



LSF LOOP

What's New and News at Lakeshore SF



What's Happening in the Club!

The SPA@IC - Two for Me & a Gift For Free



Perfect for the holiday season. Purchase two massages of 50, 80, or 110 minutes length and get a free Gift Certificate for a massage of equal length to give to a friend – or treat yourself! The SPA@IC offers Sport and Relaxation Massages. Soothe or de-stress aching muscles with one of three aromatherapy options. Unwind even further with a visit to our steam room, sauna, and whirlpool before or after your session. This offer is available through 12/31/2017. Contact: ICSpa@LakeshoreSF.com

Pound 4 Pound – It's Not Too Late to Donate!

Company-wide, we are up to 300 pounds of food on the way to 1,000 pounds in support of the Greater Chicago Food Depository. How can you support? You can drop non-perishable items in the bin located by the front desk, or for your convenience, we are also accepting cash donations at the front desk. Thank you for your support!

Dodgeball Tournament– December 5th



Get your squad or officemates together and enjoy some friendly competition in LSF at IC's Dodgeball Tournament. Join us from 6pm-8pm to see who gets crowned the Dodgeball Champion. No team? No worries! Individuals and teams, members and non-members are welcome! Registration is free and adult beverages will be provided courtesy of Press Kitchen!

RSVP: https://dodgeballtournament_lsfc.eventbrite.com

Contact: ICEvents@LakeshoreSF.com

Indoor Triathlon & Brunch
4th Annual Miles and Mimosas
Save the date!

Whether you are a seasoned veteran or new to Triathlons, this event is for you! Save the date for February 24th. LSF will have its 4th annual Indoor Triathlon including a post-race brunch in Press Kitchen. Members \$40, non-members, \$50. Spectator brunch and on-site child care available.

For details or to register: www.indoortriandbrunch-milesandmimosas.eventbrite.com

Questions: ICEvents@LakeshoreSF.com

Smoking Cessation Course
Make this your New Year's Resolution

Starting Monday, January 8th 2018, The Catholic Charities will host a weekly class at Lakeshore Sport & Fitness that will help members identify reasons to quit smoking, learn about nicotine replacement products and medications, learn about health benefits of quitting, substitute healthy behaviors, and plan for being smoke free long term. The course will run for 10 weeks total, every Monday 5:30pm – 7pm. The cost of the course is \$250 (or \$25 a class). Participants will receive a Smoking Cessation Certificate of Completion.

If interested, please contact ICEvents@LakeshoreSF.com to reserve a sport or for more

information.

Incorporating Flexibility & Mobility into Your Workout

A critical component of your overall fitness and preventative objectives is often the most often overlooked and neglected. Training joints through range mobility, and soft tissue through flexibility will increase your range of motion, prevent injury, enhance performance, mitigate chronic pain, expedite recovery, and enhance overall sense of well-being. Whether the workout begins with cardio or lifting, begin with a "Dynamic Warm-Up" for 10 minutes. Protocols include moving joints in specific ranges/angles guiding the joint through fluid motion to enhance its range and induce circulation to the joint and associated musculature. Do not static stretch in a cold state to begin your workout, research has shown this can increase the likelihood of strains and sprains. Save the static stretching, (which is soft tissue focused, and includes isometric positions) for the end of the workout when the musculature is pliable and circulated with blood flow. The dynamic warm-up and cool down static stretching are also a great way to incorporate additional "corrective" exercise to address chronic pain in the lower/upper back, shoulders, neck, and knees - in addition to addressing different types of poor postures.

Make your Holiday Party Fun this year with Team Trivia

Let LSF customize a trivia experience for your next company outing. Gather your brainy co-workers and form teams to compete in a fun, intelligent, interactive night of trivia. Prizes will be given to winning teams. Food and bar packages are available. Book your trivia night by contacting ICEvents@LakeshoreSF.com. Receive 10% off when you book by November 30th.

Discounted Young Adult Personal Training – Get Fit for the Holidays

Don't wait until the NEW YEAR to make a resolution. Get ahead of the game and go into the holidays more fit and ready to combat the ever impending temptations. To schedule a complimentary 30 minute consultation and to learn more about Discounted Young Adult Personal Training, contact ICPT360@LakeshoreSF.com



Taco Tuesday at Press Kitchen!

Sous Chef Mike will feature a different trio of tacos from week to week using the best local/seasonal ingredients. Tacos will be paired perfectly with a rotating local brew. All of this for just \$10. Salud!

Tips for a Healthy Low Back

Winter is coming. The back pain you've been complaining about all summer likely isn't going to disappear into thin air like Chicago fall weather. Between family duties, work, and an influx of new Netflix shows calling you to the couch, time is a valuable commodity. The good news is that back pain is rarely one catastrophic event and can be improved by altering some seemingly insignificant and often overlooked everyday tasks.

- **Get moving.** Studies show that 40% of people become less active after low back pain, which is likely making your symptoms worse. You have a gym membership, so use it! Even walking can help alleviate low back pain in the short term.
- **Put your old mattress to rest.** Studies show that mattress should be replaced every 5-7 years. A study by Oklahoma State University found that a new bed can effect low back pain, stiffness, sleep quality, and sleep efficiency.
- **Your entire life is in your bag.** We are consistently lecturing our kids on backpack heaviness, and our own bags/purses are no different. The lighter the bag, the less stress is placed through your spine.
- **Check your feet.** Feet are our foundation. Unsupportive or worn down shoes can alter joint mechanics and lead to increased stress in knees, hips, and lower back. High heels force you to arch your back, causing your spinal musculature to overwork.
- **Call to Lakeshore Physical Therapy.** Studies show that both physical therapy and yoga are far superior to an education control group in terms of pain, activity limitation, and quality of life. Early intervention is important for favorable outcomes and a quicker recovery. (www.lakeshore-pt.com)

Saper RB, Lemaster C, Delitto A, et al. Yoga, physical therapy, or education for chronic low back pain: a randomized controlled noninferiority trial. *Annals of Internal Medicine*. June 19, 2017.

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