

A CLEVELAND CLINIC AKRON GENERAL NEWSLETTER FOR LIFESTYLES MEMBERS



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 **LIFESTYLES**
AKRON GENERAL
HEALTH & WELLNESS CENTER

5 Best Ways to Win Your Battle With Weight Loss

Balancing blood sugar and metabolism are the keys to success

If you're struggling to lose weight, Kristin Kirkpatrick, MS, RD, LD, has five tips to help you achieve success.



1 Don't skip breakfast, and get at least 10 grams of protein

Eating a balanced breakfast — including protein, fat and carbs — will give you the energy you need for the day.

"If you skip breakfast, you're starting the day on a dead battery," says Ms. Kirkpatrick. "Studies show that higher intake of protein in the morning is also essential for squashing cravings later in the day."

Good sources of protein include eggs, plant-based protein powders, sprouted toast with natural peanut butter, and plain unsweetened yogurt with berries and hemp seeds.

Skipping meals can make your body think it is in starvation mode. "Think of Sumo wrestlers. They eat little or nothing all day, then eat a big meal late in the day — thus their size and high fat-to-muscle ratio," she says.

2 Eat small meals, or consider fasting

Take your pick: three meals a day with two or three snacks, five or six small meals a day, or eating every three to four hours. Each of these approaches will keep your metabolism even —

and your blood sugar levels stable.

Balance will help your body function at its best and will help you avoid weight gain. "You don't want your blood sugar to rise and fall as if you're on a roller coaster. That will make your energy levels fluctuate and all your body processes work less efficiently," Ms. Kirkpatrick says.

"It's better to have blood sugar levels mimic a kiddie roller coaster. It may seem less exciting, but it won't throw off your metabolism as much."

Another option to consider is fasting, she notes. Studies show that people who adhere to either an intermittent-fasting or time-restricted feeding approach have a decreased risk of disease, lower mortality and more success in losing weight.

3 Exercise moderately, and add some weights

An intense workout regimen is great if you're happy with your weight and are in good health. But if you're struggling to shed pounds, a moderate exercise program will work better for you. Walking 30 minutes on a regular basis will

benefit you more than an intense 90-minute routine you can't maintain.

"Moderate exercise is especially important if you have problems with blood sugar. An intense workout will add more stress to your body by making your blood sugar spike and then fall," says Ms. Kirkpatrick.

She adds that setting goals too high and failing to meet them will keep you from feeling successful. "It's better to set small goals and surpass them."

Also, adding in at least three days of resistance training will help increase muscle, speeding up your metabolism and making weight loss easier.

4 Eat until you're no longer hungry, not until you're full

When you feel full, it means you have over-fueled. "Stop giving your body calories it does not need," says Ms. Kirkpatrick. "Instead, listen to your hunger, and eat only when hungry."

The amount of carbs, protein and healthy fat you need depends on lots of factors, including your

weight loss goals, disease status, etc. Another tactic is to start big (at breakfast) and end small, tapering off your portion sizes as the day goes on.

5 Be wary of 'emotional eating.'


When you eat because you're stressed out or starved for comfort, awareness is half the battle. "Many people get frustrated because they've joined a fitness or a weight loss program, have done everything right, and just can't seem to lose weight," says Ms. Kirkpatrick.

You may want to consider using hypnosis, meditation or holistic psychotherapy to help you let go of old eating patterns, such as eating for comfort rather than out of real hunger.

"People realize, 'wow, I eat when I'm not that hungry,' or 'I remember how apple pie at grandmas would comfort me when I was little. That's what I think of when I crave comfort today,'" says Ms. Kirkpatrick.

After letting go of eating patterns that no longer serve you, you'll find yourself fitting into clothes you haven't been able to for years.

From Cleveland Clinic Health Essentials — visit health.clevelandclinic.org.



HEALTH & WELLNESS

NUTRITION CONSULTATION

Struggling with weight loss? Trying to lower your cholesterol or blood pressure? Looking for increased energy and stamina? Our registered dietitians are here to help.

Information: 330.665.8022

LIFESTYLE WEIGHT-LOSS PROGRAM 10-WEEKS TO A HEALTHIER BODY

A life-changing program led by a registered dietitian and certified personal trainer who will show you everything from working out to dining out. Strengthen your muscles and lose fat by forming good habits and changing your views on fitness.

Information: 330.665.8022
Cost: \$375 members, \$395 guests

GAME CHANGER: THE ULTIMATE IN PERSONAL TRANSFORMATION SEMINAR

Don't miss this motivating seminar to learn about boosting metabolism, taking charge of hormones, fueling your body, exercising smart, burning fat, discovering the secret that leads to lasting change and understanding how to make it happen.

