

Balance



September
2017



Beacon Health & Fitness **Mobile App**

Available in the Apple App Store & Google Play Store



Search "Beacon Health & Fitness"
& look for the blue tennis shoe icon

Club Hours

Weekdays: 5am-9pm

Weekends: 7am-5pm

24 Hour access in Mishawaka

Labor Day Hours

Monday September 4

7am-12pm

24 Hour access in Mishawaka

No Group Fitness, Babysitting,

Business Office or

Sports Performance

Now Presenting: Beacon Health & Fitness Mobile App

The wait is over, the Beacon Health & Fitness Mobile App is here! Available for download in both the Apple App Store & the Google Play Store, the app can be used to book/manage appointments, view group fitness schedules, track training sessions, view reservations and bookings, update billing information, make payments on your account, register for programs and much more! Download the app today!

New Session of Best Medicine

A new 6-week session of Best Medicine Programs start the week of September 4. Offerings include programs for Arthritis, Peripheral Artery Disease(PAD), Neurological Conditions, Parkinson's, Cardiac Rehab, and new this session, Down's syndrome. For more information on these programs, contact Sarah at ststrefling@beaconhealthsystem.org or 574.647.2654. To register for this 6-week session, stop by the fitness desk at either location. Programs are included with membership, diagnosis required.

The Role of Nutrition in Preventing Breast Cancer

Rose Prissel, MS, RDN, CSSD, LD, Clinical Dietitian – Endocrinology/Clinical Nutrition and Dietetics, Mayo Clinic, will be presenting at Beacon Health & Fitness Mishawaka on the evidence that supports the dietary recommendations for breast cancer prevention.

September 28 | 6pm

Beacon Health & Fitness Mishawaka

Free & Open to the Public



Good Health is a Trip

Bridget Hardy, Wellness Coach

Forty-five percent of Americans take some kind of summer vacation. And the other 55%? We're the ones, who, come August, are cursing ourselves for not having planned anything or letting ourselves get over-involved in work. We may, with some urgency, be on a last-minute travel deal website right now.

Seeing new things, intentionally stepping out of our routine, and breaking from work are huge boosters to general health. People who spend money on experiences—like travel—are happier than those who spend on objects, like a new car, the research says. And travel frequently ends with more awareness of how lucky we are to have the home and family we do. In short, it makes us feel the way we are everyday though frequently without acknowledgment—alive. I encourage you to think of travel not as a luxury, but as the unique personal growth tool it is.

I went to Cuba this summer and was amazed to be in a culture with one of the lowest crime rates in the world, 99% literacy, and the largest doctor to patient ratio anywhere. Cut off from goods and resources, Cubans throw very little away, and everything gets fixed. Addictions to social media are nearly impossible given inconsistent internet service, and people expect to spend the vast amount of their time interacting with others. There is salsa music in the streets, and, despite a history of suffering and challenge, an openness to people and relationships generally that made me remember my life is just one very inconsequential model for Earth dwelling.

Being wondrously humbled is a great travel outcome, along with a multitude of other opportunities for self-knowledge. Find yourself lost in a place where you don't speak the language and you will learn quickly what your strengths are, what you're afraid of, and, if you're lucky, how people everywhere will step up and help a stranger in need.

So if you didn't get your summer vacation, take a fall or winter one. And push yourself to try something different than before, perhaps a little more outside your comfort zone. Doesn't mean you need to go overseas, or learn Russian, but maybe you'll decide to spend two nights in the great outdoors, being away from an espresso machine for the first time in decades. Or you'll use a weekend to build houses for low-income folks in Virginia with your children who hopefully will never have to worry about having a roof over their heads, but should understand that some people do. Maybe you'll take the train to Chicago and spend the whole day looking at and thinking about art. Whatever it is, get it in, with the attitude travel deserves—one of amazement and gratitude.

Full Fork Program: Plant-Based Deliciousness

The Full Fork Program, based on the Forks Over Knives documentary and books, is a whole-foods, plant-based way of eating that offers an alternative way to eat shown to reduce cholesterol levels, risk of heart attack, diabetes, and more.

Beacon Health & Fitness now offers support for those looking to use this diet to improve their health and lives.

12-week program | September 12
\$150

Open to Members & Non-Members

Ready to register? Contact Bridget,
bhardy@beaconhealthsystem.org.

Personal Training--Get Back on Track

Need some help getting back on track with your fitness goals after a long Summer break? Try working with one of our certified personal trainers. Through personal training, you will see results, be held accountable, and prevent injury all while having fun and developing a relationship with your trainer. To view available trainers, visit beaconhealthsystem.org

We offer competitive prices for personal training packages:

4 sessions \$200

12 sessions \$480

* Small group training also available

South Bend
574.647.2653



Mishawaka
574.647.2597