

Club Buzz

■ New Group Exercise Schedule

Be sure to check out the new schedule, and discover new ways to spice up your workout!

■ News & Notes from ProActive Dance

Don't forget, dance classes **will** meet over semester break, January 17-20.

Congrats to these holiday cookie contest winners:

Healthy Cookie division

Amaris Davis

Not-so-Healthy Cookie division:

Melanie and Mackenzie Hovland and Sydney Chase tied!

Winners will name their cookie, and the cookies will be served during the Spring Dance Concert.

Mark your calendars! The Spring Dance Concert will be Saturday and Sunday, May 30 and 31 with "Sleeping Beauty" performed in two acts, and act 3 will be "Nostalgic 2 Now." The times and location are to be determined.

Club Etiquette

- When you're using the track, slower traffic uses the inside lane. Take extra caution when crossing or standing near the track. Please make sure you never block a track lane.
- The cold and flu season is upon us. We have disinfectant wipes located in tubs throughout the facility for your use.
- Your cell phone may be attached to your ear, but remember that everyone around you can also hear your conversation. Please use cell phone courtesy inside the club.

Quick tips for winter safety from Madonna TherapyPlus, ProActive

Muscle fatigue, low back strain, vertebral disc damage and even spinal fracture are some of the injuries that can result from excessive bodily stress resulting from slips, falls, and unavoidable winter activities, like snow removal. In some cases, shoveling snow is comparable to weight lifting, and can be as physically exerting as a treadmill workout! Use these simple tips from Madonna TherapyPlus to avoid injury or re-injury:

Snow removal dos and don'ts:

- Don't shovel snow if you've had a heart attack, you have heart disease presently, if you have high blood pressure or cholesterol, smoke or lead a sedentary lifestyle.
- Avoid caffeine and nicotine before snow removal. It constricts your blood vessels, making your heart work harder.
- Dress in layers
- Use a smaller shovel. It's much easier on your body to push or lift small quantities of snow.
- Take short breaks to stretch your back and extremities.
- Do begin slowly so there is less stress on your heart.
- Do stop if you feel any pain.

Tips for walking on ice/snow:

- Footwear should have rubber soles, not plastic or leather.
- Take small steps or shuffle your feet so your center of gravity is underneath you and little momentum is carrying you forward.
- Bend your knees a little to help with balance, and activate your leg and hip muscles so they are ready for anything.
- Anticipate falling - if you're ready for it you can prepare. If you do lose your balance, you may avoid being badly hurt.
- Step down out of trucks, SUVs and vans - don't jump out/down.
- If you are carrying something and start to fall - toss the object you are carrying and try to roll/twist into the fall onto your backside. If you can get to your back side, there are fewer major areas to hurt, and there tends to be a bit more "cushion" for the landing.
- Most of all, try to relax when you are walking on ice. If you are tense you are more likely to fall.

If you experience pain of any kind, stop immediately and seek assistance. If you suffer from persistent pain, speak with your doctor, and ask if physical therapy would be appropriate for you.

Member spotlight: Brad Kohl

On land and in the water, Brad Kohl is making strides at ProActive

Perhaps you've watched Brad Kohl improve his balance while walking on the cushioned track at Madonna ProActive. Usually, he begins using his two single-pole canes for support, but soon he relies only on occasional assistance from the railing or the wall to steady himself. You might also catch sight of Brad using the Hammer Strength equipment on the main level, where he focuses intently on building his strength. He also works tenaciously in the heated aqua track. That's where he feels free. "I've done some land therapy, but it doesn't inject me with the life that I feel in the water," Brad said.

Making an effort to get regular exercise wasn't all that natural to Brad initially. He worked for years as an electrical lineman for the city of Crete, where he also served as the fire and dive captain for the city's volunteer fire and rescue team. Brad admits that the physical demand of his profession, along with his interest in coaching youth sports teams, kept him healthy and in good shape, but in April 2007, Brad was diagnosed with Guillain-Barre syndrome (GBS), and it changed everything.

With GBS, the body's immune system attacks your nerves, typically causing severe weakness and numbness. For Brad, GBS made its swift and steady impact on his body, affecting his muscles and making it nearly impossible for him to move on his own. Although it's a rare condition, it's not uncommon for GBS to paralyze the muscles, even those used for breathing. There is no cure for the disorder, but several treatments can ease symptoms and reduce the duration of the illness.

