



## Mundelein Park & Recreation District

<http://www.mundeleinparks.org>

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# NEWS RELEASE

FOR IMMEDIATE USE

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### PARK DISTRICT OFFERS “HERO WORKOUTS” FOR VETERANS

MUNDELEIN, IL –Mundelein Park & Recreation District’s Healthy Minds/Healthy Bodies team is offering free Friday Hero Workouts to all Veterans who have a Regent Center or NovaCare Fitness membership. The group fitness class in on Fridays, 12-12:50 pm through March 20 at the Mundelein Community Center. The 50 minute workout varies each week and includes an occasional yoga practice. No registration is required, but veterans should arrive at 11:50 am and check in at the front desk.

“These workouts are an opportunity for veterans to build camaraderie while improving strength, balance and range of motion,” said Christine Lopez, Mundelein Park District’s Healthy Minds/Healthy Bodies Coordinator. “The laughter, dancing, singing and, of course, working out in the studio is an illustration of how much everyone enjoys the workouts. This is one way the Park District reaches out to veterans to help them transition back into the community as a

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civilian, through fitness.”

Mundelein Park District’s Healthy Minds/Healthy Bodies program (HMHB) offers two free one-year memberships to NovaCare Fitness Center (one for the veteran and one for a workout partner). Also included are up to 15 free personal training sessions and monthly networking opportunities. In order to qualify as a participant in the HMHB program a veteran needs:

- Honorable/medical discharge on DD214
- 10% disability rating or higher assigned by the VA
- Disability rating applied for, in medical review or under appeal
- Non-service connected injury, note from your civilian doctor, or a general endorsement from a VA counselor, VOC/PVA representative.

For more information on Friday Hero Workouts or the Healthy Minds/Healthy Bodies program at Mundelein Park & Recreation District, contact Christine Lopez at [clopez@mundeleinparks.org](mailto:clopez@mundeleinparks.org) or call 847.388.5439.

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**PHOTO CAPTION 1:**

Personal Trainer Maggie Milton oversees a Friday Hero Workout at Mundelein Park & Recreation District.

**PHOTO CAPTION 2:**

Kwamee Dupre, Personal Trainer at Mundelein Park & Recreation District demonstrates moves on the Motion Rig during a Friday Hero Workout.

Photo 1:



Photo 2:

