

EVENTS HAPPENING

Tuesday, September 11 • 7 p.m.

Thursday, September 13 • 7 p.m.

Pre-Natal Yoga starts

6 week session **FREE** to members and non-members

All three classes held at our Granger location.

Contact Del for more information: estukel@beaconhealthsystem.org

Register at: <https://bit.ly/2oG1Adl>

Saturday, September 15 • 11 a.m.

Pre-Natal H2O starts

6 week session **FREE** to members and non-members

Staff & faculty from the University of Notre Dame can now schedule their **annual health screening** at either our South Bend (647-2660) or Granger (647-8418) location. Typically takes less than 15 minutes, conveniently scheduled to meet your needs. *Beat the rush this fall, and schedule yours today.*



Full of Good Health: Full Fork Begins Again in October

Bridget Hardy
Fitness Specialist
BHardy@beaconhealthsystem.org

What do Venus and Serena Williams, Jason Mraz, Thich Nhat Hanh, Don Imus, and Beacon Fitness Specialist Chelsea Reese all have in common? They're all plant-based eaters, eating no meat or other animal products, such as dairy and eggs.

Plant-based eating is gaining more traction as research continues to show that whole foods plant-based eating can lower cholesterol as well as reduce risk for diabetes and other chronic conditions.

The Full Fork is a Beacon program offering participants resources and support to begin or increase their plant-based nutrition commitment. An information session, complete with healthy plant-based snacks, takes place on Tuesday, October 9, at 6:30pm at Beacon Health & Fitness in Granger. The first meeting of the next session is Tuesday, October 23, with subsequent gatherings every other Tuesday, following into early March, with some exceptions for holidays.

The program is based on the Forks Over Knives documentary and books, which promotes whole foods from plants and low sugar and oil content. With a mix of meetings, potlucks, and field trips, the program is both support and shared experience. Participants get a lipid assessment before and after the program testing cholesterol, glucose, triglycerides and more.



"My weight and my blood pressure are both down--both very good things. Plus, I'm sleeping well, no skin issues, no heart burn or indigestion--also good things. At this point I see no reason to reverse course!" said Terri Howell, a Full Fork participant.

For more information contact Bridget at BHardy@beaconhealthsystem.org.

PRE-NATAL CLASSES OFFERED THIS SEPTEMBER

PREPARING FOR CHILDBIRTH

Dates: 9/8, 10/6, 11/3, 12/1 • 9am-3pm
Beacon Health & Fitness Granger, \$25 fee

Our expert team of childbirth educators uses the latest animation technology, discussion, 3D models, stories, and activities to help guide you in your birth experience. Learn about pregnancy including 3rd trimester anatomy and common discomforts, the labor and delivery process, stages & signs of labor, comfort measures & techniques, pain management, medical procedures, and the supportive role of the coach. Enjoy learning relaxation techniques in our Beacon Health & Fitness Mind Body room.

AFTER BABY COMES (Newborn Care)

Dates: 9/12, 10/10, 11/14, 12/12 • 6pm-8pm
Beacon Health & Fitness Granger, \$10 fee

This class explores the first few weeks at home with a new baby. Come spend a fun and interactive evening with a baby expert. You will learn what to expect life will be like, during the first couple of weeks after birth. Learn how to care for your newborn, soothing your newborn, normal baby appearance, and infant safety.

This class will give a great start to parenting.

Join Jack at Beacon Health & Fitness Granger on Sunday, September 23 for Cover Me: Songs by, about, or inspired by Bruce Springsteen. Sunday Cycling Series cost \$5 and is open to the public.

Please register at <https://bit.ly/2Ndbuks>



Want to quit smoking? We can help!

Kris Ohlson
Wellness Coach
KOhlson@beaconhealthsystem.org

Mark Twain said, "Giving up smoking is easy... I've done it hundreds of times." Unfortunately, Mr. Twain did not have access to the supportive, non-judgemental Freedom From Smoking® program offered by Beacon Health & Fitness.

