



VISIT US
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 Galena, IL 61036
www.midwestmedicalcenter.org
fitness@midwestmedicalcenter.org
 815-777-4960

Follow us on Facebook search:
 Midwest Health and Fitness



 We will be
CLOSED
 September 6th,
 2021 in honor of
 Labor Day.



Gym Update


Hello Friends,

As the positivity rates in our little corner of the world rise, we will continue to keep our 10 Member limit on Gym Attendance and we will maintain our mask requirement. We are hopeful that this is a short time limit, but need a few things to happen of course. As your healthcare leader, we trust you understand our position.

We advocate for vaccinations, especially with the Moderna and Pfizer vaccine getting FDA approval.

Please continue to wear your masks while in the hospital building. Use the hand sanitizer supplied throughout the facility. Be safe and cognizant of your surroundings outside of our facility, and mask up when appropriate to do so.

Together we will get through this .
 Thank you.



Check out our evening class options

Sign up through Mind Body app. *We can't wait to see YOU!*

Ab Lab: The 30 minute abdominal workout solution for all levels. Helping to maintain good posture and a healthy back. A blend of Pilates with basic ab, back, and booty framework. Taught by Abby! *TIME: 5:30pm Tuesdays*

Box & Boot: High intensity cardio kickboxing. This class will fuse both kickboxing movements as well as boot camp style HIIT movements. A 45 minute endurance/strength workout. Taught by Abby! *TIME: 8:30am Saturdays 9/18 & 9/25*

Water: An energized class for all levels using the water as resistance to achieve a great cardiovascular workout with reduced stress on all joints. The resistance of the water helps strengthen joints and muscles and increases flexibility.

TIME: 5:30 pm Mondays and Wednesdays





Julia Faber	9/1
Bailey Bial	9/1
Carolyn Creighton	9/2
Shirley Hulscher	9/2
Eric Blye	9/2
Laura Gaffney	9/3
Keith Meyer	9/3
Larry Cording	9/4
Kay Krencke	9/7
Linda Furlong	9/8
Angie McDermott	9/8
Alan Oyen	9/9
Jane Bastian	9/10
Carol Price	9/11
Joanne Kutz	9/11
Erin Brenner	9/12
Mike Einsweiler	9/14
Mary Connors	9/15
Mike Wells	9/15
Jim Richardson	9/16
Emily Mock	9/17
Carrie Richardson	9/18

Jason Logman	9/18
Ellen Westemeier	9/19
Christine Palmer	9/20
Maggie Richmon	9/22
Lynn Zehnder	9/23
William Hocking	9/24
Nancy Shamper	9/24
Rick Schatzabel	9/24

Larry Holland	9/25
Jackie Greene	9/26
William Gehrts	9/26
Ray Mensendike	9/27
Richard Farrell	9/27
Michael Buckman	9/28
Shirley Rosenthal	9/29
Judy Sherman	9/29



17th Annual Walk/Run

10-2-21

Galena River Trail

Benefiting the Galena Food Pantry 

Registration includes a T-shirt & Admission to Oktoberfest

Kid's Races starting at 8:30AM
Adult Race Start Time: 9:00AM

The 17th Annual Midwest Health & Fitness 5K Fun Walk/Run benefits the Galena Food Pantry. Registration includes admission to the Galena Oktoberfest Celebration following the Fun Walk/Run.

Registration Information: Registration fee for the Fun Walk/Run is \$30 with a shirt, or you may pay \$20 and not receive a shirt. All those who wish and are pre-registered by **noon Friday September 24th** will receive a t-shirt. Registrants will also receive free admission into the Galena Oktoberfest that will begin following the completion of the 5K Fun Walk/Run. Day of Registration/check in starts at 8:00am at the Galena River Trail. 5K begins at 9:00AM.

Kid's Race: Starting at 8:30AM there will be a 100 Meter Dash for children ages 0-4 years old. We will also be offering an 800 Meter Race for children ages 5-12 years old. Registration for children is free. An adult supervised Kid's Corner with activities and games will be available while parents partake in the 5K fun run/walk. Registration can be completed online or by stopping into Midwest Health and Fitness located within Midwest Medical Center in Galena, IL. **Please make checks payable to Midwest Medical Center. Register at: www.midwestmedicalcenter.org**

Parking: Parking will be available at the Train Depot parking lot on the East Side of the river. Please arrive early to avoid congestion.

