

Lake Forest Health & Fitness Center

Corporate FITNESS



Health and Wellness Topics and Activities

Each workshop is designed to be either a lecture, demonstration, full participation class or a combination thereof.

Nutrition

- Healthy Eating & Nutrition
- Weight Management Program

Health

- Reducing Your Cardiac Risk Factors
- Healthy Back
- Knee Health
- Training with...(Osteoporosis, Arthritis, while pregnant, never trainer before..)
- Bone Density Screenings (Age restrictions apply)

Sports

- Ski Season Show Down- Get your body in shape before hitting the slopes and what to know before heading out
- Getting Ready for Race Season Part 1 : Marathon Training
- Getting Ready for Race Season Part 2: Triathlon Training
- Sport P.A.S.S Training- Tennis- Focus on Injury Prevention and Rehabilitation

Workplace

- Safe Lifting Techniques
- Traveling Fitness Workouts & Tips

Exercise

- Pump Up Your Heart: Getting the most out of your workouts
- Fit Fitness Into Your Daily Schedule
- Increase Your Energy Through Exercise
- Stretching For All Ages
- Fundamentals of Core Training
- Fitness Trends- What you see on TV isn't always real.. But what should I be doing?

Lifestyle

- Stress Management
- Decrease Depression Through Fitness
- Active Aging



Lake Forest
Health & Fitness Center
of Northwestern Lake Forest Hospital