

## LifeBalance Activity Schedule, Summer 2010

[LifeBalanceProgram.com](http://LifeBalanceProgram.com)

### Activities and events to keep the whole family active!

Staying active, exercising, having fun and managing stress are just as important to living a healthy life as doctor visits and flu shots. To help you on your wellness journey, we've partnered with LifeBalance to provide you with discounts on recreation, activities, events and services to help you be active and healthy.

For information and details, follow directions included in each activity listing. If you have questions, call LifeBalance Member Services at 503-234-1375 or 888-754-5433. For detailed descriptions of all listed activities, plus many more discounts and savings, visit [LifeBalanceProgram.com](http://LifeBalanceProgram.com)

## Nutrition

### spud! | Delivery available in Portland Metro

Make eating a healthy organic diet easy and convenient. Organic produce and groceries delivered direct to your door. Visit [LifeBalanceProgram.com](http://LifeBalanceProgram.com) or call 888-754-5433 or 503-234-1375.

**Cost:** 10 percent savings on fresh produce

### Healthy Choice Wellness Programs | Oregon

Learn how to make healthy diet choices, manage stress and exercise smarter. For information, visit [LifeBalanceProgram.com](http://LifeBalanceProgram.com) or call 888-754-5433 or 503-234-1375.

**Cost:** \$99 savings on enrollment fee

### Belly Health Personal Training and Nutrition | Springfield, Ore.

Offering female-focused, one-on-one instruction or group workouts and wellness workshops for the work place. For information, call 541-747-2279 and identify yourself as a LifeBalance member.

**Cost:** \$10 savings on package of one-on-one sessions, 10 percent savings on wellness workshop

### Wellspring | Woodburn, Ore.

A wellness center focusing on integrating traditional and contemporary approaches to wellness. For information, call 971-983-5200 and identify yourself as a LifeBalance member.

**Cost:** 10 percent savings on membership, personal training sessions and wellness coaching

### Healthy Living Education Corner: Storage tips for fresh produce

*Contributed by spud!*

*Tired of fruits and veggies that spoil before you have a chance to use them? Helpful hints to keep your produce fresh!*

- Keep citrus at room temperature. Do not store in plastic bags.
- Berries and cherries are best covered in the refrigerator. Do not wash until you use.
- Avocados and bananas are best stored and eaten at room temperature.
- Tomatoes should be kept uncovered at room temperature, but can be refrigerated if ripe.
- Keep mushrooms in a cool, dark place in a bag. Do not wash until ready to use.
- Refrigerate corn with husk on. Eat quickly as corn's sugar turns to starch, causing flavor loss.
- Place parsley and cilantro in a jar of water in the fridge. Basil can be stored in a jar of water at room temperature. These herbs freeze well.
- Green beans and peas should be kept in plastic bags or containers.
- Eggplants, potatoes, onions and squash are best kept in a cool, dry place.

## Fitness and Health Clubs

(Contact facility for discount details/limitations.)

### **Bally Total Fitness | Locations Nationwide**

Bally gives you the tools to help you achieve your personal goals. Visit [LifeBalanceProgram.com](http://LifeBalanceProgram.com) or call 888-754-5433 or 503-234-1375.

**Cost:** \$209 annual membership (\$17.42 per month)

### **Prineville Athletic Club | Prineville, Ore.**

Featuring Nautilus, free weights, lifecycles, bikes, Stairmasters, treadmills, elliptical, aerobics and more. For information, call 541-447-4878 and identify yourself as a LifeBalance member.

**Cost:** \$49 savings on initiation, \$8 savings on monthly dues

### **Curves | Burns and John Day, Ore.**

A complete 30-min. workout in a friendly, female-only environment. For information, call 541-573-7407 (Burns) or 541-575-2878 (John Day) and identify yourself as a LifeBalance member.

**Cost:** 66 percent savings on initiation fee for 12 month membership

### **Inside Out Fitness | Hood River, Ore.**

Let us help you find your personal best! For information, call 541-490-8717 and identify yourself as a LifeBalance member.

**Cost:** 10 percent savings on visits, FREE initial visit

### **Courthouse Athletic Club | Keizer and Salem, Ore.**

We make exercise the best part of your day. Present your Providence Health Plan card and identify yourself as a LifeBalance member.

**Cost:** FREE initial month with Lifestyle or month-to-month membership (for new members only)

### **Women's Fitness Club | Medford, Ore.**

Supporting and empowering women to change their lives through fitness and education. For information, call 541-776-5200 and identify yourself as a LifeBalance member.

