

The Source

- Madonna ProActive News -
October 2017



Flu Vaccine clinic
Oct. 17 4-6 p.m.
Oct. 18 7-9 a.m. & 12-1 p.m.
\$30 Member \$32 Non-member
Must be at least 19 years old

Protect yourself and others!
Sign up at front desk for your
flu vaccine today.
Please wear clothing for easy shoulder access.

WHAT'S HAPPENING

SAVE THE DATE

Next Child Swim Lesson Session is January 8 - March 8
Registration is December 11-17

PRIVATE & SEMI PRIVATE YOGA SESSIONS

Private and semi private yoga sessions are ideal for beginners, those who may need special attention or want a more challenging yoga program. Speak with any ProActive yoga instructor about their availability or contact Fitness Manager Samantha Kelly for more information at 402.413.4012 or skelly@madonna.org. Pricing and purchasing options are available at the front desk.

NEW COURSE

TRX Basics—Required one-time course for access to all Dynamic TRX group fitness classes.

Learn how to safely and properly perform fundamental movements used in TRX suspension training. Completion of the basics class also qualifies members to check out TRX suspension straps for private use.

Saturday, 8-9 a.m., Studio 1
\$35 Fee, Sign up at the front desk.

NEW CLASSES INCLUDED IN YOUR MEMBERSHIP DYNAMIC TRX*

*Requires TRX Basic course or prior ProActive TRX training. Class times listed below:

Tue. & Thur. 6-6:45 a.m.	Studio 1, Int.-Adv. Level
Tue. & Thur. 6:30-7:30 p.m.	Studio 1, Int.-Adv. Level
Tue. & Thur. 8:15-9 a.m.	Studio 2, Beg.-Int. Level
Wed. 5:15-6 p.m.	Studio 1, Int.-Adv. Level

Restorative Yoga

Tuesday, 6-6:45 p.m.
Meditation Rm., FS

Dance Blast

Tuesday, 7-7:45 p.m.
Studio 2., Beg.

DISCONTINUED CLASSES

H2O Interval, Tuesday, 6:00-6:45 p.m.

NEW ITEMS AT FRONT DESK

Combination and key padlocks available for purchase.
Madonna word cloud long sleeve t-shirts in red or blue.

WINTER WEATHER CANCELLATION POLICY

The following services are not held when LPS is closed due to inclement weather: Group Fitness Classes, Swim Lessons and Cardiac Rehabilitation.

FALL FESTIVAL

October 9-15

FREE GUEST WEEK

Visit with Wellness Resources & Community Partners

Information Tables 9-11 am & 4-6 pm

Play Fitness Bingo for Prizes

Enjoy Happy Hour Monday-Friday

6-8 am \$1.00 Any Size Coffee

5-7 pm Half Price Smoothies

ProShop Specials - Buy One Get One 50% Off

Bring Food Bank Donation for Entry in Free Dues Drawing



Invite Friends & Family
to discover the ProActive
difference.



Newest massage therapist

Kelby Deges is our newest massage therapist at ProActive. She uses a myofascial release technique with all of her massages. Kelby provides therapeutic, deep tissue, Swedish, prenatal, stress relief and migraine relief massage. She also specializes in reflexology! Her regular hours are 2-7pm Monday-Friday and 1-6pm Saturday. Book your massage now at <https://proactive.madonna.org/massage-bodywork> or stop at the front desk to schedule an appointment with Kelby.



soteria
massage & bodywork at Madonna ProActive

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



October—Breast Cancer Awareness Month Aquatic Program for Breast Cancer Survivors by Melissa Glinsmann, MSPT, CCCE TherapyPlus

Madonna ProActive Therapy Plus has a uniquely designed aquatic program for breast cancer survivors called Ripple Effects. The focus of this program is on the management of breast cancer surgical related effects such as loss of flexibility and strength in the corresponding upper extremities, chest, and axilla as well as scar tissue management, and pain through effective aquatic exercise paired with land-based techniques. Physical therapy can help restore flexibility and strength in the shoulder, chest, and neck regions through therapeutic exercise as well as passive stretching. Physical therapists will also evaluate posture to ensure proper muscle length and strength. We also can assess scar mobility in both the breast and axillary (armpit) regions. We also look at the integrity of nerves in the shoulder and arm to ensure no damage is present.

