



The Source

Keeping Members Informed

October 2012



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

Club Buzz

REFERRAL PROGRAM

Win a free month of dues by cheering on friends and family.

- 1 entry for each adult who tours or visits the club.
- 5 entries for each adult that joins.
- 1 in 5 win!

OUTDOOR POOL

Once the outdoor pool closes for the season the doors going out to the pool will allow you to go out but not to get back in. Please observe the signs posted on the outdoor pool doors.

GREEN TEA IS NOW AVAILABLE IN THE COMMONS

The health benefits that drinking green tea may provide:

- Contains powerful antioxidants that scavenge free radicals that contribute to cancer, blood clots and atherosclerosis
- Regulates and inhibits cancer growth and kills cells that are growing inappropriately
- Improve the flexibility of blood vessels and make them less vulnerable to clogging
- Lose more body fat, lower blood pressure and lower LDL cholesterol



soteria

massage & bodywork at Madonna ProActive

Celebrate National Massage Week October 21-27

Prizes and gifts will be given to anyone who receives a massage Oct. 21-27. Look for more details in the weekly Soteria emails. If you do not receive the emails, call manager Cheree Buesing at 402.413.4031 to be added to the list.

Tailgate Fun

Madonna ProActive members and visitors enjoyed a tailgate on September 8th, which preceded the Huskers' unfortunate only loss thus far this season. Over 200 people attended this fun event!



Swim Lessons

ADULT SWIM LESSONS:

Oct. 16 – Dec. 11. No lessons the week of Thanksgiving.

\$40 for members, \$64 for non-members

Pre-register at the front desk. Hurry! Classes fill quickly.

Level 1: Tuesdays 1-1:30 p.m. and 6:45-7:15 p.m.

- For those uncomfortable with shallow and/or deep water or submerging your face.
- Novice swimmer who wants to feel safe playing with their kids or grandkids.
- Learned as a child but need a refresher.

Level 2: Tuesdays 1:30-2 p.m. and 7:15-7:45 p.m.

- Use swimming as a workout.
- Know how to swim but want to be more efficient with stroke.
- Want to learn new strokes and ways to use swimming as a workout.



CHILD SWIM LESSONS

If you did not get your child into fall swim lessons, consider private lessons. The one-on-one attention helps your child learn faster.

Registration for the winter group session is Dec. 17-23.

NUTRITION 101

Join Registered Dietitian and Licensed Medical Nutrition Therapist, Katie Taylor, for a free nutrition class. These monthly presentations are geared towards new members and provide basic tips and strategies on heart healthy eating, carbohydrate counting and reading nutrition labels.



October: Heart Health

- Tuesday, October 16, 5 p.m.
- Wednesday, October 17, 12 p.m.



November: Carb Counting

- Monday, November 5, 12 p.m.
- Wednesday, November 7, 5 p.m.

A question and answer session will end each class. For more information contact Katie at kktaylor@madonna.org, or 402.413.3559. Sign up at the front desk.

FOOD FOR THOUGHT: MONTHLY PRESENTATIONS

Katie Taylor, RD/LMNT, hosts monthly nutrition education classes. Join her for fun discussion, samples and nutrition education. Non-member friends are welcome too! Their fee will be \$10 or \$15 depending on when they register.

October: Simple Solutions: Quick and easy meals for 2 or more
Tuesday, October 23, 11:30 a.m.-12:30 p.m.
Repeats Wednesday, October 24, 5:30-6:30 p.m.
\$5 if you register by Oct. 9. \$10 for registration Oct. 10-16.

Simplify mealtime! Whether you're a couple without kids or empty-nesters, cooking for two doesn't have to be a chore. Come taste delicious AND healthy meal ideas that take minutes to assemble.

November: Mighty Mixes

Tuesday, November 27, 11:30 a.m.-12:30 p.m.
Repeats Wednesday, November 28, 5:30-6:30 p.m.
\$5 if you register by Nov. 13. \$10 for registration Nov. 14-20

From hot cocoa to soups, jar mixes make great holiday gifts as well as fun crafts for kids or a way to pre-prepare recipes. Have some fun making your own mighty jar mix and discover some tasty recipes to do at home!



Integrative Health and Wellness Corner

by Sharon Duffy, RN, MS, CRRN

Cholesterol & Blood Pressure Checks

(register at front desk)

- Tuesday, Oct. 9 & 23, 7-9 a.m.
- FREE blood pressure checks, \$20 charge for the cholesterol check
- In these blood tests you will receive a measure of your total cholesterol, HDL cholesterol, triglycerides, LDL cholesterol & your blood glucose results.
- Fasting for 8-12 hours prior to the test is strongly recommended.

Dance Updates

- **New Hip Hop Blast class:**
Sundays from 4-5 p.m.
- **Registration is still open for all Chase Dance classes!**
- **Fall into Dance Benefit**
 - Sunday, Oct. 28 at 3 p.m. in the ProActive Gymnasium
 - Bring a canned food item or cash donation for admission.
 - All proceeds go to the Lincoln Food Bank and Gymnastics instructor Jim Unger.

