The Source

- ProActive News -

April 2014

HAVE YOU HEARD?

► ProActive will be closed on Sunday, April 20 for Easter.

► GROUP FITNESS CLASS CHANGES - NEW CLASSES!

Monday

Aqua Splash 6:00-6:45 p.m., Lap Pool, Beg.-Int. Instructor: Phyllis

Wednesday

Absolute Beg. Adult Ballet Blast 7:00-7:30 p.m., Studio 3, Beg. Instructor: Rachel

Int. Adult Ballet Blast 7:45-8:45 p.m., Studio 1, Int. Instructor: Rachel

Friday

Restorative Yoga 10:35-11:35 a.m., Meditation Room Beg.-Int. Instructor: Melanie

► TRANSFORMATION CHALLENGE 4 WEEK WEIGH-IN

April 18 from 6-7 a.m., 12-1 p.m. and 5-6 p.m.

► SWIM LESSONS July 7-31



Registration: June 16-22

Child lessons are 30 minutes and meet TWICE a week for 4 weeks. Questions? Contact Aquatics Supv. Julie Gipson at 402.413.4016 or jgipson@madonnaproactive.org.

MEDICAL FITNESS WEEK April 13-19

Celebrate the medical fitness difference! Learn from our experts with presentations and on-the-go booths. Bring a workout friend for free guest week and enjoy special ProShop discounts.

2014 Pedalpalooza Raises \$1,500 for Cancer

Over the past five years, Pedalpalooza participants have raised nearly \$9,400 to fund programs through LiveStrong for people living with cancer. Two members, Jim Haas and Dan Schmuecker, have participated every year - riding all 15 hours! This year the highest number of riders registered to ride all 3 hours: 16 rode 3 hours, 2 rode 2 hours and 5 rode 1 hour.

The theme this year was: Back in the Saddle to win the Battle.

Great job everyone!



New! Fitness Fusion Massage

This massage is ideal for sports enthusiasts or fitness buffs. Orbital oscillation directs energy to stimulate target areas all over the body to reduce muscle soreness, tension and stress. Targeted areas benefit from increased circulation, collagen stimulation, and movement of lymph and synovial fluids. Can be performed pre or post workout. For the full flier, visit our web site at: www.madonna.org/proactive/member/newsletter.html.

For more information, contact Cheree Buesing at 402.413.4031 or cbuesing@madonna.org.



massage & bodywork at Madonna ProActive

PROACTIVE DANCE

No Classes Held for Easter Break: Fri., April 18 & Sat., April 19

Summer Dance Session: 3 weeks, June 9-27

Boys Only 3 Day Workshop: June 5, 6 & 7 Time: TBD Featuring hip hop, tap, and break dancing.

Camp Got Talent, a coed dance and swim day camp for youth age 7-12. June 23-27, 9 a.m.-3 p.m., lunch and snack included.

Fee is \$140 Member, \$150 Non Member Register by June 16



MEMBER SUCCESS - BRUCE WRIGHT

Bruce Wright, an attorney with Cline Williams, has benefitted from therapy twice and has remained an active ProActive member since October of 2012. His inspirational story is a reminder that health and fitness goals can be met at any age or ability through commitment and dedication.

"I had gained weight after rehabilitation for a knee replacement through Madonna TherapyPlus and I joined Madonna ProActive in September of 2011. I went through the therapy for my knee, and once that was successful, I quit working out and I did not stay with the program. Soon enough my back was starting to bother me. I was about to turn 68 and was having trouble keeping up with my three year old grandson. I went to the doctor, who basically said if I lost 80 or 90 lbs, my pain would be alleviated. He also advised if I did not lose weight, I would be prone to chronic back issues and that there was really no other solution.

At my doctor's suggestion, I went back to TherapyPlus for my back. The therapists gave me a set of exercises to strengthen my body core: crunches, leg lifts, stretching, etc., and introduced me to the aqua track. This second time, after my back therapy, is when I got serious about going to ProActive. I stayed with the exercise program I did in therapy and simply tried to eat more responsibly.

I figured it was my last shot at getting in shape. Once I started losing weight and getting in shape, it just felt good. I had more energy, less joint pain, and compliments from friends and coworkers helped.

Except for the initial therapy sessions I attended for my back, I have not used trainers or attended group classes, but over time I have observed a number of group classes that appear to be very beneficial to the participants in giving them a good workout and keeping them motivated. It is important to find a routine that is reasonably comfortable and works with your schedule and then stay with it. Consistency in both diet and exercise are the keys to success.

Some days it is still hard to get motivated, but I will say that I will never regret getting on a program. Morning exercises jumpstart my day. I always feel better both physically and emotionally after a good workout. At this point, I have had to buy new clothes that fit, so I can't go back!"

Spring Time Injury Prevention

For tips on avoiding injuries this spring as you clean up what mother nature blew into your yard this winter, read the article by Ryan Berger, PTA, CSCS at: www.madonna. org/proactive/member/newsletter.html

For more information on any of the nutrition classes offered at Madonna ProActive, contact our dietitian at: kbolte@madonna.org, or 402.413.3559.

ON-THE-GO

Pecan Month

Mon., April 7, 5-6 p.m. Thur., April 10, 9-10 a.m.

Katie Bolte, MS, RD, LMNT, ACSM-HFS

NUTRITION 101

Label Reading

Mon., April 14, 5-5:30 p.m. Wed., April 16, 12-12:30 p.m.

FOOD FOR THOUGHT

Going Nuts over Nuts

It's time to go a little crazy and add more nuts to your diet! These small, crunchy foods pack a giant nutrition punch and can help lower your risk of major chronic diseases like heart disease and diabetes. Come sample the different varieties of tree nuts and learn how you can "go nuts" every day!

Mon., April 21, 6-7 p.m.

Register by April 9, \$5 Members, \$10 Non Members Register April 10-16, \$10 Members, \$15 Non Members Registration Deadline: Wednesday, April 16

Sign up at the front desk!



\$20 Cholesterol & FREE Blood Pressure Checks Wednesday, April 16, 7-9 a.m.