Information: Bath and Stow 330.665.8140, Green 330.896.5006
Cost: free for members, \$49/month guests

Almond Gold Milk With Apricots and Cinnamon

You'll enjoy the delicious blend of exotic flavors

Try the inflammation-soothing concoction once, and you'll want to enjoy it again and again. Chef Jim Perko, Cleveland Clinic Integrative Medicine, brings you a unique and creamy blend of exotic flavors.

Ingredients

4 cups almond milk, unsweetened
1 teaspoon fresh ginger, coarse chop
½ teaspoon turmeric
½ teaspoon cinnamon, ground
¼ teaspoon black pepper, coarse ground
8 Turkish apricots, dried

Directions

Place all ingredients in sauce pan. Bring to a simmer.
Cook until reduced to 3 cups (about 12 minutes).
Pour into a blender. Process until well-blended.
Can be enjoyed warm or cold!



Nutrition information: Makes 6 servings. One (1/2 cup) serving contains: Calories 50 | Saturated fat 0g | Cholesterol 0mg | Sodium 127 mg | Carbohydrate 7.35g | Fiber 1.4g | Sugars 4g | Protein .91g



To increase your fitness level and keep it there, remember that progress is perfection. Start with ten extra minutes of exercise, and before you know it, you'll be working out for 30 minutes a day, as the American College of Sports Medicine recommends.

Tips to Kick-Start and Maintain Your Workouts

How to create an exercise habit

The road to fitness is paved with good intentions — but sometimes it's hard to know how to take the first steps.

Once you join a gym, how do you keep the flame alive with regular workouts? Getting into a routine, finding the fun and also partnering up with others really amps up your success rate. Use these simple tips from Mladen Golubic MD, PhD, Cleveland Clinic Center for Lifestyle Medicine, to get your exercise or fitness routine moving and keep it there, in full gear.

1. TREAT IT AS COUPLES THERAPY

Working out with your spouse or significant other gives you a support system — and a healthy dose of accountability. In addition to making certain workouts more fun, having a spouse along means you can encourage each other when you hit a wall. If you aren't in a couple, bring a buddy.

2. USE EASY DIY OPTIONS

Too often, the cost of a gym membership or exercise equipment is a barrier to fitness. If that applies to you, you can get started with inexpensive options. If you want to walk, all you need is walking or running shoes. And jump ropes, dumbbells, exercise balls and exercise videos provide relatively inexpensive options for at-home exercise.

3. SEEK A PERSONAL TRAINER

It may sound daunting, but working with a personal trainer provides both expertise and motivation that you can't find on your own. Be sure to find a trainer who works at the right level, though. If you're a beginner, you don't need to work with someone who trains pro athletes. Ask for references, and find out what types of clients a trainer typically has so you can find the right match.

4. GET WET

The pool is good for more than just swimming laps. Water-based exercise can be especially good for people who are overweight or have back pain or arthritis. It works because water offers 12 times the resistance of air to tone and strengthen muscles. You'll burn 400 to 500 calories per hour.

5. USE APPS AND TRACKERS HONESTLY

From wearable technology to apps on your smartphone, there's a world of gadgets and software designed to help you track your fitness. All can help with accountability — but you have to start by being honest with the data you feed them about weight, daily food intake, daily exercise and other variables. Data tracking is only as good as the accuracy of the data itself.

LifeStyles can help! We want to help you look and feel your best.

From Cleveland Clinic Health Essentials — visit health.clevelandclinic.org.

RECREATION AND WELLNESS

News and Events

Call for details: Bath 330.665.8139, Green 330.896.5007, Stow 330.945.3141

KIDS OUT OF SCHOOL? BRING THEM TO US!

LifeStyles has it covered – enjoy fun-filled days of games, swimming, rock wall climbing, crafts, movies and more. Ages 5 to 14 are welcome. Bring a lunch and energy!

YOUTH DAYS

9 a.m.-4 p.m. | \$30/day members, \$35/day guests

Bath: Mon., Jan. 21 or Mon., Feb. 18

Green: Mon., Jan. 21 or Mon., Feb. 18

Stow: Mon., Jan. 21; Fri., Feb. 15; Mon., Feb. 18; Fri., Apr. 19 or Mon., Apr. 22

SPRING BREAK CAMP

9 a.m.-4 p.m.

Full week option: \$150 members for first child & additional children \$140

Three day option: \$100 per child

Before and after care is available for an additional fee.