**Cost:** \$5 savings on monthly dues for 12 month membership, FREE 14 day trial

## Backpacking, Camping and Hiking

### **Del Sol Wilderness Adventures | Idaho and Eastern Oregon**

Experience a 100 percent horseback packing adventure. For information, call 541-912-0340 and identify yourself as a LifeBalance member.

**Cost:** 10 percent savings on Summer Deluxe or Paddles and Saddles package or custom package

### **The Clymb | Throughout Oregon**

Access exclusive pricing from great brands; Dakine, Icebreaker, Cloudvale, Zeal and more. Visit [LifeBalanceProgram.com](http://LifeBalanceProgram.com) or call 888-754-5433 or 503-234-1375.

**Cost:** \$10 savings on first purchase

### **Ashland Mountain Supply | Ashland, Ore.**

Gear and rentals for everyone. Present your Providence Health Plan card and identify yourself as a LifeBalance member.

**Cost:** 20 percent savings on backpack, mountain bike, cross country ski and snowshoe rentals, 10 percent savings on regular price merchandise

### **Sports Authority | Portland, Beaverton, Salem, Clackamas, Eugene, Hillsboro, Medford, Ore.**

Great brands at great values. Call 888-754-5433 or 503-234-1375 or visit [LifeBalanceProgram.com](http://LifeBalanceProgram.com).

**Cost:** \$10 savings on purchases of \$50 or more

### **Wanderlust Tours | Bend, Ore.**

Naturalists provide vibrant natural and cultural interpretation for an unforgettable vacation. For information, call 877-965-5100 or 503-297-5100 and identify yourself as a LifeBalance member.

**Cost:** 10 percent savings on canoeing, cave tour, volcano tour, hiking and snowshoeing tour rates

### **Oregon Peak Adventures | Oregon and Washington**

Explore the Northwest with an incredible outdoor adventure. For information, call 541-389-8359 and identify yourself as a LifeBalance member.

**Cost:** 10 percent savings on all trips and classes

### **NW Discoveries | Oregon and Washington**

Trips for all ages and abilities. For information, call NW Discoveries at 503-524-9192 and identify yourself as a LifeBalance member.

**Cost:** 10 percent savings on half and full day classes and tours

### **Oregon Ridge & River Excursions | Southern Oregon**

Explore the Umpqua River Basin for river rafting, kayaking, hiking and mountain biking excursions. For information, call 541-496-3333 and identify yourself as a LifeBalance member.

**Cost:** 10 percent savings on all outdoor excursions

## Yoga and Pilates

### **Flow Yoga | Hood River, Ore.**

A style of yoga linking poses together for the perfect balance of energy to the body and mind. For information, call Flow Yoga at 541-386-9642 and identify yourself as a LifeBalance member.

**Cost:** \$40 savings monthly for unlimited classes

### **Studio Blue Pilates & Yoga | Portland, Ore.**

A warm and welcoming environment for every 'body.' For information, call 503-224-5073 and identify yourself as a LifeBalance member.

**Cost:** \$50 savings on first three private sessions, free week of unlimited mat classes, free springboard or reformer class

### **Namaspa Yoga and Massage | Bend, Ore.**

Realize your full potential through yoga and massage. For information, call 541-550-8550 and identify yourself as a LifeBalance member.

**Cost:** \$20 for month of unlimited classes (new students), 10 percent savings on class passes and massage services (not with other offers)

### **Rasa Yoga | Medford, Ore.**

A premier yoga school offering certified teacher trainings, workshops and classes. For information, call Rasa Yoga at 541-245-2667 and identify yourself as a LifeBalance member.

**Cost:** \$20 for three classes

### **Midtown Pilates Center | Eugene, Ore.**

Pilates and Gyrotonic training, Egoscue method and group reformer and mat classes. For information, call 541-465-1680 and identify yourself as a LifeBalance member.

**Cost:** \$20 savings on first package of 10+ sessions, \$10 savings on first time group session, \$5 savings on any first time introductory package

### **Yoga Center of Corvallis | Corvallis, Ore.**

A quiet relaxing atmosphere emphasizing body alignment, breathing awareness and relaxation. For information, call 541-757-3704 and identify yourself as a LifeBalance member.

**Cost:** 15 percent savings on quarterly session fees, yoga mats and books

## Rock Climbing

### **Portland Rock Gym | Portland, Ore.**

Experience rope climbing and bouldering, top-rope routes and towering and overhanging lead walls for beginning and experienced climbers. For information, call 503-232-8310 and identify yourself as a LifeBalance member.