Post Race Celebration: Great door prizes will be raffled off (Must be present to win) and refreshments and snacks will be served following the event.

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Remember

There is a 15 MINUTE time LIMIT on ALL CARDIO EQUIPMENT.

We ask that you please abide by this limitation.

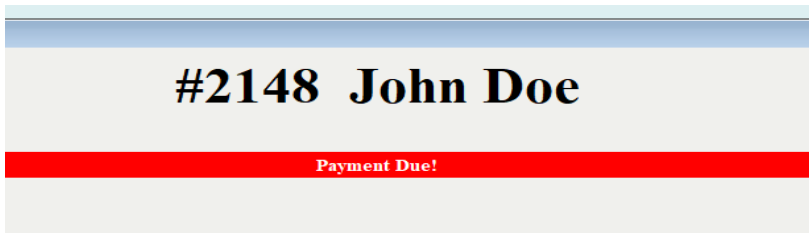
Please allow everyone access to the equipment we all share.

ATTENTION MEMBERS

Please watch the screen when you check in.



Green = Good



Red = See Staff



Black = See Staff

If you see **GREEN**, your Membership is up to date and you may begin your workout.

If you see either **RED** or **BLACK**, please see a Fitness Staff person before you leave. Your Membership needs updating of some sort. Perhaps a payment is due, you are returning from a vacation and need to be re-started, or we need a photo of you.

Thank you for your attention. 😊

Is Comparison Compromising Your Fitness Success Amy Nytko, ACSM CPT, NASM CES

There is no denying we live in a society where most of everything we know, see, and understand can be found through all avenues of social media- health and fitness information among the more frequent of topics we encounter. Through Instagram, Facebook, Twitter, YouTube, and not to mention just every day interaction with people, there is always someone on your social media feed, someone in a grocery store or a gym that we unconsciously or consciously compare ourselves to.

In the realm of fitness, there is a strong tendency to compare ourselves to others; most of us are guilty of it, myself included. This idea of comparison brings up a question that is important to address: is comparing yourself to others compromising your own fitness success? This question has answers that go way beyond just a simple “yes” or “no”. While some comparisons may motivate to change your exercise habits, the opposite can be said as well, and comparison may sabotage your exercise habits and the success you already have accomplished. Everyone will react and adapt to comparison differently, but it’s important to look at the effects that may occur and recognize ways to lessen those negative associations and reap positivity in regard to your own workouts.

Self-Confidence and Self-Efficacy

When we make progress with our fitness goals and aspirations, it gives us a great feeling of self-confidence and self-efficacy (ability to complete a goal). It lets our mind and body become more comfortable and ready to take on more, whether it be in the gym, at home, or life in general. However, when we start to make unrealistic comparisons to others, our mind may switch directions. We think of how we aren’t good enough or aren’t measuring up compared to other people in the gym. This takes a toll on what our mind thinks we can do, or rather, can’t do, and can lead us to create a negative environment. Our self-confidence drops, so too our self-efficacy and as a result, our overall wellbeing is compromised and we don’t focus on improving our fitness relative to our own self.

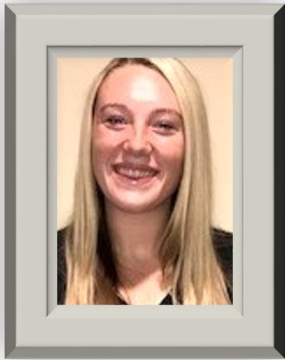
Instead of comparing yourself to others in the gym, compare yourself to how you were yesterday, last week, last month, or last year. If you have been seeing results from your own perspective, again, you are able to build confidence and build upon your healthy lifestyle. If you haven’t been seeing results, you can start anew with the help from professionals in the field of fitness and healthy living and tell yourself to trust the process of creating a positive environment that will only help you and your fitness goals.

