

The Source

- ProActive News -

October 2013

CLUB BUZZ

► Please respect your fellow members and dance students. Do not enter studios while a class is in session.

Classroom schedules are posted and available on the doors for your convenience.

► \$20 Cholesterol and FREE Blood Pressure checks:

Wed., October 30 from 7-9 a.m. Register for cholesterol checks at the front desk.

► Did you know?

All members with auto pay on file can conveniently charge items to their ProActive account. Any charges added to your account will be deducted with your next month's dues. ProActive services such as Personal Training and Massages can be added, as well as food and Pro Shop items.

You can track your charges online through the ProActive website. See the front desk for more information.

► Next swim lessons:
Jan. 6-Feb. 24

► Are you looking for an advanced-level class? See our online newsletter for a great listing of available classes.

7111 Stephanie Lane ■ 55th & Pine Lake Road
402.420.0000 ■ www.madonnaproactive.org

Fall Into Dance

Sunday, October 27 at 2 p.m.

Provide a food item or monetary donation for admission. Proceeds benefit the Matt Talbot Kitchen and the Lincoln Food Bank.



Costume Sale!

Do you need a costume for Halloween? Dance costumes will be on sale in the Education Room before and after the Fall into Dance benefit on October 27. All proceeds go to ProActive's JUST DANCERS Troupe.

Tuesday class change - check the dance schedule for details.

Massage number 7,000!

Schedule a massage from Oct 28-Nov 2 and you might be lucky number 7,000 and receive your massage for FREE. All massages that week will receive a 7% discount.

See Soteria staff for details.

Celebrate our 7K massage Oct 28-Nov 2

Presentation: Oct. 17 from 6-7 p.m. Cost: \$10.

Learn how to prolong the effects of a massage at home or for self care. We will be teaching the proper ways to use heat and ice, self massaging techniques and how to tell the best time to get a massage (listening to your body). Pre-register at the front desk.

soteria

massage & bodywork at Madonna ProActive



ProActive to Host FALL FESTIVAL Oct 14-20

We want to say "thank you" for being such great members.

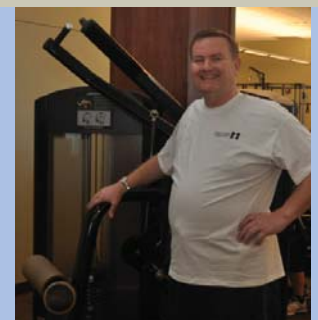
Look for great information, specials and delicious treats.

Priest Praises Cardiac Rehab at Madonna ProActive

52-year old Father Kenneth Borowiak of Saint Michael

Catholic Church in Lincoln experienced quite a scare this past summer while building houses on a mission trip.

Visit madonnaproactive.org to learn how he has recovered.



PROACTIVE

Medically Based Health and Fitness

FLU VACCINES

ProActive Flu Clinic: Wednesday, October 16, 7-9 a.m.

Make-up Flu Clinic: Wednesday, October 30, 5-6:30 p.m.
\$23 for members, \$25 for non-members

► If you would like to receive a vaccine, please sign-up at the front desk.

Written by Personal Trainer Karen O'Shea

Have you ever walked into a new gym only to feel totally bombarded by your surroundings? Weight machines, cardiovascular equipment and lots of new faces can easily make even a seasoned exerciser a bit timid. The good news is the ProActive trainers are here to help you.

By participating in a Fitness Consultation when you join ProActive, you have the opportunity to spend an hour with a certified personal trainer. We review your health history, discuss your goals and then design a basic program to get you started. We walk you through each exercise on the program, explaining how to set up the machines and suggesting how much weight you should use initially. This is not a "cookie cutter" program, but one we feel will best meet your needs. As an additional service, you are entitled to a 30 minute follow-up appointment in two weeks with the same trainer. This gives you the chance to touch base again and review all you have learned previously. We welcome and encourage your questions!

One of the reasons gym members "fall through the cracks" and eventually drop out of exercise programs is they have failed to establish a relationship with anyone in their facility. As trainers at ProActive, we all strive to reach out to as many members as possible and offer guidance to those who seek it. Our goal is to make your exercise experience a pleasant and productive one. Your success is our success!

Contact Charlie Bills, Fitness Manager, to schedule an assessment or personal training session. Charlie can be reached at 402.413.4012 or cbills@madonna.org.

Offensive Approach to Osteoporosis
By Katie Bolte, MS, RD, LMNT

Osteoporosis literally means "porous bones." It is a result of bone tissue loss over time, and results in fragile and brittle bones that break easily.

To learn how you can protect your bones, view our online newsletter at www.madonnaproactive.org.

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



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

NUTRITION 101

Heart Health

Sign up at the front desk!

Oct. 8, 5-5:30 p.m.

Oct. 10, 12-12:30 p.m.

FOOD FOR THOUGHT

Food for Your Bones

Calcium is an essential mineral for bone strength and re-modeling. Unfortunately, many Americans are not consuming enough high-calcium foods to support proper bone health, which leads to osteopenia or osteoporosis. It's estimated that 10 million Americans have osteoporosis, and 34 million more have low bone mass. Learn which vitamin can help your body absorb calcium, and taste a variety of high-calcium foods that can improve your bone health!

Oct. 21, 5-6 p.m.

Oct. 24, 12-1 p.m.

Early registration deadline: Oct. 10

\$5 members, \$10 nonmembers

Open registration (\$10/\$20): Oct. 11- Oct. 17

Last day to register: Oct. 17



ON-THE-GO

Aisle by Aisle:

Dig Into Dairy Products

Oct. 14, 12-1 p.m.

Oct. 15, 4:30-5:30 p.m.

Oct. 17, 9:30-10:30 a.m.

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