

Fitness News

Get More Out Of Life!



Member Newsletter brought to you by:



Volume 4, Issue 7

October, November, December 2011



Employees of the Month:

Congratulations to Spiece standouts, **Becca Downie**, June Employee of the Month (EOM); **Becky Levi**, July EOM; and **Bethany DeGrandchamp**, August EOM. These outstanding people were nominated by their teammates for going above and beyond to make Spiece a better place for everyone. **Thank you Becca, Becky and Bethany!**

Holiday Hours

Thanksgiving: 7a-2p



Christmas Eve: 7a-2p

Christmas Day: Closed



New Year's Day: 8a-4p



www.spiecefitness.com

Partners in Wellness

A Message from Lutheran Health Network:

On behalf of Lutheran Health Network, I want to thank Spiece Fitness for welcoming our associates to an ongoing open house it hosted for us during the last two weeks of September. We encourage all LHN team members to take advantage of opportunities like this because it's important for our patients to see us practicing what we preach when it comes to fitness.

As healthcare providers, we have an obligation to be good stewards of limited resources. Although we are very proud of the quality care and cutting-edge technology our hospitals deliver, sustaining healthy communities involves much more than what takes place within the walls of our facilities. It also involves helping others become champions of regular physical activity so they may never need the advanced medical care we provide.

Through Lutheran Health Network's We Commit initiative, our team members actively serve their neighborhoods, schools, churches and various other community organizations as volunteers. They do this not because they're seeking the limelight or public accolades, but because each understands that our care doesn't end when a patient leaves the hospital.

Part of LHN's commitment to the total health of our community is through its support and utilization of local resources that help us all adopt healthier lifestyles. Whether it's an outstanding facility like Spiece, a rapidly growing trail system or any of the other resources that help us get our bodies moving and hearts pumping, we have numerous ways to remain active year-round. And Lutheran Health Network will continue to play a leadership role in Fort Wayne's transformation from a city of spectators to a city of participants.

Thank you to all Spiece Fitness members for setting such a good example and for your hospitality.

Joe Dorko

President and CEO
Lutheran Health Network



Joe, pictured here participating in the Hatfield-McCoy Half Marathon in West Virginia, is an avid runner who has taken his passion coast to coast during the past five years. His goal is to run a half marathon in all 50 states by the age of 60 - and he's well on his way. Joe is set to reach his 30th finish line in his 30th different state this fall at an event in Hartford, Connecticut.

Spiece Sports Performance



The Spiece Team and Fort Wayne Orthopedics would like to thank you for your patience and support during our recent construction in the Sports Performance area. Members may continue to utilize the space within the posted guidelines when Sports Performance is not in session. If you need assistance adjusting your workout as a result please see us to schedule a FREE training session and we will design a new program for you. We understand the changes have been somewhat disruptive yet you have been flexible and supportive of our improvements and growth. **Thank You Members!** This recent venture opens doors for our facility that will allow us to make even more improvements and continue serving our members for years to come.

260-483-1415

5310 Merchandise Drive

Member Spotlight - Evan Delong

Evan DeLong, born in Fort Wayne July 7, 1987, is a professional Mixed Martial Arts (MMA) fighter. He has been training and fighting for 5 yrs. When Evan was young he ran Track. One day while running he saw an MMA gym, and after one visit to that gym, he quit Track: "you don't have to run if you can fight". And so it began.



Nickname: "The Matrix"

Pro Record: 9-6

Amateur Record: 11-3

Rank: #291 in the World

Rank: #151 in the US

Trains: Strength & Conditioning training at Spiece and MMA training at American Top Team / Hollywood MMA Fort Wayne, IN

Stats/videos: www.sherdog.com/fighter/evan-delong-27157
www.mixedmartialarts.com/f/ffbd8caedca70771/evan-delong

Evan has trained in Boxing, Muay Thai, Judo, Kick Boxing and Wrestling and holds the 155lb. Professional Belt in The Full Contact Series of Fort Wayne. He is one of the top 155lb. MMA fighters in the state. He goes by the ring nickname of "The Matrix", and has fought in California, Oklahoma, Ohio, Virginia, Wisconsin and Pennsylvania. He has been representing Spiece Fitness as he trains and fights and we are very proud of his commitment. Coach Dave McKinnis works closely with Evan and had this to say about the young fighter:

"I have been working out with Evan for just over a year. To survive in MMA fighting, you must have tremendous strength and cardio endurance. Evan trains like a warrior. He has two distinct personalities: one is the young college student who likes to have fun with his friends, is very humble and fun to be around. Then there is the fighter personality that comes out in the cage. When he trains and fights this warrior personality emerges, focused and ready to do battle. What sets Evan apart from other young MMA fighters is his background and training in Mixed Martial Arts. At a young age, Evan was able to train and fight in California at Erik Paulson's Gym. He trained with some of the best fighters in the country. Evan now trains at Hollywood MMA here in Fort Wayne. If you have ever watched an MMA fight, you may not realize how much strategy and preparation goes into training for an opponent. One wrong move and the fight can be over quickly. Evan and I would like to thank everyone at Spiece for their support. We hope to see you at our next fight!"

