

# The Source

Keeping Members Informed

# **April 2013**





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

# soteria

massage & bodywork at Madonna ProActive

Bowenwork is a unique form of neuromuscular re-patterning which works primarily through the nervous system on both the structure and energetic levels. It is gentle and noninvasive, and can be performed through clothing.

Misalignments commonly correct themselves, muscle tensions and strains are relieved, normal lymphatic flow is restored, fascia rehydrates, adhesions release and scar tissue softens, while meridians show immediate improvements and the mind is opened up for clearer, deeper thought.

Soteria's Joe Fairbanks is one of only two Bowenwork massage therapists in the state of Nebraska.

To schedule your next Soteria appointment, call 402.420.0000 or stop by the front desk.



# **Medical Fitness Week: April 15-21**

ProActive's annual Medical Fitness Week celebration recognizes the benefit of physical activity for all fitness levels. Join us April 15-21 for presentations and on-the-go booths from Ryan Burger, PTA, CSCS, Dr. Ryan Ernst, PsyD, Nancy Nathenson, RRT, Paul Nathenson, RN, ND and Katie Taylor, RD, LMNT. Pick up a schedule at the front desk or view on our web site. **Share your joy of fitness with friends & family!**April 15-21 is also FREE GUEST WEEK!

# Pedalpalooza

On March 16 ProActive hosted the 4th annual Pedalpalooza. This event has raised more than \$6,000 in past events with just 9 hours of cycling for Livestrong. Participants of Pedalpalooza can ride 1, 2 or all 3 hours of the fundraising event. This year 15 people rode all three hours!

A big thank you to all the sponsors! We couldn't do it without you.



# **New Online Account Options!**

Thank you for your patience during our software upgrade. We are excited about the new advancement and encourage all members to take advantage of your new options with the online account access. To view your online account:

- Go to the Madonna ProActive website at www.madonnaproactive.org
- Choose: Member Services
- Click the link to access your personal online account.

# Online options include:

- View and print transaction statements.
- View and print visit listings.
- View and update personal information.
- View scheduled personal training, massage, wellness coaching and dietitian appointments.
- View remaining pre-purchased personal training, massage, wellness coaching and dietitian sessions.





# Inspiring and Beautiful Herb Containers Monday, May 6, 5-6 p.m.

Katie Taylor, RD, LMNT and Luann Finke of Finke Gardens team up to inspire your summer patio and menu with fresh herbs and edible plants. With great information on growing and using herbs in everyday cooking, you'll be off to a great summer season of flavor and good living. There's no charge for the class but pre-registration is preferred. Register at the front desk today!

# 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! See the front desk for pricing and to register.



## **April: Enjoy Soy!**

Adding soy foods is a tasty and healthy way to give your everyday diet a little diversity. Soy foods are free of cholesterol and low in saturated fat, making them an ideal high-quality protein source for individuals watching the blood cholesterol levels. They are also high in iron, B vitamins, and calcium. Come to this class to enjoy soy in two different recipes and learn more fun facts about how to add soy to your diet!

Monday, April 22, 5-6 p.m. Thursday, April 25, 12-1 p.m.

\$5 if sign-up on or before Monday, April 1 \$10 if sign-up between Apr. 1 - Apr. 11 Last day to sign-up: Thursday, April 11

### **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.



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.

# April: Heart Health 101

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! It is time to clear up the fog with helpful tips on how to eat more heart healthy, and how to improve your lipid levels to avoid, reduce, or eliminate medication.

Monday, April 15 5-5:30 p.m.

Thursday, April 18 12:30-1 p.m.



### **ON-THE-GO**

Stop by Katie's On-the-go booth for some great information.

# **Bar Hopping: Snack Bars**

April 15 5:30-6:30 p.m. April 16, 12-1 p.m. April 18, 9:30-10:30 a.m.



# Integrative Health and Wellness Corner

by Sharon Duffy, RN, MS, CRRN

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

- Tuesday, April 2, 8-9 a.m.
- Tuesday, April 16 & Thursday, April 18, 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.

### **Meditation/Relaxation Classes**

- Mondays, 2-2:30 p.m.
- Thursdays, 4-4:30 p.m.

# ProActive Dance

Join us for some fun classes that are included in your membership!