Gym Habits to Break

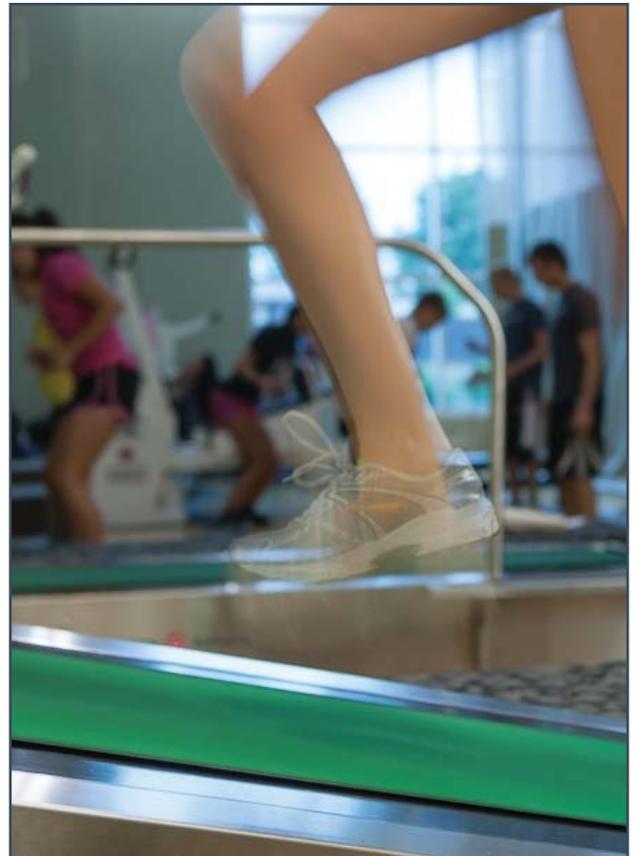
By Pam Wessel, B.S, NSCA-CPT

For many people, getting the courage just to set foot in a gym is a difficult first step towards improving their health and wellness. Once in the gym it is common for people, especially those new to fitness, to make some mistakes along the way. According to the American Council on Exercise (ACE), these are the ten most common mistakes made in the gym:

- The all-or-nothing approach (skipping a workout entirely instead of getting in whatever you have time for)
- Unbalanced strength training programs
- Bad form
- Not progressing wisely
- Not enough variety
- Not adjusting machines to one's body size
- Focusing on anything but your workout
- Not properly cooling down after your workout
- Poor gym etiquette
- Not setting realistic goals

Working with a Fitness Trainer and avoiding these mistakes can not only help you achieve your goals faster, but also reduce your risk of injury both now and down the road, keep your workouts varied and fun, and give you more motivation to get the most out of your time while you're here. Our Fitness Trainers can work with you as frequently as you like, whether that's three times per week or 4 times per year.

ProActive's Fitness Trainers have the knowledge and experience to help you avoid all of these common mistakes. For more information on how we can help you with your program and goals, contact us at 402.413.4030.





Exercise and Breast Cancer

By Melissa Glinsmann, MSPT

Exercise is beneficial in improving overall health and quality of life when undergoing treatment for breast cancer. Exercise has been shown to reduce nausea, pain and stress, and maintain a good weight. There are many ways to incorporate exercise into your routine from walking, swimming, stretching, strengthening and balance exercises. However, it is important that you consult your surgeon prior to initiating any exercise routine.

There are many ways that physical therapy can help patients after both lumpectomy and mastectomy surgeries to facilitate the return to an active lifestyle. Physical therapy can help restore flexibility and strength in the shoulder, chest and neck regions through therapeutic exercise as well as passive stretching. Physical therapists can evaluate posture to ensure proper muscle length and strength. We also can assess scar mobility in both the breast and axillary (armpit) regions. We look at the integrity of nerves in the shoulder and arm to ensure no damage is present.

The Madonna Therapy Plus location within Madonna ProActive has a uniquely designed physical therapy program called “Ripple Effects” for breast cancer survivors. This program was developed for breast cancer survivors to learn how to safely and correctly incorporate exercise in their lifestyle to help them return to their prior level of function. Typically patients entering this program first utilize the aquatic environment as a treatment of choice secondary to the physical properties of water as long as their incisions are well healed. In warm water, people with limited mobility can perform strength and flexibility exercises that they are unable to accomplish on land. Warm water soothes painful joints and relaxes and relieves tight or painful muscles, allowing a more effective program than might be possible out of the water. Water naturally causes buoyancy which reduces the effects of gravity and enables greater mobility. After full flexibility is restored in the involved shoulder and chest wall areas, patients can begin to transition to a more land based therapy approach to continue to both work toward improving strength of the involved muscles as well as to improve overall posture and core strength.