The decision to quit is personal. Freedom From Smoking® works because it is all about YOUR quit journey. We use proven activities and tools to help you understand your own relationship with tobacco - and how to say goodbye to smoking for good.

If you or someone you know is thinking about quitting, whether for the first time or the umpteenth time, we can help.

Please join us for one of our FREE informational sessions about the American Lung Association's 7-week quit smoking course. The info sessions (and the 7-week course) are open to the public.

INFO SESSIONS:

Tuesday, September 11
Beacon Health & Fitness, Granger
6-7 pm

Thursday, September 20
Ivy Tech, South Bend
6-7 pm



During the 7-week course you will:

- Choose a quit day, about three weeks into the program, then create a personalized plan to get ready for it.
- Build strategies for managing stress, avoiding weight gain, and staying active during and after you quit.
- Learn how quit-smoking medications can help.
- Share your experience with others going through the same thing, thereby building a community of support to help you stay quit.

The 7-week course will be on Tuesdays, beginning October 2nd.

Questions? Email us at QuitSmoking@BeaconHealthSystem.org or call 574-647-8418.

When you're ready, Beacon is here.

MEET OUR NEW FITNESS STAFF MEMBERS



Jessica DuBois
Fitness Specialist
JDubois@beaconhealthsystem.org

Jessica DuBois is an Elkhart, IN native who graduated with her Health Fitness Specialist degree from Indiana University Bloomington in May 2018.

At IU, she taught a variety of group exercise classes and worked with community health programs through IU Health. Through the community health programs, she was able to work in cardiac rehabilitation and with a program that focused on bringing families to accumulate healthier lifestyles.

She obtains a Functional Movement Screening certification along with her Group Exercise Instructor certification. She will soon obtain her Personal Training certification through ACSM along with her Group Fitness Instructor certification through AFAA.

Jessica is very passionate about education of health and wellness through exercise and tries to bring creative ideas when working with clients. She hopes to help people reach their goals and ultimately build a healthier community in this position at Beacon Health & Fitness.

Jessica has a background in both musical theater and sports that help her integrate fun and unique methods for group fitness and personal training. She is so excited to be a part of the Beacon Health & Fitness team!



Halle Hill
Personal Trainer
HEHill@beaconhealthsystem.org

Halle Hill is a certified Personal Trainer, Group Fitness Instructor and Sports Conditioning Specialist. She has certifications in Piloxing SSP® and Piloxing Knockout® and is working on her ACSM Personal Trainer certification and AFAA Group Fitness Instructor Certification.

Halle loves trying new sports and fitness techniques and has participated in gymnastics, ballet, belly dancing, boxing, wrestling, powerlifting, aerial arts, and running. Her diverse sports background allows her to better connect with athletes of all disciplines and activity levels.

As a former high school French/Spanish teacher and powerlifting/sports conditioning coach, she has extensive experience working with students, but also has a background in working with older individuals with lower activity levels and joint pain. Halle can guide you through a more gentle training session to help you achieve your goals in a way that works best for you.

Whether you're looking to improve in your sport, wanting to build muscle or strength, or are completely new to exercise, Halle would love to help you find the perfect fitness program to achieve your goals.

THE WHOLESOME PACKAGE:

Fast Food for Healthy People

We help you eat healthy every day, at your convenience. With over 50 meal choices, it's easy to always try something new. From breakfast and lunch options, to dinner and snacks, you deserve quality food on the go. It's our goal to make healthy, great tasting food just as available to everyone as the fast food drive thru window.

Love our food? Want to order something different? Want to order in bulk? Visit www.TheWholesomePackage.com to place your order online, choose your delivery location, and make payment. 48 hours later have your fresh meals ready to eat, delivered to either Beacon Health & Fitness club for pick-up!

The
WHOLEsome
Package

Do you know a
successful, engaging
group exercise instructor
and/or personal trainer
that's interested in
working for our
members?

Our next
Casting Call is
September 19
Noon - 5 p.m.
Email Del at estukel@beaconhealthsystem.org
to schedule group fitness
or personal training