

December 2023

# LifeWords



Dear LifeWorks member,

Happy Holidays! While this is such an exciting time of year, it does come with extra hustle and bustle. With limited time and higher stress, keeping up our fitness is crucial. We are here for you. If you need assistance with your exercise plan, our fitness specialists are always here to help. As a LifeWorks member, you receive complimentary fitness appointments for the duration of your membership. To schedule an appointment, contact Katy, our fitness coordinator, at 440-816-4222 or stop by the fitness desk.

Are you ready to THRIVE this holiday season? I hope that you have found a LifeWorks challenge or incentive to take part in to help keep you motivated. And remember, every time you check in from now through December 31, you will automatically be entered to win LifeWorks merch and the Grand Prize of one month of free dues!

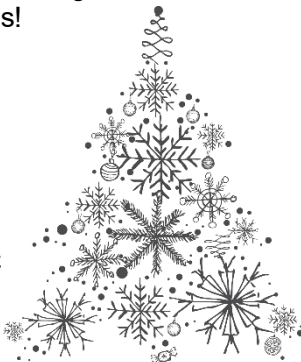
Thank you to all members who donated to the Pathways toy drive. Once again, the generosity of our members has shined through to make the holidays brighter for so many children and families!

All of us here at LifeWorks wish you and your loved ones a wonderful holiday season.



Yours in health,

Karen M. Raisch-Siegel, MS, FABC  
Executive Director



## Holiday Hours...



**Christmas Eve, Sunday 12/24**  
7am – 12pm

**Christmas Day, Monday, 12/25**  
CLOSED

**New Year's Eve, Sunday, 12/31**  
7am – 12pm

**New Year's Day, Monday, 1/1**  
CLOSED

There will be a special group exercise schedule on 12/24 and 12/31.



### EARN REWARDS POINTS!

Participate in FREE incentive programs to earn LW Rewards points.

### WIN PRIZES!

Each time you check in you are automatically entered into the prize drawing on January 2.

The more you visit, the more chances you have to win!

**Grand Prize – one month FREE DUES!**



Refer a new member account in December and receive 1,000 LW Rewards Points!



# 12 Days of Fitmas

- 1<sup>st</sup> Day 12/13 12% off 1-on-1 Personal Training Package\*\*
- 2<sup>nd</sup> Day 12/14 12% off Group Pilates Reformer Package\*\*
- 3<sup>rd</sup> Day 12/15 12% off HydroMassage Lounge Pass
- 4<sup>th</sup> Day 12/16 12% off Percussive Massage Package\*\*
- 5<sup>th</sup> Day 12/17 12% off MyZone heartrate monitor
- 6<sup>th</sup> Day 12/18 12% off BALANCED HABITS Nutrition Program+
- 7<sup>th</sup> Day 12/19 12% off Group Pilates Reformer Package\*\*
- 8<sup>th</sup> Day 12/20 12% off Percussive Massage Package\*\*
- 9<sup>th</sup> Day 12/21 12% off 1-on-1 Personal Training Package\*\*
- 10<sup>th</sup> Day 12/22 12% off HydroMassage Lounge Pass
- 11<sup>th</sup> Day 12/23 12% off MyZone heartrate monitor
- 12<sup>th</sup> Day 12/24 12% off LifeWorks Logo Items & Apparel

- Purchases must be made in person.
- \*\*1-on-1 Personal Training and Percussive Massage packages expire 6 months from purchase date. See Pilates flyer for Group Reformer package expiration details.
- +Valid on Balanced Habits 28 Day Kickstart program beginning 1/19/24.
- Cannot be combined with other discounts, promotions or coupons. Perkiwe rewards accepted.
- All sales are final. No refunds/exchanges will be given on any item purchased with this special.

## LIFEWORKS INCLEMENT WEATHER POLICY

When bad weather strikes, LifeWorks will send notifications via the free LifeWorks APP. Please make sure you "turn on" your notification settings in the app. Updates will also be posted on the LifeWorks Facebook page (you do not need Facebook to view).

Programs and hours will only be adjusted during extreme weather.



Give Yourself the Gift of Health

balanced habits  
KICK START



## LifeWorks Nutrition

REAL Results, using REAL Food, for your REAL Lifestyle  
Rev your metabolism at any age and keep it going with this 28-day Kickstart Nutritional Program.

This is not a diet. It is an educational program this is easy to follow and provides you with the information you need to achieve success. Learn what to eat and how to create proper meals that will fuel your body. You'll work with a dedicated food coach to motivate and guide you on your journey. Lose weight, gain energy and feel and look your best with Balanced Habits 28 Day Nutritional Program.

### DETAILS

- Start Date: Friday, January 19
- Fee: \$179 (\$159 if sign up by Friday, January 8)
- Payment: Credit card by phone
- Last day to sign up is Saturday, January 13
- Limited Spots Available
- Contact Becky at 440-816-4207 or [rbercier@swgeneral.com](mailto:rbercier@swgeneral.com)

### TO LEARN MORE

- Watch our informational session at <https://new.balancedhabits.com/lifeworks-kick-start/>
- Contact Becky at 440-816-4207 or [rbercier@swgeneral.com](mailto:rbercier@swgeneral.com)



## THANK YOU!!! Pathway Caring for Children Toy Drive

We are sending you warm wishes of gratitude for your support and commitment to Pathway children and families. Many children in foster care come to Pathway with just the clothes on their back. Many have nothing and have never known what it's like to cherish a toy and call it their own. This Holiday season Pathway children will open gifts and feel the heartwarming joy of a gift picked just for them...from YOU!!

Children who have experienced loss, neglect, and the unthinkable will feel noticed and special because of YOU! Thank you for your generosity from Pathway Caring for Children!



Follow us everywhere!

**DOWNLOAD** our *free* app LifeWorks of Southwest



[www.lifeworksfitness.net](http://www.lifeworksfitness.net)

Fitness is our passion

Wellness is our focus

Education is our way