You can catch Evan in action at an upcoming MMA Fight right here at Spiece on Friday, November 25th. More details on that fight coming soon.



What are you doing!? We want to recognize our members for competing in events such as **Fort 4 Fitness**, the **Rat Race**, other **marathons**, etc. Please let us know at the Front Desk when you are participating in an event so we can help cheer you on.

Spiece Star of the Month

Do you know a fellow member who has shown exceptional dedication and commitment to a healthy lifestyle? Ask a Member Service Rep how to nominate a future star today!



June 2011, Carol Fetter



July 2011, Earl Booker

Member of the Day

Check to see if you are the Member of the Day (on the Birthday List at the Front Desk)! Each day one active member will be randomly selected and will receive a free Spiece T-shirt if they work out that day.



Aug 2011, Memron Ignace

Kids Zone Update

Winter Kids Zone Hours: The Kids Zone will be open on Sundays from 12:00-4:00pm beginning **Sunday, November 6th**.

Who's Who in the Zone: Who is taking care of your child? "**Caregiver on Duty**" info will be posted each shift so you can become better acquainted with our great Kids Zone staff!

Summit/Halloween in the Zone: Bring your little ones to the Kids Zone on Saturday, **October 29** (8am-Noon) at **no charge** in celebration of our Annual Group Fitness Summit. Costumes are welcome as we will have Halloween crafts and Trick-or-Treating for your child. Don't forget guests are **FREE!** Please pre-register at the Front Desk if you plan to utilize Kids Zone during the Summit.

Swim Lessons:

Our swim lessons are based on the American Red Cross Learn to Swim Program for ages **six months to adult**. Classes meet once a week for 10 weeks. Next Session begins 11/28, with registration beginning 11/10. You may also sign up mid-session. See us for details!

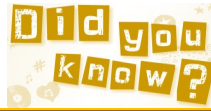


Day Kamp:

Winter Break Kids Kamp runs **Dec. 22-Jan. 4**. Your child (ages 5-12) will enjoy swimming, crafts, fitness activities and fun. Space is limited and pre-registration is required.



You should have **protein** within 30 min. of a workout. Stop by the Bistro for suggestions on our many protein-enriched menu items.



Calendar of Events

Oct 1	Kids Zone Hours change	8:00am-2:00pm Saturdays
Oct 7	Euchre Night	6:00pm
Oct 11	Complimentary Nutrition Seminar	9:00am
Oct 26	Complimentary Nutrition Seminar	6:30pm
Oct 29	Group Fitness Summit-Make a Splash	see schedule
Nov 4	Euchre Night	6:00pm
Nov 8	Complimentary Nutrition Seminar	9:00am
Nov 24	Thanksgiving Hours	7:00am-2:00pm
Nov 25	Defend the Fort MMA	7:00pm-Midnight
Nov 28	Swim Lessons Session Begins	see schedule
Nov 30	Complimentary Nutrition Seminar	6:30pm
Dec 2	Euchre Night	6:00pm
Dec 13	Complimentary Nutrition Seminar	9:00am
Dec 28	Complimentary Nutrition Seminar	6:30pm
Dec 24	Christmas Eve Hours	7:00am-2:00pm
Dec 25	Christmas Day	Closed
Jan 1	New Year's Day Hours	8:00am-4:00pm

Tenant Spotlight - Welcome to Spiece!



Growing Minds, a premier educational service provider, offers academic support in all academic areas for your children and parent support for you. We are a locally owned tutoring company preparing students for lifelong learning. We believe if we change the mind set of our students and teach the value of education, they will grow as learners and continue to learn beyond the classroom. Ask us about our member discount and find out how you can get your first session free.

Scope of Services: Tutoring in all Subject Areas, Core 40, Support, Mentoring, College Preparation, ACT/SAT Prep, Test Taking Skills, Parent Support & Advocacy and Enrichment.

Contact Beth or Carlos at 969-6387, or by email at info@growingmindsllc.com for additional information and to see how they can develop an academic plan for your child.

Annual Group Fitness Summit

The FIFTH annual Group Fitness Summit is coming!!!