Bath: Mar. 25-Apr. 5

Green: Mar. 25-29

Stow: Mar. 25-29

PARENTS' NIGHT OUT

Enjoy a Saturday night out while we entertain your children! Participants can enjoy swimming, climbing the rock wall, open gym and more. Pizza and snacks

provided during the movie. With so much to do, we can almost promise to send your children home tired. Drop-off starts promptly at 6 p.m.*An overnight option is available on several days at Bath and Stow.

Saturdays from 6-11 p.m. unless noted
\$15 members, \$20 guests

Bath: Jan. 12, Feb. 16 *, Mar. 9, Apr 13 *

Green: Jan. 19, Feb. 16, Mar. 16, Apr 13

Stow: Jan. 12, Feb. 16 *, Mar. 16, Apr 13

RED CROSS BABYSITTING COURSE

Teens age 11 to 15 learn emergency preparedness, basic first aid, problem solving and how to keep young ones occupied and entertained safely. To register, visit the front desk.

9:30 a.m.-4:30 p.m. | \$55 members, \$75 guests

Bath: Mon., Jan. 21; Mon., Feb. 18; Fri., Apr. 19

Green: Mon., Jan. 21; Mon., Feb. 18

BIRTHDAY PARTIES

Does someone you know have an important birthday coming up? Choose from our packages or à la carte options to create the perfect birthday celebration with fun, healthy activities, a friendly party leader with a spacious party room and more. Activity areas available include the gymnasium, swimming pool, rock wall and KidStyles.

Contact the recreation department to book your party!

BABYSITTING & KIDSTYLES

Babysitting is available for children ages six weeks and older at no cost for Family Memberships. Infants ages six weeks to one year are allowed a maximum of 2-hours of babysitting per day and children over one year may utilize the babysitting services for up to 3-hours per day.

A supervised play area for youth ages 5-12 years old. Usage of this area is free for children included on Family Memberships. Children engage in activities such as rock wall climbing, circuit training, gym activities, group games, jump rope and free play. Check out Parents Night Out for evening activities and Youth Camp during days off of school.

Both services are available to parents staying within the Health & Wellness Center at all times.

Babysitting: ages 6 weeks to 4 years old

Bath

Weekdays 8 a.m. - 8:30 p.m.

Saturday 8 a.m. - 1 p.m.

Sunday 10 a.m. - 12 p.m.

Green and Stow

Weekdays 8 a.m. - 8:30 p.m.

Saturday 8 a.m. - 5 p.m.

Sunday 9 a.m. - 5 p.m.

KidStyles: ages 5 to 12 years old

(during the school-year)

Bath

Weekdays 3:30 - 8:30 p.m.

Saturdays 9 a.m. - 5 p.m.

Sundays 9 a.m. - 5 p.m.

Green and Stow

Weekdays 8 a.m. - 8:30 p.m.

Saturdays 8 a.m. - 5 p.m.

Sundays 9 a.m. - 5 p.m.



BIOMETRICS: MEAL PLANNING MADE EASY

Members have access to a web-based program that creates a personalized meal plan to help you achieve your wellness goals. The meal plan includes 3 meals and 3 snacks for each day, grocery shopping lists and healthy recipes based on an appropriate calorie level for you.

Information – 330.665.8022

GROUP EXERCISE CLASSES

Have you tried a group exercise class lately? LifeStyles classes are scientifically-backed, inspiring qualified instructors and the latest cutting-edge choreography. A variety of classes are offered weekly at each LifeStyles facility – they're included with your membership!

Most classes are 45 - 55 minutes in duration unless otherwise noted. For your health and safety, it is important to perform the warm-up at the beginning of each class; therefore, no one will be admitted into class after the first ten minutes. Some class formats are unique to one center. Classes include:

- Cardio Endurance – Cardio 4 All, Functional Fitness, Kickbata, HIIT, Sport, TreadRx Conditioning, Zumba®, Tabata, Tabata Bootcamp™
- Cycling – Cycle to the Core, Cycle In/Yoga Out, Cycle Strong
- Muscular Strength and Endurance – Barre, PiYo, Rep Reebok, Core Focus, Aqua Zumba®, PumpRx
- Mind / Body – Prana Yoga, Gentle Yoga, Moving Meditation, Pilates Mat

Download the app to view the daily schedule:
akrongeneral.org/lifestyleexercise

Community Health Screenings

Cleveland Clinic Akron General believes in not just getting you well when you need it, but in helping you and your doctor work together to prevent disease. Health screenings are available throughout Akron. A variety of tests are available for a nominal fee. Screenings include total cholesterol, glucose and hemoglobin A1C.