**Cost:** 15 percent savings on initial monthly memberships (excluding annual memberships), \$2 savings on single day passes

### **Crux Rock Gym | Eugene, Ore.**

More than 9,000 square feet of climbing walls, including aretes, roofs, overhangs and bouldering caves. For information, call 541-484-9535 and identify yourself as a LifeBalance member.

**Cost:** 15 percent savings on annual memberships

### **Inclimb Rock Gym | Bend, Ore.**

New facility with 10,000 square feet of fantastic climbing. For information, call 541-388-6764 and identify yourself as a LifeBalance member.

**Cost:** 15 percent savings on memberships and day use passes, 10 percent savings on first time, pre-booked guided outings, FREE one hour climbing lesson with one-year membership paid in full

### **Timberline Mountain Guides | Available in Central and Northern Oregon**

Providing quality guided experiences following "leave no trace" principles and treating climbers with a high degree of personal respect. For information, call 541-312-9242 and identify yourself as a LifeBalance member.

**Cost:** 15 percent savings on all central Oregon and Mt. Hood events, climbs, courses and classes.

## Dance

### **Two to Tango | Central Oregon Coast locations**

Bonnie Prater helps people find the joy in partner dance! For information, call 541-574-0877 and identify yourself as a LifeBalance member.

**Cost:** 50 percent savings on initial group class series, 10 percent savings on private instruction, 5 percent savings on subsequent group class series

### **American Ballet Academy | Salem, Ore.**

With an atmosphere of encouragement, students develop competence and confidence as dancers. For information, call 503-364-4738 and identify yourself as a LifeBalance member.

**Cost:** 15 percent savings on first month's tuition, FREE registration

### **Innovative Dance | Wilsonville, Ore.**

An exciting and fun environment for ages three through adult in tap, jazz, ballet, hip-hop and acrobatics. For information, call 503-570-8858 and identify yourself as a LifeBalance member.

**Cost:** 15 percent savings on regular price monthly dance tuition for total family hours

### **All That Dance Company | Eugene and Springfield, Ore.**

Dance instruction to youth and adults in ballet, tap, jazz, hip-hop, ballroom and more. For information, call 541-688-1523 and identify yourself as a LifeBalance member.

**Cost:** 10 percent savings on monthly tuition, waive registration fee

### **Choreographed Ballroom Dancing | Portland, Ore. and Vancouver, Wash.**

Round dancing lessons help you improve fitness, balance, coordination and confidence. For information, call 541-772-1362 and identify yourself as a LifeBalance member.

**Cost:** 20 percent savings on all classes and services

### **Dance Arts Center | Medford, Ore.**

Dance for fun, grace, poise and fitness. For information, call 503-232-7544 and identify yourself as a LifeBalance member.

**Cost:** 10 percent savings on all regular price body wear. Special discounts on additional dance class registration and for additional family members

## Martial Arts and Self Defense

### **Kim's Taekwon-Do | Forest Grove, Portland and Scappoose, Ore.**

Great aerobic exercise to build a strong body through discipline. Present your Providence Health Plan card and identify yourself as a LifeBalance member.

**Cost:** 20 percent savings on initial month of unlimited classes, 10 percent savings on recurring monthly class fees, 10 percent savings on regular price supplies and uniforms

### **SAFE Self-Defense Training | Applegate, Ore.**

Self-defense Awareness & Familiarization Exchange or SAFE is a two-hour educational awareness, crime-victim prevention program for teenaged and adult women. For information call 541-621-7754 and identify yourself as a LifeBalance member.

**Cost:** 10 percent savings

### **East West Martial Arts and Krav Maga Training Center | Vancouver, Wash.**

Vancouver's premier Self Defense and Life Skills Center. Present your Providence Health Plan card and identify yourself as a LifeBalance member.

**Cost:** Free starter martial arts program for children and adults, free adult Krav Maga introductory program

### **Eugene HMD Academy of Tae Kwon Do | Eugene, Ore.**

Practice the art of Tae Kwon Do and enjoy adult, youth and family classes. Present your Providence Health Plan card and identify yourself as a LifeBalance member.

**Cost:** Free initial month, uniform and patch, two for one membership for family members and special unlimited attendance for members

## Find more activities at [LifeBalanceProgram.com](http://LifeBalanceProgram.com)

Discover savings on massage, spa services, weight management and discounts on music concerts, sporting events, movies, performing arts, baseball tickets and family attractions!