Join our fabulous Group Fitness Instructor team on Saturday, October 29, 2011:

- * Experience the October 2011 BTS program releases
 - * Make a Splash by trying a water class
 - * All guests are **FREE**
 - * Take a land class and a water class and receive a **FREE** t-shirt
 - * Fantastic music, prizes, friends and fun
- Register at the Front Desk Beginning October 10th



Zentai Martial Arts offers classes in Bujinkan Budo Taijutsu. In today's demanding and fast paced life, everyone needs a little something extra to assist them and Martial Arts can do just that! Learning the principles and philosophy of the Samurai and Ninpo will help you by increasing your confidence, self-discipline, physical, mental and spiritual strength. Also, life can be a little dangerous, so you will learn real world self-protection skills!

In addition to the above, you will build camaraderie with fellow students and experience how martial arts will augment your life. Zentai specializes in the individual with little-to-no experience! And you will receive more personal attention with smaller classes. Every new student will be paired with a qualified instructor to help them feel comfortable in their new endeavor. You will also reap the benefits of improved physical conditioning, lowered stress, more restful sleep, fat loss, muscular endurance, strength, improved stamina, higher energy and simply feeling better about yourself.

Come see what it's all about! Adult classes are held Monday, Tuesday and Thursday from 6pm to 8pm and Saturdays 10am to 12pm. Kid's classes are Tuesday and Thursday from 5pm to 5:45pm.

Both **Growing Minds** and **Zentai Martial Arts** are located here at Spiece, upstairs behind courts 7 & 8.

www.spiecefitness.com

260-483-1415



9 Week Program at Spiece begins:

10/3 - 4:45 & 5:45pm	(Mondays)
10/4 - 12 noon	(Tuesdays)
10/5 - 9:15am	(Wednesdays)

Cost is just \$85.

Payment options available.
May qualify for HSA reimbursement.

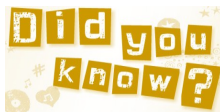
For more information call 260.969.6383 or email kerri@wellstrategiesinc.org.

Become Diet Free For LIFE!



The Eight Habits That Will Change Your Life

5310 Merchandise Drive



Spiece members who have been here 5+ years receive a gold membership card and an exclusive Spiece gym bag. See us for yours!

Day Spa

What's the latest at Spiece Day Spa?

Welcome to Amy Hoffman, our new Massage Therapist. Amy graduated from Manchester College and The Body Therapy Institute in North Carolina. Her specialties include deep tissue, prenatal and Swedish massages.



We are proud to introduce Repechage's newest line of Biolight Skin Care. Book your appointment with Liliya today.



Don't overlook our Teeth Whitening Special for \$80, a \$20 savings!



And JUST ARRIVED the NEW Fall Nail Colors: Olive Greens, Grays, Browns and more!

Healthy Recipe

Crustless Pumpkin Pie

Serves: 8

- 1-15 oz can pumpkin
- 1-12oz can evaporated skim milk
- 3 egg whites
- 1/3 cup sugar
- 1/2 tsp salt
- 3 tsp pumpkin pie spice
- 1 tsp vanilla



1. Preheat oven to 400°F.
2. Spray a 9-inch pie pan with cooking spray.
3. Combine all ingredients and mix well. Spread evenly in pie pan.
4. Bake 400°F for 15 minutes.
5. Change oven to 350°F (keep oven door ajar until it reaches this temp) and bake for 45 minutes.
6. Cool before serving.

Nutrition facts per serving: Calories 86; Total Fat 1gm; Sat Fat <0.5gm; Protein 4gm; Fiber 1.75gm

Recipe provided by Your Lifestyle Matters, here at Spiece: Lou Ann Binkley - 260-413-1312 Debby Raffree - 260-229-0237

Sentry Safety Tip



What You Should Know About Safe Holiday Decorating

Something as joyful as holiday decorating can lead to fire, injury and death if decorations are not properly maintained and correctly used.

To help keep your holidays bright and safe:

- Take care when stringing lights. Holiday lights, while beautiful, should be turned off when no one is home or awake.
- Don't overload circuits. Follow manufacturer recommendations when plugging lights in end-to-end.
- When possible, avoid using extension cords indoors, to prevent people from tripping and pets from chewing on them.

No matter what the season or how you celebrate, always remember that decorating should be done safely.

Eligible Spiece Fitness members can receive up to a 10% discount on their auto and homeowners insurance. To find out what Sentry can do for you, call Joe Cockrell at 260-582-1476.

Laughter is Medicine



"I can change a pumpkin into a carriage, but if you want to turn fat into muscle, you'll have to exercise two hours a day!"