



LSF LOOP

What's New and News at Lakeshore SF



What's Happening in the Club!

**Live Music on the Roof - Complimentary Cocktail Party
Featuring "The Friends Band"**

Tuesday, September 19th from 5:30-7:30pm

lake shore ILLINOIS CENTER SF

LIVE MUSIC ON THE ROOF

END OF SUMMER COCKTAIL PARTY

TUESDAY, SEPTEMBER 19 | 5:30PM -to- 7:30PM

Join us for our end of summer bash on the rooftop featuring live music from The Friend's Band! Enjoy complimentary food and adult beverages courtesy of Press Kitchen. Soak up the final days of summer in style with some of the best city views! We will be rocking rain or shine! Non-members are welcome, so bring your friends and co-workers. RSVP by visiting <https://livemusicontheroof.eventbrite.com>.

To register, go to <https://livemusicontheroof.eventbrite.com>

Registration NOW OPEN! Pound 4 Pound Losing Weight for a Cause!

Pound 4 Pound is a fun and educational way to lose weight while helping out a great cause: for every pound you lose, LSF will donate a pound of food to those in need! The person who loses the most weight wins a year free membership. Develop healthy practices and lose weight before the holidays so that you look great and are ready for all the temptations!

In this 7 week program, you have full access to a trainer who will be holding you accountable to your workouts and nutrition via in person training and accountability meetings as well as via an App. You will receive 7 weeks of programming in a small group where you will learn how to effectively program all of your workouts including, strength, cardio, functional motion, free weights and more! Plus, every week you receive a full guide for what to do daily to ensure optimal results. All participants receive a program t-shirt, pre-program nutrition seminar and post program cocktail party and awards ceremony. Program cost is \$299 and starts on October 2nd. To register or for more information, please contact PT360@LakeshoreSF.com

Young Adult Personal Training Reduced Pricing now Available

We are very excited to introduce our new Young Adult Personal Training rates and express session length. These sessions, designed to give you guidance and a great workout, are only \$49 per session for 18-29 year olds. Have you been interested in training without the upfront package commitment? Young adult training might be for you. Sessions will be available with our Certified Personal Trainer Base level coaches. Stop the guessing and get the professional guidance you need along with an amazing workout! For more information or to schedule your complimentary consultation, please contact ICPT360@LakeshoreSF.com

Corporate Holiday Parties

It is never too early to start planning your company's holiday party! Let LSF host your winter holiday party. We provide amazing food options coupled with one of our bar packages. Our space can accommodate groups of all sizes! For more information, or to book your holiday party, contact ICEvents@LakeshoreSF.com.



Don't Forget to Take Care of YOU

Massages Available

Whether you need to destress and relax after a long workweek or transitioning out of summer or whether you have been working out hard and need some TLC for your muscles, LSF can help. We offer both Relaxation and Sport Massage and the convenience of your club. All of our massages include our Signature Aroma Therapy and Hot Towel Treatment. Check open availability on the MyLSF app or stop by the desk today to book your service. For more information, contact ICSpa@LakeshoreSF.com

Alcohol and your Body Composition

Alcohol and fitness, it can be confusing. Reasonable Alcohol consumption (1-4 drinks) is not unhealthy, and will not lead to weight gain without poor nutritional habits to accompany it. Additionally, there is not much of a difference between beer, wine, and spirits.

Drinking more than 1-4 beverages in combination with sugar, carbohydrate, and excess fat content is the real issue. Calories from alcohol are not stored, alcohol is a toxin and is metabolized in the liver. The two factors contributing to composition challenges with alcohol is that the liver metabolizes one thing at a time and it takes one hour to metabolize a 1 oz. shot, 4 oz. wine or 12 oz. beer. The liver will prioritize the metabolic process for alcohol rather than burning fat.

Why is it so hard to eat reasonably while drinking? Mental inhibition is not the real culprit, after your first drink, your blood sugar will drop, due to the liver prioritizing producing glucose production to metabolizing the alcohol. Blood sugar can be affected for 16 hours after drinking, which is why reasonable nutritional habits are so challenging during and after drinking. The loss of fat metabolism and strong hunger bouts due to blood sugar deregulation are the main causes of weight gain. Stick to 1-3 drinks and eat meat and veggies a few hours before, some during, and a few hours after (or the next morning) to keep the balance in your favor.

Back to School!

Beware of Heavy Backpacks

Lugging around a heavy backpack can feel like the weight of the world is on your shoulders if you only weigh sixty pounds. In school-age kids, carrying a loaded backpack or carrying it improperly can strain the muscles that stabilize the spine, leading to back pain. If your child grunts when picking up their pack, reports back pain, has red marks on their shoulders, or notices their fingers 'falling asleep', their backpack might be the culprit. Help your child prevent painful problems by following these guidelines:

- The weight of the backpack should be less than 10-15% of the child's body weight
- A backpack worn on both shoulders evens the load and is less stressful
- Choose a pack with well-padded shoulder straps
- Use the waist strap to evenly distribute the load
- Consider a second set of books for home and avoid toting unnecessary items
- The weight of the pack should not fall below the pant line
- Encourage your child to develop a strong core and legs to prevent injuries

If you have questions about your child's back pain or other musculoskeletal injuries, feel free to call Lakeshore Physical Therapy at either club location.

773-770-2419 (LP) or 312-801-8440 (IC)

Breakfast & Lunch on the Fly!

In a hurry? No line – No Waiting! Fill out the order form at **Press Kitchen**, *pre-work out or on your way to work!* Specify the pick-up time & choose a delicious meal!

Pick up your breakfast or lunch on your time and enjoy!

Group Catering available: To-Go or Dine-In

Contact Us at: PressKitchen@LakeshoreSF.com

Start Lowering your Dues Today!

Referrals are the cornerstone of Lakeshore Sport & Fitness. Your referrals are both welcome and rewarded with \$10 off your monthly dues, every month, per referral, for as long as they're active members! The more friends you refer the more opportunities you have to lower your dues. Contact your Account Manager for guest passes.

Squash Round Robin Schedule

Check out our fall Round Robin schedule:

Mondays - 6:00pm to 8:00pm - Open Court Mixer

Wednesday – 12:00pm-1:00pm - Open Court Mixer

Wednesday - 6:00pm to 8:00pm - Level 2.0 to 3.0 Mixer

Thursday - 6:00pm to 8:00pm - Open Court Mixer

Saturday - 10:00am to 11:30am - Level 3.0-4.0 mixer

Sunday - 8:00am – 9:00am - Level 2.0 mixer

Court time will be reserved for these events at no cost to our members.

If you would like to participate but unsure of your rating please reach out to ICsquash@LakeshoreSF.com

Climbing Wall Reminder Pre-Registration Required

The climbing wall now has a very simple reservation system. Members will continue to have complimentary climbing privileges, once an Orientation and/or Belay Check has been completed. In order to reserve your climbing time, there are three methods to do this. The first is to go to the MYLS.net App and book your reservation, second is call the front desk and the receptionist will sign you up and lastly, go to the web-site, click on Member Services, go to Scheduler and click on Climbing Wall and book your time slot. Please be aware, we will not keep the climbing wall open if there are no reservations. Registration is required the day before the climbing session. We do have a 24 hour cancellation policy and there is \$10 fee for not showing up to a pre-booked session. If you have any questions, please contact Climbing@Lakeshoresf.com

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