The Source

- ProActive News -

February 2014

FEBRUARY IS HEART MONTH! Cardiovascular exercise is any type of exercise that increases the work of the heart and lungs. Some of the physical benefits of cardiovascular exercise include: reduced risk of heart disease • reduced risk of osteoporosis • improved heart function • improved muscle mass • improved blood cholesterol and triglyceride levels.

The American College of Sports Medicine and the Center of Disease Control encourage 30 minutes of moderate intensity physical activity on most days of the week. To improve cardiovascular endurance, 20-60 minutes of physical activity is recommended 3-5 days a week. The main thing to remember is to add variety to your cardio workouts. Do different pieces of equipment or adjust the speed, incline and resistance. CHANGE IT UP! I always tell people your body wants to be challenged just like your mind. That's why they don't put the same crossword puzzle in the newspaper everyday! If you have any questions please let me know or send me an email.

- Wendy Smith Johnsen, Personal Trainer, wsmith-johnsen@madonnaproactive.org

HAVE YOU HEARD?

▶ GROUP EXERCISE CLASS ADDITIONS/CHANGES

Zumba Chair
Beginning-level, low-impact dance workout with energizing Latin rhythms and moves modified for sitting in a chair. Perfect for the active older adult, wheelchair or adaptive participants, or those who may not be able to stand for long periods of time while exercising.

Wed. 11:15-12 p.m.
Meditation Room

Stretch for Life + Core
Add more movement and flexibility to your life with upper and lower body stretching while toning using integrated fitness techniques. A variety of core drills will be utilized to develop and tone a strong midsection.

Fri., 5:30-6:15 p.m.
Meditation Room

Hip Hop Dance Workout
Lively, high energy cardio/aerobic workout with a hip hop dance focus. Features interval training where faster and slower rhythms help tone and sculpt.

Fri., 6:15-7 p.m. & Sun., 4:30-5:15 p.m.
Studio 3

H2O Boot Camp
A fast paced water workout set to music that will get your heart pumping while increasing flexibility and cardiovascular fitness and minimizing impact on joints.

Tues., 6-6:45 p.m., Indoor Pool

CLASS CANCELLATION POLICY

Group Exercise and Dance classes are not held when LPS is closed due to inclement weather or when the city of Lincoln is in a winter storm warning.

like us on facebook

Like, post and comment on: Motivation Mon, Trivia Tues., What's New Wed., Throwback Thr. & Fitness Fri.

Show Choir Prep Workshop

Attention Teen Dancers:

Held Mondays, 7:30-8:15 p.m., through Mar. 3

Join us for just $15 per class. See Stephanie Chase for details, 402.413.4018

Spring Dance Show Announced

Fri., May 30, 6:30 pm & Sat., May 31, 2:30 pm
Lincoln Southeast High School

Soteria Valentine Specials

Get your Sweetheart a Body Wrap or Body Scrub at Soteria between February 1-22. At the time of appointment let your therapist know which scent you prefer.

Body Wrap scents: Chocolate Lovers Dream, Cranberry Cream, Pumpkin Spice, Champagne & Rose or Peppermint Stick. Members: $63, Non-members: $70

Body Scrub scents: Chocolate Delight, Cranberry, Champagne & Rose, Coconut, or Mango. Members: $99, Non-members: $110

Call 402.420.0003 for appointments.

soteria
massage & bodywork at Madonna ProActive

FAMILY & FRIENDS CPR CLASS

Sharon Duffy, Coordinator Holistic Health and Integrative Medicine, will teach the American Heart Association's Family and Friends CPR class

Wed., February 12, 12-3 p.m.

Participants will learn Adult Hands-Only CPR/AED/Choking, Child CPR/AED/Choking, and Infant CPR/Choking. The class is for anyone who wants to learn CPR in an instructor-led environment.

Fee is $20 for members and $25 for non-members. Please register at the front desk by February 7.

Swim Lessons - Registration Begins March 10

Child lessons - 30 min., once a week for 8 weeks - Mar 31-May 22.
Adult lessons - 45 min., once a week for 6 weeks - Apr 2-May 7

Questions? Contact Julie Gipson, Aquatics Supervisor at jgipson@madonnaproactive.org or 402.413.4016.

Club Etiquette Reminders

- As a courtesy to others, please avoid cell phone calls in the workout areas. If you need to complete a phone conversation, please do so in the front lobby area.
- Taking unauthorized photos within ProActive is prohibited.
- Please bring a change of shoes for your workout. Clean shoes increase your safety and the safety of fellow members by not leaving wet puddles from melting snow and ice. At the same time, you help keep your facility clean and in good condition.
- Please limit workouts to 30 minutes if others are waiting to use the cardio equipment or swimming lanes.
- Be friendly and share your swimming lane if someone is waiting. Circle swim or split the lane.
- Swimsuits make swimming in the pools and spas more comfortable for everyone.
- Water shoes are required in the Aqua Track for your comfort and safety.
- Showers are available on a first come first served basis. Be kind, do not "reserve" a shower stall with your personal items before you intend to use it.
- Remember to take your shampoo and other items out of the shower.

- Our equipment is clean thanks to our clients! Please wipe down equipment after your workout. Wipes and trash containers are located throughout the facility for your convenience.
- We want to greet all our valued ProActive members, so please check-in at the front desk. Yes, it's a requirement.
- If you do not have your scan card please give your name or member number to a front desk staff member.
- If you bring valuables to the club, secure them in the locker room. Loaner locks are available at the front desk for day use. Lockers may also be rented for a monthly fee.
- We adore children, but they must bring their own parent/guardian to supervise them while they are at ProActive. Children younger than 13 are NOT allowed on the fitness floor or the track area for their safety. However, they may use the basketball courts and lap pool if accompanied by an adult.

YOU*Time* Returns March 3-May 26

New to fitness or need help to reach your goals?

Join **YOU*Time*** to be accountable, stay motivated and get psyched to prioritize your health and fitness.

- 30-minute weekly meetings
- Wednesdays at 6 p.m.
- $30 for 12-week session

Call Cheree Buesing, Soteria Mgr. for details at 402.413.4031.

YOU*Time*. @ProActive

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

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

ON-THE-GO

American Heart Month
Mon., Feb. 3, 5-6 p.m.
Thur., Feb. 6, 9-10 a.m.

NUTRITION 101

Heart Health
Mon., Feb. 17, 5-5:30 p.m.
Wed., Feb. 19, 12-12:30 p.m.

FOOD FOR THOUGHT

Homemade Frozen Meals

Have you ever wondered about the true nutritional quality of prepackaged, frozen meals? Are you interested in attempting your own version of homemade prepackaged, frozen meals? Join Katie to taste and decipher the difference in the nutritional quality of store-bought and homemade prepackaged, frozen meals, and to learn more about these convenient food products we eat.

Mon., Feb. 24, 6-7 p.m.
Registration Deadline: Wed., Feb. 19
Members: $5 by Feb. 12, $10 Feb. 13-19
Non-members: $10 by Feb. 12, $15 Feb. 13-19

Sign up at the front desk!

$20 Cholesterol & FREE Blood Pressure Checks

Wednesday, Feb. 19 7-9 a.m.