

Lindenhurst Health & Fitness Center Members and Community are Ready for Baseball

Date: Thursday, March 26, 2009

Location: Lindenhurst

The Lindenhurst Health & Fitness Center recognizes a need in the community to offer quality youth programs. Because baseball is popular in Lake County, and with spring approaching, most families are anticipating the season. For most parents the game of baseball can begin with a house league and evolve to travel teams, Little League, high school, college and professional baseball.

Lindenhurst Health & Fitness Center is the only medical fitness center in the county that has a batting cage in its gym and that partners with Play Ball USA to bring a level of family interaction, player development and baseball professionalism to Lake County residents, says Eric Nelson, Executive Director of Lindenhurst Health & Fitness Center.

WHAT: The Center's partnership with Play Ball USA gives members a 20% discount for individual or team training, camps, clinics and the ability to use two hitting cages, Iron Mike pitching machine, a portable bullpen mound, and Digital Motion Analysis at Play Ball USA's Lindenhurst facility.

"Play Ball USA is not all about baseball. It's about life lessons, a sense of family, and getting homework done. It's not all about winning but the competition and development. In baseball you fail more than you succeed. We teach the professional game to thousands of kids each year. We focus on how to pick yourself up and to adjust," says Chris Anel, Play Ball USA's general manager and director of baseball operations in Lindenhurst.

WHY History shows that almost all life in a capitalist society involves some form of competition. Young athletes learn the formula for success in a market-based system. A growing body of research is showing that the social and economic benefits of participation in youth sports to be surprisingly large and overwhelmingly positive. Other things being equal, if a kid plays sports, he will earn more money, stay in school longer, and be more engaged in civic life, according to a June 2008 article in The American.

Additional research suggests that being involved in sports can equip young people with specific skills that may raise their level of employability according to the International Platform on Sports and Development.

"Our programs keep kids healthy, productive and connected. Even in this economy, the number of new Play Ball USA players is increasing. That's telling us parents are not sacrificing these types of programs for their kids' futures," says Anel.

Play Ball USA is Chicagoland's exclusive wood bat training facility. Play Ball USA programs use aluminum, but the belief is that swinging a wood bat helps a batter's hitting mechanics, according to Anel. With the use of Digital Motion Analysis, pitchers' throwing mechanics are also adjusted to reduce the chances for injury. Dr. James Andrews, a noted surgeon who has operated on major leaguers says the best pitchers in the country never make it to the majors because they are the ones in youth leagues and high school who are overused. More injuries occur due to the pressure to throw more innings and at higher velocities.

ABOUT Lindenhurst Health & Fitness Center of Lake Forest Hospital opened in 2000 and is focused on inspiring healthier lifestyles for members and the communities served in Lake County. The Center offers various programs for its nearly 3,000 member youth, teens, adults and seniors. Programs include childcare, FitKids, ClubFit, Lose to Win, Next Level, and diverse swimming programs led by degreed and professional trainers. The center also has a gym, café, and spa services.

More information: <http://www.playballdirect.com>