Adult Hip Hop Blast Sundays, 4:30-5:15 p.m.

Tai Chi Tuesdays, 7:15-8 p.m.

# Make Breakfast Work for You

By Erin Wolf, DTR, Dietetic Intern

It's early morning and your alarm is going off. You have two choices, hit the snooze button for ten more glorious minutes of sleep or get up so that you have time to eat breakfast. For many, the easy choice is to hit the snooze. We have all heard reasons why we should eat breakfast: It will help you reach or maintain a healthy weight, it will help with mental clarity, or it is the healthy thing to do. While these are all great reasons to make time for breakfast, simply knowing why we should do something is not enough to help us be successful. Success takes planning and trouble-shooting. Follow the tips below to help make breakfast work for you:

### Plan ahead

- · Pick foods that will be easy to prepare quickly or will be convenient to carry along.
- Pre-portion bulk items into single servings when returning from the grocery store.
- Microwave cooking is great when time is short.

### Start the day off right

- Pair fiber and protein to feel satisfied longer.
- Fresh fruits, fresh vegetables, and whole grains are great sources of fiber.
- Peanut butter, eggs, nuts, and low fat dairy are great sources of protein.

### Think outside the box

- There are no hard and fast rules about what foods are allowed at breakfast.
- Turkey breast on whole wheat bread is great on the go.
- Heat up last night's grilled chicken breast, brown rice, and broccoli for a quick fix.

### Enjoy your breakfast

- Pick foods that you enjoy.
- Vary the menu from week to week to reduce burn-out.
- Splurge every once and a while.



# Creating Success: A Brief Discussion on Exercise Psychology

by Matt Dorn, Fitness Trainer



Whether it is health, appearance or simply to feel better, every person has a motivator for physical activity. Many factors contribute to the success of a physical activity program including intentions, behaviors, attitudes and discipline.

Intentions are what a person is willing to do, how strong a person's desire is to do it and to what lengths they are willing to go to achieve their goal(s). Take this into account when considering your goals. If you find yourself struggling to stay motivated or consistent with daily exercise remind yourself of the top three reasons you are doing it. These reasons are different for each individual. When you go to the gym, find a workout buddy or trainer who can remind you of them.

Behavior is the action that the person will need to take in order to reach a specific physical goal, such as running 30 minutes three times a week. To find your actions for this goal:

- Ask yourself, "What do I need to do on a daily and weekly basis to reach my goal?"
- Build a plan of action by working up to your goal. Perhaps you need to start out at 15 or 20 minutes, two times a week. Another option would be to try running 15 min, taking a short break, and then going the final 15 minutes.
- After trying these options for a couple weeks, try your goal of 30 minutes three times a week. You may be surprised by the results.
- If you are struggling with trying to reach your goal, ask a personal trainer to help be that motivational factor that you may need.

Attitude is the person's negative or positive beliefs about the outcomes of the behavior. The Theory of Planned Behavior best describes what propels people from sedentary to active lifestyles. The theory proposes that actions are affected by premeditated positive and negative feelings. If you go to the gym with a positive attitude toward your exercise program and the future outcome, you will more than likely have better results than if you are continually negative.

Discipline needs to be a collaborative effort of family and friends in order for it to be a successful experience. The perception of what our peers think influences people to create a behavior change. The fact that people are very aware of what other others think of their actions or appearances can either motivate them in a positive or a negative manner.

Once you align your intentions to exercise with your behavior and attitude, your discipline to the exercise routine will be easier to maintain and you will be successful in achieving your goals.

If you have questions about your exercise program or would like to meet with a personal trainer, contact Charlie Bills, Fitness Manager at 402.413.4012 or cbills@madonna.org.





# Partner Transformation Challenge

# April 1-May 24

- Each top team\* member wins a \$200
   Visa gift card.
- Top individual\* wins a \$100 Visa gift card.
- Prizes are awarded for:
  - highest number of team club visits.
  - most activity minutes every 2 weeks.
- \$10 per person registration. No partner, no worries. We will team you up!
- First weigh-in: Monday, April 16-7 a.m. 12-1 p.m. 5-7 p.m.

Sign up at the front desk today!

\*The top team and top individual will be determined by the greatest percentage change in multiple categories including weight, body fat and waist circumference. The top individual cannot be in the top team.