Our general program goals for breast cancer therapy are:

- restore range of motion and flexibility
- decrease pain
- decrease lymphedema
- decrease risk of osteoporosis
- improve endurance and aerobic capacity
- improve posture
- improve stress management
- help patients gain social support and outreach

To become a part of our Ripple Effects program, please obtain a prescription for physical therapy from your physician, then schedule an appointment at the Therapy Plus Clinic located within Madonna ProActive for an evaluation. The Therapy Plus phone number is 402.420.0004.



NEW PRIVATE GROUP & YOGA CLASSES OFFERED!

New Private Group Class Training CHASE FIT-BARRE Workout

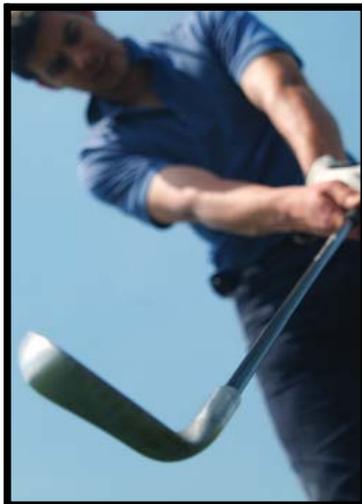
Tuesdays/Thursdays, 11:15 a.m.-12:00 p.m.

Bob Chase manager of group classes is offering a specialized group training series based on his training and background in New York City where he trained a diverse group of clients for over 15 years.

CHASE FIT-BARRE is a triple-threat class involving the disciplines of dance, yoga and pilates. These classes focus on four body parts — arms, abdomen, gluteal muscles and legs — with highly targeted small movements designed to tone muscles without adding mass.



Participants need to enroll at the front desk, as special fees are applicable to these private classes.



Yoga for Male Golfers

Introductory Session

When: Thursday, Oct. 4 6:30-7:30 p.m.
repeats Friday, Oct. 5 12-1 p.m.

Where: Meditation Room

Cost: FREE

Register at the front desk by Tuesday, October 2.

Join Sarah Rasby, 200-hr. certified yoga instructor, to learn more about the benefits of Yoga for Male Golfers. This 60-minute introductory session will include:

- Discussion about how yoga can enhance your golf game.
- Short practice of basic yoga poses.

No yoga experience required!

"You hear golf analysts talk about how important flexibility and balance are when playing golf... I signed up for yoga for golfers and improved my balance and flexibility. In addition to feeling better about myself, I feel better about what I'm trying to accomplish with my golf game."

-Yoga for Golfers student, April 2012

NEW PILATES MAT LITE SESSIONS START IN OCTOBER!

Pilates Mat Lite

Pilates Mat Lite is designed for the non-athlete or older individual who is new to Pilates or may need some modifications for an orthopedic or medical condition.

When: Session 1: October 18-November 15 (5 weeks)
Session 2: November 29-Dec 20 (4 weeks)

Time: Level 1: Thursdays, 11:30-12:15 p.m.
Level 2: Thursdays, 10:30-11:15 a.m.

Cost: FREE to ProActive Members, Non-members \$5/class.

Level 1: For those who have never taken Pilates or would like a review of the basic principles and enjoy a slower-paced class.

Level 2: For those who have taken the level 1 class or have experience in Pilates.

One Day at a Time Stepping Stones by Madisyn Taylor

Taking one step at a time makes life much easier to navigate rather than always looking at the big picture. The years of our life do not arrive all at once; they greet us day by day. With the descent of each setting sun, we are able to rest our heads and let the world take care of itself for a while. We may rest assured throughout the night, knowing that the dawn will bring with it a chance to meet our lives anew, donning fresh perspectives and dream-inspired hopes. The hours that follow, before we return to sleep once more, are for us to decide how we want to live and learn, laugh and grow. Our lives are sweeter and more manageable because we must experience them this way: one day at a time.

Imagine the future stretching out before you and try to notice if you feel any tension or overwhelm at the prospect of the journey still to come. Perhaps you have recently made a lifestyle change, like beginning a new diet or quitting smoking, and the idea of continuing this healthy new behavior for years seems daunting. Maybe you have started a new job or are newly married and can feel an undercurrent of anxiety about your ability to succeed. If you can shift your focus from what may happen years down the line and return it to the day that is before you right now, you may find a measure of calm and renewed confidence in your capabilities. You may also discover an inner faith that the future will take care of itself.

The way we show up for our lives today and tomorrow has an enormous affect on who we will be and what we will be experiencing years from now. If we can remain fully engaged in the day at hand, enjoying all it has to offer and putting our energy into making the most of it, we will find that we are perfectly ready and capable to handle any future when it arrives.

For more information visit dailyom.com. If you would like to discuss this topic further, contact Holistic and Wellness Nurse, Sharon Duffy at 402.413.3556 or sduffy@madonna.org. Source: Daily O.M., September 7, 2012

