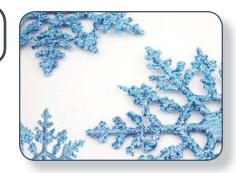


## The Source

Keeping Members Informed

### December 2012





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

## Club Buzz

#### **HOLIDAY HOURS:**

- Christmas Eve: 5 a.m.-3 p.m.
- Christmas Day: CLOSED
- New Year's Eve: 5 a.m.-5 p.m.
- New Year's Day: 7 a.m.-5 p.m.

See the holiday schedule for a listing of cancelled classes Dec. 21 - Jan. 1.

The Play Center is closed Christmas Eve, New Year's Eve and New Year's Day.

#### **SWIM LESSONS:**

- Swim Lesson Registration: Dec. 17-23.
- Lessons begin: Jan. 7

Adult lessons: Jan. 7-Feb. 28

- Level 1: Wednesday 2 p.m. or Thursday 6:45 p.m.
- Level 2: Wednesday 2:30 p.m. or Thursday 7:15 p.m.

#### PROACTIVE DANCE:

- Holiday Break: Saturday, Dec. 22–Friday, Jan. 4.
- Classes resume Saturday, Jan. 5.

## **Member Appreciation Week**

Join us the first week of December for a holiday celebration featuring on-the-go education, presentations, chair massages, blood pressure and biometric tests and stretching tips. Stop by the front desk and spin the Wheel of Wellness to enter our daily drawings! Highlighted presenters:

Sharon Duffy, RN, MS, CRRN

Bounce Back Better: Build Your Resiliency

Ryan Ernst, Psy.D.

Brain Fitness: Protect the Health of Your Brain

Nancy Nathenson, RRT

Women's Wellness: A Gift for You & Yours

Full schedule of events available at the front desk.

# soteria

massage & bodywork at Madonna ProActiv

Take advantage of these great holiday specials by Soteria! These services are available for a limited time. Purchase by January 5, 2013.

- 30 minute Scalp and Neck massage \$30.00
- 30 minute Hand and Forearm massage \$30.00
- 45 minute Foot and Leg massage \$45.00

#### Build Your Own Package

- Combine any two 30 minute massages for a custom one hour massage! \$65
- Combine any two massages for a custom 90 minute massage! \$100

#### Gift Ideas

Looking for a great gift idea? Purchase a gift card for a Soteria massage! Gift cards are available in any amount. See the front desk for more information.

### **Treat Yourself This Holiday Season with Personal Training**

Get your plan for the new year on track with three 1-hour Personal Training Sessions for \$135.

Available through December 31.



#### MAKE THE GRADE WINNERS

- Pauline Osentowski won a free month of membership with the Make the Grade challenge.
- Erica Peterson won our team leader prize of a \$25 ProActive gift card.
- \$150 was donated to the Food Bank BackPack program.

Thank you to all participants of our challenge! Please return your surveys to the front desk to help us plan the next member program.

#### PROACTIVE RUNNING CLUB

Are you planning on training for the full or half marathon? The Annual ProActive Running Club is a fun way to help keep your motivation and train with weekly programs.

The Running Club begins in January. Details will be announced soon.

#### WINTER WEATHER POLICY:

Group exercise classes, swim lessons, children's dance classes and cardiac rehabilitation services will not be held when LPS is closed due to inclement weather or when the city of Lincoln is in a winter storm warning. In the case of a very strong winter storm, please call to verify our hours.

Our goal is keep you safe in our parking lots and sidewalks but if you think the weather is not safe for you to come to the gym, please follow your instincts and stay safe at home.



#### **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.

#### **December: Carb Counting**

- Monday, December 3, 12 p.m.
- Tuesday, December 4, 5 p.m.

#### January: Heart Health 101

- Monday, January 7, 5 p.m.
- Thursday, January 10, 12:30 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.

Have you been told by your doctor that you have any of the following: high blood pressure, high cholesterol, high LDL, low HDL or high triglycerides? Figuring out how to eat for one or more of these conditions can be very confusing! Clear up the fog with helpful tips on how to eat more heart healthfully, and improve your lipid levels to avoid, reduce, or get off of medication.

#### FOOD FOR THOUGHT: MONTHLY PRESENTATIONS

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

#### **December: Cook with Your Kids**

Tuesday, December 18, 11:30 a.m.-12:30 p.m. Repeats Wednesday, November 19, 5:30-6:30 p.m. Family Pricing: \$15/family for registrations December 4-11

#### January: Fuel up for the New Year

It's a New Year, and a chance to be a new YOU! Are you preparing to... run your first 5k or marathon? Ride your first century ride? Go snow-skiing or hiking in the mountains this year? Or are you just getting back to exercise? If you are planning to be active in 2013, attend this eye-opening class to explore the best ways to fuel your body for exercise, and taste test easy recipes you can make at home!