After Brad received care at Madonna Rehabilitation Hospital's main campus, he heard about the Structured Independence Program offered at ProActive. Through Structured



Independence, all first-time TherapyPlus outpatients receive a 30-days free membership at ProActive where they can continue to work on the lessons learned during their rehabilitation. He enjoyed it so much that despite living 25 miles away, Brad joined ProActive in March 2008. Soon after, he was experiencing benefits and encouraged his wife Margaret to join. For her, ProActive has been a good way for Margaret to healthfully deal with stress and anxiety related to caring for Brad.

Brad said he misses going out dancing with Margaret, an activity the couple did regularly. He would also like to get out in the front yard and throw the football around with his college-aged sons, but he's hopeful that with the right attitude, which includes a great deal of humor, he'll one day be able to do those things.

In the mean time, Brad is glad a place like ProActive exists so he can continue to reach his milestones, one at a time. "The employees' dispositions are encouraging. Nobody is ever too busy to stop and talk for a couple-three minutes and share an encouraging word. I can't picture myself stopping my trips here," Brad added.

TOP SECRET

Nutrition tips from Michelle Welch, RD/LMT of Madonna Fit for Work...making wellness real

Kick up the flavor; kick out the fat with lemons and limes

From inside to out, these citrus fruits stack up for flavor and zest in recipes. If just juicing a lemon or lime for a recipe, you can zest the outside of the fruit into a bag and freeze for the next time a recipe calls for lemon or lime zest. Roll your uncut fruit on the counter, cut, then microwave for about 8 seconds to maximize its juicing power. Lemon or lime juice on a salad can also stretch your salad dressing!

“We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives, not looking for flaws, but for potential.”

- Ellen Goodman

Biometric Testing offered by the personal trainers, on Monday, January 19, from, Noon-1 p.m. and 5-6 p.m.

Make your food resolution a reality

Every January, New Year's resolutions are made, but it has been estimated that nearly 70 percent of those who make resolutions will quit them within six-eight weeks. Why? Many people make resolutions that are impossible to keep.

This year, make goals for yourself by starting small and being realistic. Here are some helpful tips and ideas to start you on the right track:

Try something new at least once a month.

You can get stuck in a rut buying and eating the same things every week. Trying new products and recipes will help keep you interested in a healthful eating pattern. Take a little more time in the grocery store to discover new products or ideas.

Watch portion sizes. Counting calories of everything you eat and drink can be a part time job, instead watch your portion sizes. This does not mean you have to measure everything out, instead use your fist to estimate. The general "rule of fist" is that your fist measures 1 cup or 3 ounces of meat on a plate.

Read labels. Don't just buy a product because the package says "reduced fat," or "sugar-free." Take the time to compare the Nutrition Facts label. Always look first at the serving size, and then compare calories. Next, compare the nutrients that are of most concern to you (fats, cholesterol, carbohydrates or fiber). You may find that the fat-free



product you are buying also has twice the sugar and sodium as the reduced product!

Drink more water. Water keeps our skin clear and our kidneys clean. It is important for flushing your system, and it also aids in the absorption of important vitamins and minerals. Put down the coffee and soda, and aim for six to eight 8-ounce glasses of plain water each day. Start small with a few cups a day to help keep this a realistic goal.

Remember small realistic resolutions will help keep you on track to a permanent lifestyle change not just for a few months. If you find yourself falling short of your goals, give ProActive Member Wellness Coach Ian Thompson a call at 486-7766, or stop by his office for a little extra motivation. Samantha Beaubier, registered dietitian at ProActive, is also a great resource. You may e-mail questions to her at sbeaubier@madonnaproactive.org.

Escape winter's chill at Soteria Spa

If you're looking for warmth and relaxation, you'll feel it with a **one-hour Hot Stone Massage.**

Hot Spice Tea Scrub

Sugar and spice and everything nice...for your skin! As comforting as a cup of hot tea, this sweet treat naturally exfoliates and hydrates your body.

Holiday Body Glow

Your friends will wonder if you've just come back from a long holiday! Spices stimulate your senses while Dead Sea Salts and Grapeseed Oil soften and tone your skin. Get the glow!

