

Lindenhurst Health & Fitness Center of Lake Forest Hospital Wins Best of Best for “Lose to Win” Program

Lindenhurst, Ill. – November 2, 2009 – Lindenhurst Health & Fitness Center’s competition that encourages safe and healthy weight loss through fun, team programs has been awarded “Best of the Best” Group Training Program by the country’s leading fitness experts and editors at *Club Industry* magazine.

Club Industry experts selected Lindenhurst Health & Fitness Center out of entries from seven states. Entries were rated by an expert panel of judges including Geoff Dyer, founder of Lifetime Family Fitness, Gale Landers, CEO of Fitness Formula and an executive with Akron General Medical Center.

Last year, eight teams of 25 people at the Center lost collectively almost 1,000 pounds of weight. Members can participate up to 18 times each week in boot camp classes, team workouts, networking and presentations.

Lindenhurst resident Susan Mueller, director of marketing at CareFusion, lost nearly 6% of her weight. “I am forever trying to get in shape. Getting up early for classes is tough but the variety of class times leaves no room for excuses,” Mueller said.

Lake Villa resident Mir Iqbal lost 9 pounds and 3 inches while watching his body fat drop from 25% to 22%. “I have made an amazing network of friends. With the personal trainer assessments and nutritional advice, I’ve learned what my body is capable of doing and how to push myself,” said Iqbal, an operations technician in information services at College of Lake County.

The 60-day “Lose to Win” program is led by degreed and certified personal trainers in a boot camp initiative that awards \$1,000 cash to one team member that safely loses the most weight as well as awarding team prizes. The program includes a corporate team challenge this year. Residents of Lake County can register for the program on December 1. The nine-week program begins January 18 and ends March 20.

“‘Lose to Win’ has been successful because of the dedicated trainers providing quality instruction, exciting challenges, and friendly competition in a supportive environment,” Alan Fenske, Lindenhurst Health & Fitness Center fitness director said. “We are thrilled to have won the ‘Best of the Best’ this year. The award raises the bar for other centers across the country that also make it a priority to offer quality, fun programs with measurable outcomes that benefit their communities,” Fenske said.

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About Lindenhurst Health & Fitness Center:

Part of Lake Forest Hospital, the Lindenhurst Health & Fitness Center opened in 2000 and is focused on inspiring healthier lifestyles for members and the Lake County community. The Center offers various programs for youth, teens, adults and seniors, including childcare, FitKids, ClubFit, Lose to Win, Next Level, Wellness 180 and diverse swimming programs led by degreed and professional trainers. The Center is full service with a gym, café, spa and salon services. Visit www.health-fitnesscenters.com.

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