6-7 p.m.

**Free Family Fitness Fusion
End of Tour Celebration**

12-Pack of Classes

250470-07 - \$36



Fitness First!

www.SkokieParks.org



9300 Weber Park Place • Skokie • (847) 674-1500, ext. 2600