Save \$10 when you make your appointment in January for any of the specials. Call 420-0003 to schedule your escape from winter's chill today!



New Weigh to Wellness class will meet Jan. 14

ProActive Weigh to Wellness is a weight and wellness management program that focuses on lifestyle change, including behavioral, nutritional, exercise, social, emotional and spiritual factors. As a participant, you will track goals, which will include weight as well as other lifestyle goals.

Each weekly class will review some

important aspect of wellness, and participants will be encouraged to share ideas regarding their wellness success and support each other in their wellness efforts. Group sessions will meet every Wednesday evening from 6-6:45 p.m. The program is open to ProActive members and nonmembers. Different session plans are available to meet

individual needs. You can sign up for four, eight or 12 weeks at a time.

If you would like any additional information on payment options, pick up a brochure at the Front Desk, or call Samantha at 486-7785. If you know you're ready to make permanent lifestyle changes, sign up at the Front Desk.

Congratulations, and happy birthday, Rex!



ProActive member Rex Lamb set a goal to run 50 miles on his 50th birthday. With support from his wife, Vicki, and ProActive staff, including Wendy Smith-Johnsen and Anthony Sobotka, he completed the goal at ProActive on Saturday, Dec. 20. Way to go, Rex!

Left to right: Vicki, Rex, Wendy and Anthony.

Order up! Free classes help you navigate real world challenges

If you struggle to understand nutrition or just don't feel like you have the time to live a healthy lifestyle, now you can! Madonna ProActive and Madonna Fit for Work are teaming up to present three free classes to ensure your new year gets off on the right foot. Each session is a free opportunity for ProActive members, but space is limited. Please pre-register by contacting the Front Desk, or call 420-0000. Classes will meet in the Education Room at Madonna ProActive.

Top Ten Terrific Trim Down Tips for 2009

5:30 p.m. on Thursday, Jan. 22

Are you ready to take your weight battle seriously this year? What are some shortcuts that can make weight loss easier?

Michelle Welch, registered dietitian of Madonna Fit for Work, will give you a head start on making better choices in the battle of the waist band. This humorous and insightful presentation will cover top ten tips from years of practice helping clients shed thousands of pounds.

Carbohydrate, Weight Loss and You

5 p.m. Thursday, Feb. 19

No carbs, high carbs, low carbs? What does it all mean for your waistline?

Are you at risk for, or currently have, diabetes? What is a carb, and why do I care?

For people trying to tackle the extra pounds in 2009, or trying to take better control of their blood sugar levels, this class is for you. Madonna Fit for Work's registered dietitians will lead you on an interactive journey through the media confusion and help you find your footing in the battle against the carbohydrate. Presentation is sponsored in part by Abbott Diabetes Care.

Fitting In Fast Foods

5:30 p.m. Wednesday, March 18

Do you find yourself in the drive-thru more often these days? Is a busy schedule leading you and your family to eat on the run? Are there really any decent choices you can make at fast food restaurants?

Madonna Fit for Work Registered Dietitian Michelle Welch will give you the skinny on not letting fast foods have their way with your waistline. We spent some heavy calories doing "research" for this presentation to help you avoid missteps and make fast foods fit in busy lives. Real examples of meals that can work for you and your family will be shared.

ProActive Health for Men to begin Jan. 20

Designed for men facing weight loss challenges, ProActive Health for Men will help you work toward a healthy weight and lifestyle. If you're tired of quick fit diets, fitness fads and empty promises, ProActive Health for Men is for you!

- A comprehensive 10-week program providing personalized coaching from exercise, behavior and nutrition experts

- Improve your exercise and eating habits with a combination of group and individual consultations

- Weekly group meetings on Tuesdays from 5:30-6:30 p.m.

- Weekly fitness or nutrition sessions offered in-person or via phone

- Individualized nutrition plan

- Comprehensive fitness assessments including before and after photos, biometric measurements, health and medical history and pre- and post-evaluation

- Food and exercise logs and support materials included

- Cost for the 10-week program is \$350.

- Available for Members ONLY.

The program starts in January. Enrollment is limited, so contact Samantha Beaubier, RD, at 486-7785 or sbeaubier@madonnaproactive.org or sign up at the Front Desk to make a positive lifestyle change today!