Shifting Focus

“Look how much weight she is lifting”. “Did you see how long he was able to run on the treadmill?” Notice anything similar with these two thoughts? There is no mention of the word “I”. They are our own thoughts, and yet, we aren’t even mentioning ourselves. These thoughts are more common in the gym as we can’t help but see other people around us exercising. It’s hard not to compare when in a gym setting and it’s sometimes easier said than done, however, shifting the “they” focus to a “me” focus can be extremely beneficial.

Focusing on your workout session and creating a mental state that is directed towards positive self-talk, visualizing proper movements for your lift, run, walk, or bike, can bring your thoughts back to you instead of the person next to you. This positive mental state can translate to a positive exercise session and bring down other thoughts of comparison.

I came across a quote from a book that resonated with me about comparison and it translates well into the world of health and fitness. “Don’t underestimate the power of vision and direction... strengthen the individual. Start with yourself. Take care of yourself. Define who you are. Refine your personality” (Peterson). Next time you are at the gym, the grocery store, or scrolling through Instagram and Facebook, create thoughts focused on you, create actions that will help you achieve your fitness goals, and create a better version of yourself to help increase your confidence and self-efficacy.



Welcome Katie Furlong

Katie is a 2021 Graduate of Indiana University with a degree in Exercise Science. She is not done with her education just yet however, she is enrolled in the Physical Therapy program at Clarke University.

Katie will be working evenings and Saturdays for us. Welcome Katie and get to know her. She welcomes the opportunity to get to know you.



Welcome Abby Maike

Meet our newest group fitness instructor and exercise specialist,
Abby Maike

Exercise Science BS

University of Wisconsin—Platteville

Call 815-777-4960 to get started with her today.

She will be offering evening and weekend classes such as water exercise, ab lab (core class), and box and boot.



midwest

HEALTH & FITNESS CENTER

Surprise!

We are introducing our new logo this month. You will notice that showing up in our messaging and signage very soon. Midwest is more than a medical center, we are everything health and wellness related to our community. Along with a hospital, we are a Senior Care Center, a Clinic, a Rehab facility, a Restaurant, a Gift Shop and of course a Fitness Center. We are re-branding to draw attention to this fact.

BURN

**Rise & Burn those quarantine calories and fat.
Be prepared to be taken to the limit in this
cardio/sculpting private small group training session.**

 **6 week Fall back into Fitness** 

Small Group Training Special

Sessions begin the week of 9/13/21

\$85 to feel the BURN



Option A: Fridays 4:55-5:40 AM with Becky

Option B: Tuesdays 6:15-7:00 PM with Abby

Pre-register by September 7th, 2021

Space is Limited to Minimum 3 and Max 6 Participants

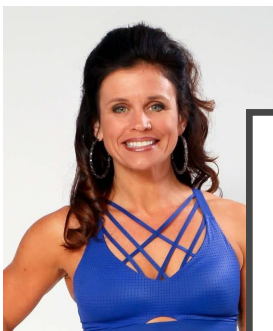




After School Yoga

Could your 12-15 year old benefit from some exercise and mindfulness? Students will experience the amazing benefits of yoga for body and mind in this Fall series. Led by Becky Mayne, the classes will address various themes coming up for teens, such as: (1) Stress & Anxiety Management, (2) Body Awareness, and (3) Navigating Challenges. Classes will include a short introduction, breathing exercise or mindfulness experience, a Vinyasa flow, sound healing, and a guided meditation. Your teen will get an Introduction to yoga and energy work along with the opportunity to learn how to manage stress and anxiety in a safe and fun environment.

Becky is known for her unique approach, creative classes and joy for life. Very attuned to children's needs and challenges, she is passionate about sharing the gift of yoga with your child. It is at this stage that the connection between mind-body and environment is most needed and guidance can make a difference for a lifetime. During her classes, Becky takes students on a journey of self discovery, navigating the river of thoughts and ocean of emotions, while developing a growth mindset.



Becky Mayne
Bachelor's Degree Exercise Science
With Emphasis in Fitness
ACE certified Personal Trainer
Crystal Reiki Master
Midwest Health & Fitness

Minimum: 3 Students

Maximum: 8 students

Cost: \$70 for 7 sessions

Enrollment opens August 16th, 2021.

Call 815-777-4960 to reserve your spot.

September 13th-October 25th, 2021

Mondays from 3:10-3:50 PM

Waiver's to be filled out prior to session start.