We utilize the aquatic environment as a treatment of choice is for the physical properties of water. In warm water, people with limited mobility can perform strength and flexibility exercises that they are unable to accomplish on land. Warm water soothes painful joints and relaxes and relieves tight or painful muscles, allowing a more effective program than might be possible on land. Water naturally causes buoyancy which reduces the effects of gravity and enables greater mobility.

Our general program goals for aquatic therapy for breast cancer survivors are to restore range of motion and flexibility, decrease pain, decrease lymphedema, decrease risk of osteoporosis, improve endurance and aerobic capacity, posture and stress management and help patients gain social support and outreach. If you happen to be experiencing pain in chest, shoulder, or upper back, have loss of ROM, strength and function in chest and shoulder or decrease in overall fitness, please consider our ProActive Physical Therapy Ripple Effect Program to address your needs.



CHANGING SEASONS

- Change into workout shoes after entering the club.
- Coat racks/shoe trays available in hallway off the lobby.

BP & CHOLESTEROL CHECKS

Free blood pressure checks and \$20 cholesterol screening with holistic nurse Sharon Duffy are available Oct. 18, 7-9 a.m. Register at the front desk by Oct. 17.



Improving Safety During the “Fall” Season by Ryan Burger, OPTA, CSCS TherapyPlus

It's getting to be that time of year again where the days start to get a little cool and the nights even cooler which means football, Halloween and the neighbor's leaves are all over you lawn again. There are a few things you can do to keep yourself safe this time of year so you are able to enjoy all that fall in Nebraska has to offer.

First off, as the leaves fall they aren't always nice and dry on your grass, sidewalk or driveway. The cool nights also may have a lot of humidity making the leaves a little more slippery. Whether you are actually raking the leaves or taking your dog out, be careful your feet stay put underneath you. Do not move too fast putting yourself at risk of losing your balance and ending up in the emergency room. Short, deliberate steps and bracing your abdominal muscles ensure your center of gravity stays close keeping you on your feet.

Another fun activity many get to take part in is cleaning the leaves out of your gutters. When the neighbor's leaves fly off their trees they don't always make it to the ground but they do still pose a risk to you and your property. If the gutters are clogged and a storm is forecast, you need to clean them out so out comes the ladder. Being aware of dew on the ladder rungs can help you save yourself from a concussion. Also, making sure you are strong enough to climb several rungs is crucial to being safe. If you have some difficulty negotiating stairs, you probably should not be climbing a ladder. Get someone to help if possible. If you are physically able to climb, having another person hold the ladder while going up and down as well as while you are standing on the ladder helps alleviate your fall risk. Shoes with a solid, non-slip sole are a good idea as well.

Maintaining strong leg, hip and core muscles will help you not only be able to perform your fall clean up chores but also improve your balance in general. Squats and/or lunges will help improve knee, hip and core strength especially if you can perform these without holding onto anything. Maintain strong abdominal muscles while performing these to keep your posture tall. You generally don't need to use extra resistance, just body weight. Front and side planks are great for increasing your core strength to help you gain stability through your core which translates into improved safety as well. Performing these on the floor is best but if that is too tough, using a counter top for support works well too.

The physical therapists at Therapy Plus ProActive are well versed in leg, hip and core strengthening and can help you improve your safety when the weather, and your neighbors trees, don't want to cooperate. Stop in to schedule your appointment today and be on your way to a safe “Fall.”

WAY TO GO

“I had a meeting with personal trainer Karen O’Shea. She designed a cardio/resistance program to fit for me. I felt so comfortable asking any question I had. This was all new to me and she was so non-judgmental and encouraging. When I left that day, I felt like I can do this! Thank you Karen-you are making a huge difference in people’s lives.”

“Yoga classes are so personable. Really like Keri-new to me.”

Teri said “Really enjoy Tony-like his resistance class.”

“Michelle is a great instructor!”

“New Zumba instructor Jess is wonderful.”

Vicky said, “Emily did a great job with Johnny’s swim class, her red light green light lightened up those kid’s moods.” immediately.”

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Medical Fitness