Schedule for Screenings at our Health & Wellness Centers

8:30 -11 a.m. | price varies per service

Bath: Jan. 8 & 26, Feb. 12 & 23, Mar. 12 & 23, Apr. 9 & 27

Green: Jan. 12 & 22, Feb. 9 & 26, Mar 9 & 26, Apr. 13 & 23

Stow: Jan. 19, Feb. 9 & 26, Mar 9 & 26, Apr. 13 & 23

View the schedule: akrongeneral.org/screenings | Information: 330.665.8175

NUFIT

A free program that provides information about the latest topics in nutrition and fitness, new recipes, facts vs. myths and tips from a registered dietitian and fitness expert.

6 to 7 p.m. | Free | Open to the community

January

Nutrition: Ketogenic Diet & Interval Training

3 Medina, 8 Bath, 15 Stow, 17 Wadsworth, 22 Green

February

Nutrition: Healthy Heart Diet & Cardio Exercises for a Healthy Heart

5 Stow, 7 Medina, 12 Bath, 21 Wadsworth, 26 Green

March

Plate Makeover & Benefits of Yoga

5 Stow, 7 Medina, 12 Bath, 21 Wadsworth, 26 Green

April

IBS Nutrition & Best At-Home Workouts

2 Stow, 4 Medina, 9 Bath, 18 Wadsworth, 23 Green

Register – Bath: 330.665.8100 | Green: 330.896.5000 | Stow: 330.945.3100
Medina: 330.721.5992 | Wadsworth: 330.334.5761

Information – akrongeneral.org/nutrition



RECREATION AND WELLNESS

AQUATIC UPDATES

Please contact the aquatics departments for more information.

Bath: 330.665.8131 | Green: 330.896.5007 | Stow: 330.945.3131

More information and current schedule: akrongeneral.org/lifestylesaquatics

AMERICAN RED CROSS LIFEGUARD TRAINING COURSES

Lifeguard Training Course

Earn American Red Cross certifications in Lifeguard Training, First Aid and CPR for the Professional Rescuer Certification. Open to age 15+ with strong swim skills. Must pass a swim test. Call for additional details.

Bath: Pretest Feb. 25 at 6 p.m.; Training Feb. 28-Mar. 3; Thu. & Fri. 4-8:30 p.m.; Sat. & Sun. 10 a.m.-6 p.m.

Bath: Pretest Mar. 18 at 6 p.m.; Training Mar. 21-24; Thu. & Fri. 4-8:30 p.m.; Sat. & Sun. 10 a.m.-6 p.m.

Bath: Pretest Apr. 5 at 6 p.m.; Training Apr. 7-May 5; Sun. 10:30 a.m.-5:30 p.m.

Green: Pretest Jan. 26 at noon; Training Feb. 3-24; Sun. 12-5:30 p.m.

Green: Pretest Feb. 23 at noon; Training Mar. 3-24; Sun. 12-5:30 p.m.

Green: Pretest Mar. 30 at noon; Training Apr. 7-May 5; Sun. 12-5:30 p.m. (no class Apr. 21)

Stow: Pretest Jan. 8; Training Jan. 10-13; Thu. & Fri. 5-9 p.m.; Sat. 12-6 p.m.; Sun. 10 a.m.-6 p.m.

Stow: Pretest Jan. 26 at noon; Training Feb. 2-23; Sat. 12-5:30 p.m.

Stow: Pretest Mar. 4 at 6 p.m.; Training Mar. 6-10; Wed. & Fri. 5-9 p.m.; Sat. & Sun. 12-6 p.m.

Stow: Pretest Apr. 1 at 5 p.m.; Training Apr. 1-12; Mon., Wed. & Fri. 5-9 p.m.

Cost: Members \$175, guests \$215

Lifeguard Review Course

Participants must possess a current American Red Cross Lifeguarding certification in order to qualify for this course. Upon successful completion, participants will receive Red Cross certifications in Lifeguard Training, First Aid and CPR/AED for the Professional Rescuer Certification. Participants must

be at least 15 years old, possess a current certification, have strong swim skills and pass a swim test.

Stow: Jan. 16 & 23, Wed. 4:30-9:30 p.m.

Stow: Feb. 8 & 11, Wed. & Fri. 4:30-9:30 p.m.

Stow: Mar. 13 & 15, Fri. & Mon. 4:30-9:30 p.m.

Stow: Mar. 16 & 17, Sat. & Sun. 10 a.m.-3 p.m.