Monday, January 14, 5-6 p.m. Thursday, January 17, 12-1 p.m.

\$5 if sign-up on or before Monday, December 31 \$10 if sign-up between December 31 — January 10 Last day to sign-up: Thursday, January 10



# Integrative Health and Wellness Corner

by Sharon Duffy, RN, MS, CRRN

## Cholesterol & Blood Pressure Checks (register at front desk)

- Tuesday, December 4 and Thursday, December 6, 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.

#### MEMBER TESTIMONIALS:

Tell us what you are passionate about at ProActive on camera:

December 10 or December 18

9-11 a.m. and 5-7 p.m.





### Winter holidays are peak time for heart attacks.

USA Today 12/2011

Many studies have shown that the winter holidays seem to bring on more heart attacks for a number of reasons.

**The cold itself.** Cold air can make blood vessels constrict, blood pressure rise and the heart work harder. It also might trigger changes in the blood that produce clotting and inflammation. — Walking outside and taking in that icy cold air can create a crisis. The sudden exposure can cause constriction of the coronary arteries or lung constriction, which creates shortness of breath and puts a strain on the heart.

**People are in denial.** People feeling ill around the holidays may put off getting help. They don't want to spoil Christmas dinner by going to the hospital, they also may forget to take their medications, due to being away from home or family distraction.

**Stress.** People tend to stress more during the holidays for many reasons, including facing relatives, buying gifts, preparing meals for others or trying to find a parking place at the mall.

**Shoveling Snow.** A study done in Canada showed that 7% out of 500 patients going to the hospital for heart related problems were shoveling snow when they started experiencing heart symptoms.

#### Things you can do to help minimize your risk throughout the holidays include:

- Keep taking your medications
- Get a flu shot
- Keep warm wear layers and a hat and cover your mouth with a scarf when going outside.
- Know your strength -If you are not fit or have heart disease, leave the heavy shoveling to others.
- Keep up good habits Such as exercise, eating well and not smoking.
- Never ignore warning signs of a heart attack- even if it's Christmas day.

If you have questions about your heart health or have a family history of heart conditions, check with your doctor for approved activities. ProActive offers cholesterol testing twice each month as well as numerous stress-relieving classes each week. For heart healthy nutrition information, attend our free Heart Health 101 nutrition class in January. Pre-register at the front desk.

#### **SPORTS PERFORMANCE:**

Sports Performance is gearing up for another busy winter season and registrations are taking high priority times. Hours have expanded to now include Tuesday and Thursday training as well as our normal Monday, Wednesday, Friday and Saturday sessions.

We expect to see a lot of returning athletes as well as new comers in the sports of track, baseball, and soccer. Programs last up to 10 weeks and end right before spring sports kick off the first week of March, 2013. Training is for athletes of all ages in these sports typical from 6th grade through high school seniors. Any athlete or family member is invited to try a free introductory workout to understand how the treadmill works and how the program will transform their athleticism.

Contact Steve Tangen for more information or stop by the front desk.

Steve Tangen, CSCS Sports Performance Director 402.413.4021 stangen@madonnaproactive.org

## Cheer on the Madonna Magic team as they compete in the invitational wheelchair basketball tournament!

## MADONNA MAGIC WHEELCHAIR INVITATIONAL TOURNAMENT SCHEDULE

Saturday, December 8

10:30 a.m. Kansas vs. Magic

12:00 p.m. SW Minnesota State vs. Oklahoma State

1:30 p.m. Kansas vs. Oklahoma State
3:00 p.m. SW Minnesota State vs. Magic
4:30 p.m. SW Minnesota State vs. Kansas
6:00 p.m. Magic vs. Oklahoma State

Sunday, December 9

8:30 a.m. #1 seed vs. #4 seed 10:00 a.m. #2 seed vs. #3 seed 11:30 a.m. CHAMPIONSHIP GAME 1:00 p.m. Battle for 3rd place



### **ProActive Dance**



Mark your calendars!

#### **Holiday Performance:**

Help us celebrate dancers of all ability levels. On Sunday, December 16, students in Madonna's Adaptive Dance workshop will be performing a holiday routine along with students from the ProActive Chase Dance program. The performance will be held in the ProActive Gymnasium.

#### Dance Workshop:

All dancers are welcome to attend our 2-day workshop with guest teachers including Melissa Rosenberger and Kelsey Watt from New York City, Jenny Farber from Los Angeles and Sydney Chase of the University of Oklahoma Dance Team. This is open to Intermediate and Advanced students ages 11-22. Dance styles include Ballet, Contemporary, Jazz with progressions, Theatre and Hip Hop. Contact Stephanie Chase for more information and pricing. 402.413.4018 or schase@madonnaproactive.org.

#### **Holiday Break:**

No Classes held Saturday, December 22–Friday, January 4. Classes resume Saturday, January 5.