

# The Source

- Madonna ProActive News -  
April 2018

## WHAT'S HAPPENING

### HOLIDAY HOURS

ProActive is closed on Sunday, April 1 for Easter.

### CONGRATULATIONS

Sandy B. won the \$25 gift card for completing ProActive's online customer satisfaction survey in February. Thank you Sandy for your feedback.

Kathy P. posted her heart on the walking track windows in February and she won a \$20 gift card for her participation. Thank you Kathy for your heart health!

### NERF BASKETBALL CHALLENGE

64 members have been shooting Nerf hoops and earning points to advance in our basketball challenge. The CHAMPIONSHIP GAME is April 2 and the winner will receive a free month of dues.

Stop at the 'Sports Central' Front Desk to find out who is ProActive's NERF CHAMPION!

### BLOOD PRESSURE AND CHOLESTEROL CHECKS

Free blood pressure check and \$20 cholesterol screening with Holistic Nurse Sharon Duffy are available Apr. 18, 7-9 a.m. Register at the front desk by Apr. 17.

### SUPPORT GROUP

Restoring Hope, grief support and education group, meets 6-7 pm on Apr. 17.

## 5 REASONS TO TAKE ZUMBA/DANCE BLAST CLASS, 6:30-7:15 pm, Mon. & Wed.

- 1) A great way to keep your body and mind healthy. Studies show that dancing can help you lose weight, stay flexible, reduce stress, make friends and more.
- 2) Dance not only instills grace, but it also helps you age gracefully. According to a study in The New England Journal of Medicine, dancing may boost your memory and prevent you from developing dementia as you get older.
- 3) If you're feeling tense or stressed out, you might want to turn up the music and dance. In a controlled study in the Journal of Applied Gerontology, researchers found that dancing can help bring about stress relief.
- 4) Dancing really does lift your spirits, according to a study that tested the effects of dancing on people with depression. Patients who participated in an upbeat group dance showed the fewest depression symptoms and the most vitality.
- 5) Bored with your bicycle? A study in the Journal of Physiological Anthropology found that an exercise program of aerobic dance training is just as helpful for losing weight and increasing aerobic power as cycling and jogging.



# CHANGE IT UP

Les Mills BODYPUMP Classes Starting in April!

**LAUNCH PARTY - SATURDAY, APRIL 14**  
**BODYPUMP at 8:30-9:15 & 9:30-10:15 am**

**Regular BODYPUMP Class Times:**  
**Mon. & Wed. 6:30-7:30 pm, Int. Level**  
**Tue. & Thu. 5:15-6 am, Beg. Level**



## EARLY MORNING YOGA SERIES

Dates: April 24–May 18

Days: Tuesday and Friday

Time: 6:15–7:15 am (Seniors may participate.)

Cost: \$20.00

Two members may split the cost and days with each member attending only one day each week.

Sign up at the front desk.

7111 Stephanie Lane ■ 55th & Pine Lake Road  
402.420.0000 ■ [www.madonnaproactive.org](http://www.madonnaproactive.org)



## INSTRUCTOR SPOTLIGHT



Ann Ellenberger has been a group fitness instructor for more twenty years. She has a degree in Biology, Physical Education and Exercise Science from UNL. During her time as an instructor I has been certified in and has taught: water aerobics, cycling, kick boxing and yoga as well as Les Mills programs including BodyPump, BodyStep, BodyFlow. She believes in group fitness for improving health and well-being of all participants. Her philosophy as

instructor is for all people to feel welcome and challenged at their level. "I believe it is essential for me to provide a exciting and safe environment where participants come together, work, have fun and finally leave a bit happier at the conclusion of class."

Ann Ellenberger teaches 2 classes on Monday evening-Cardio Pump at 5:30 pm and Les Mills BodyPump at 6:30 pm.



**MADONNA THERAPY PLUS**  
Physical and Occupational Therapy

### What About Stretching? by Jordan Mettler PT, DPT

As physical therapists we are often asked questions regarding stretching. Stretching is an integral part of our treatment of patients but also has some unknowns regarding its practice. Here are my answers to a few of the most frequent questions I receive.

#### When Should I Stretch?

It Depends.  
Research points to after exercise as stretching prior to exercise has been shown to decrease athletic performance. Stretching prior to activity with "cold" muscles is less affective in increasing muscle length as well. Stretching post exercise appears to be more effective in lengthening muscle as your muscles have "warmed" with activity.

#### How long should I stretch?

This one is easy.  
Research has shown that 30 seconds of static continuous stretch is most effective. Stretching longer or shorter durations is not more beneficial.

#### How Should I Stretch?

Again, it depends.  
Research continues to point towards more "dynamic" stretching. Activities including walking lunges, jumping jacks and arm circles are appropriate. These activities allow the body to increase blood flow to the muscle tissues while increasing the heart rate. This is a great recipe for increasing muscle length. "Static" stretching or your traditional hold and stretch can also be effective. Just remember it is more effective after activity and can decrease your performance if performed prior to your workout.



## Matt Kasik

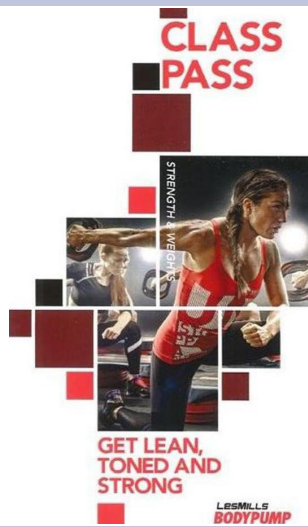
ProActive General Manager

*I will never do Yoga. I've got nothing against it, it's just, I've never done it. It's not my thing. I'm not very flexible. OK, truth be told? It intimidates me.*

A health club be scarier than a haunted house on Halloween if you have never set foot in one. This intimidation increases if you aren't exercising or are a bit overweight. The machines are daunting, the dumbbells terrifying, not to mention the workout people: I'm just sure there are fit people there, with big muscles, trendy clothes, etc. It's easy to fall into the trap of thinking, "I don't belong there."

I'm proud to say that Madonna ProActive is not the haunted house of fitness I described. Our staff is trained and well-versed in ensuring our members and guests feel welcome and comfortable, regardless of where you currently are in your fitness journey. Our members agree overwhelmingly with this notion. In recent member surveys, 84% of respondents stated they feel welcome at ProActive, every time they set foot in the door. The remaining 16%? They feel welcome most of the time. Not one member responded by saying they feel uncomfortable at ProActive.

I did Yoga!! In March, I went to my first Yoga class. I was intimidated at first, but Debra Johnsen, one of the many great Yoga instructors we have here at ProActive, made my experience a positive one. She was patient with my questions and my bad form, and coached me through it all. I'm still not flexible, but I have been back to class and will go again. The next time I have doubt, I will remember my own fitness journey and try the next thing.



Stop at the front desk & get your CLASS PASS to bring a guest to a BODYPUMP class in April.

## WAY TO GO

Vickie said, "I am very pleased with the day care staff. Carrie especially has worked hard to make sure we have time to exercise as we are watching our infant granddaughter for 2 months. It is so affordable and enables us to stay in shape as we help our daughter."

"Nina does a wonderful job of cleaning plus she's friendly. She is a hard worker plus very polite and pleasant."

"Samantha taught our 5:30 am class and I wish she could have continued! Jim at the front desk in the early morning is very friendly!"



**SAVE THE DATE**  
Next Swim Lesson Session  
Child: July 9 - August 2  
Registration: June 18-24