Stow: Apr. 6 & 7, Sat. & Sun. 12-5:30 p.m.

Stow: Apr. 15 & 16, Mon. & Tue. 4:30-9:30 p.m.

Cost: Members \$110, guests \$130

Lifeguard Instructor (LGI) Course

Become certified to teach American Red Cross Lifeguarding, CPR, and First Aid courses. Participants must have a current certification in Red Cross Lifeguarding and be at least 16 years old on the first day of class. Be prepared to take the Pre-Test (same as Lifeguard pre-test) on the first day of class.

There will also be a short online component with this course. Includes all materials.

Stow: Apr. 17-May 8, Wed. & Fri., 5-9 p.m. (no class Apr. 19)

Cost: Members \$215, guests \$245

Red Cross Lifeguard Instructor (LGI) & Instructor Trainer (LGIT) Review Course

For current Lifeguard Instructors only. The Review Course is the in-person requirement for recertification for all LGI's and LGIT's, and must be completed every 2 years in conjunction with any additional Red Cross requirements for maintaining certification. A land and water session will take place during this session. Any LGI or LGIT who wishes to become certified or recertified in basic Lifeguarding may do so during this day-long course at an additional charge.

Stow: Jan. 26, Feb. 23, Mar. 11 or Apr. 13; 8:30 a.m.-5 p.m.

Cost: Call the aquatics office for details.

AMERICAN RED CROSS LEARN-TO-SWIM CLASSES

Learn stroke development, basic water safety and helping in an emergency. For age six months and older. Choose from Parent/Child, Level 1-6 or Adult classes. Call or stop by the front desk for details.

All Locations: Jan. 7-Feb. 16 | Mar. 4-Apr. 13 | Apr. 29-Jun. 8

Cost: Call the aquatics office for details.

S.E.A.L.S. (SWIMMING ELITE AT LIFESTYLES)

A non-competitive swim program for youth members eight years and older with Red Cross Level 5 ability or greater. Call for details.

Stow & Green: Jan. 7-Feb. 16 | Mar. 4-Apr. 13 | Apr. 29-Jun. 8

Cost: Call the aquatics office for details.

MASTERS SWIMMING

For adults interested in swim competition or taking workouts to greater depths. Learn drills to improve techniques to increase speed and endurance. Must be a member of the US Masters Association to participate.

Green: ongoing | Tues. and Thurs., 6:30-7:30 p.m.
Stow: ongoing | Mon. and Wed., 6:15-7:30 p.m.

Cost: Free for members

WATER SAFETY INSTRUCTOR (WSI) COURSE

Learn to teach Red Cross Swim Lessons. Age 16+ and possess strong swim skills. Registration starts Nov. 20.

Green: Dec. 20, 21, 27 and 28 | 9 a.m.-5 p.m.

Cost: Members \$215, guests \$245

Health & Wellness Center, Bath
4125 Medina Road, Akron, Ohio 44333



Bring a Guest for Free!

Free Guest Days are the perfect opportunity to bring in family and friends that may be interested in joining LifeStyles member. We designate nine days throughout the year for members to bring a guest with them to enjoy LifeStyles at no charge.

Sunday, Feb. 10 | Sunday, Mar. 17 | Sunday, May 12

Holiday Hours

REGULAR HOURS OF OPERATION: MONDAY - FRIDAY 5:30 A.M. – 10 P.M. | SATURDAY 7 A.M. – 6 P.M. | SUNDAY 8 A.M. – 6 P.M.

	FACILITY HOURS	DEPENDENT HOURS	KIDSTYLES HOURS	BABYSITTING HOURS
NEW YEAR'S DAY, JAN. 1	8 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.
MARTIN LUTHER KING, JR. DAY, JAN. 21	5:30 a.m.-10 p.m.	9 a.m. - 10 p.m.	9 a.m. - noon (Bath) 3:30 - 8:30 p.m.	8 a.m. - 8:30 p.m.
PRESIDENTS DAY, FEB. 18	5:30 a.m.-10 p.m.	9 a.m. - 10 p.m.	9 a.m. - noon (Bath) 3:30 - 8:30 p.m.	8 a.m. - 8:30 p.m.
GOOD FRIDAY, APR. 19	5:30 a.m.-10 p.m.	9 a.m. - 10 p.m.	9 a.m. - noon (Bath) 3:30 - 8:30 p.m.	8 a.m. - 8:30 p.m.
EASTER SUNDAY, APR. 28	8 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.

For more information, visit our website at akrongeneral.org/lifestyles.