

# The Source

- Madonna ProActive News -

June 2018

## WHAT'S HAPPENING

### GROUP FITNESS CLASS CHANGES

#### NEW CLASSES

Body Pump, Sat., 8:30-9:30 a.m., East Gym  
Complete Core, Tue. & Thu., 10:15-11 a.m., Studio 1  
Cycling, Sun., 8-8:45 a.m., Studio 3  
H2O Deep Interval, Tue., 6-6:45, Outdoor Pool  
Water Yoga, Sun., 3-3:45 p.m., Aqua Track

#### CONGRATULATIONS

Jerry M. won the \$25 gift card for completing ProActive's online April survey. Thank you for providing your feedback. Jeri T. won a free month of dues for the Move150 Challenge. Congratulation Jeri on moving 210 minutes during Medical Fitness Week!

#### BLOOD PRESSURE AND CHOLESTEROL CHECKS

Free blood pressure check and \$20 cholesterol screening with Holistic Nurse Sharon Duffy are available June 20, 7-9 a.m. Register at the front desk by June 19.

#### SUPPORT GROUP

Restoring Hope, grief support and education group, meets 6-7 p.m. on June 19.

## NEW EVENTS

### BODYPUMP TECHNIQUE CLASS

Interested in or new to BodyPump? Learn how to properly and safely perform Les Mills BodyPump movements.  
Sun., Jun. 10, Time: 9 a.m. - 10 a.m.  
Free to members. Attending members receive a free pass to bring a guest to a future BodyPump class.

### TRX YOGA Class Series

Meets one day per week for 6 weeks.  
Day/time options:

Monday, Jun. 18-Jul. 23, 7:15-8:15 p.m. with Melanie  
or  
Wednesday, Jun. 20-Jul. 25, 6-7 a.m. with Barbara  
\$30 members \$50 Non members

### MOVEMENT & MUSIC DEMONSTRATION

The Ruth Davidson Hahn Movement & Music program is modeled after the internationally acclaimed Dance for PD® (Parkinson's disease) program in which participants explore movement and music in ways that are enjoyable, stimulating and creative. The program explores elements of dance in a non-pressured social environment in which music energizes, enriches and empowers. Free to members and guests.  
Saturday, Jun. 16, 11 a.m. - 1 p.m.

### H.I.I.T. WALKING WORKSHOP

Sat., Jun. 30, 9:15-10:30 a.m.  
\$5 Member - \$10 Non Member

Take your walking workout to the next level! Learn how to effectively incorporate high intensity intervals to your walking. High intensity intervals have proven to be a safe, effective way to increase your workout level without increasing the amount of time. This workshop will provide 2 new workouts to add to your routine.

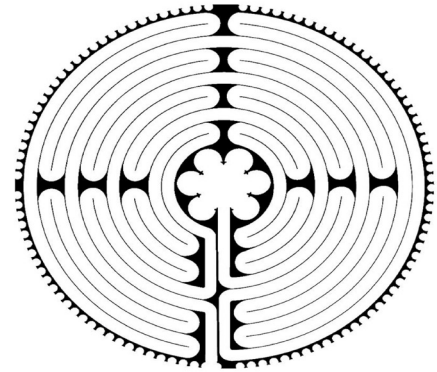
## Summer Locker Sale

**50% OFF**  
**FIRST 6 MONTHS**

**Rental Fee: Half Size \$10/month**  
**Full Size \$17/month**

New Rentals Only. Expires August 31, 2018.

## Walk the Labyrinth



### Guided Labyrinth Walks

10-11 am, Thursday - June 7 & 14

6-7 pm, Tuesday - June 5 & 12

Sign up at the front desk.

## Child Group Swim Lessons

In Person Registration: June 18 - 24.

30 minute lessons meet twice a week.

Lessons: July 9 - August 2

Tending  
Body, Heart,  
Mind & Soul



Following Jesus in Caring for Ourselves  
Mary Jane Gorman

## BOOK STUDY GROUP

June 12-July 3

Tuesdays

11 a.m.-12 p.m.

or 5-6 p.m.

Members \$15 Non Members \$20

Sign Up at Front Desk by June 5

The book "Tending Body, Heart, Mind & Soul" by Mary Jane Gorman is provided and yours to keep.

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



## TherapyPlus

### Do Runners Need to Strength Train?

By Ryan Burger, PTA, CSCS

With the warm weather months finally making an entrance in Lincoln we will start to see many more people outside running. Whether these people are just running for fun, training for a race or just running for the “health of it,” being stronger will inevitably make you a better runner and less likely to become injured.

Runners who are constantly running but never perform any kind of strengthening for their hips and core are the runners who typically end up in physical therapy for pain that “just came up out of the blue” or pain that “has been bothering me for a couple months but I thought I could run through it.” Many runners avoid strengthening because they fear they will get bulked up and heavier thus decreasing their running/race time. Others avoid strengthening because that is time they aren’t running. What they apparently don’t realize is that strengthening is one of the best things they can do to improve their performance with better technique and decrease their chance of injury, thus keeping them running.

Fortunately, you don’t have to lift a bunch of weights for hours on end to get stronger in the areas of the body most important for running efficiency. If you are stronger to begin with you are less likely to become injured from the miles of impact running puts on your body. If you happen to become injured the likelihood of that injury being short lived improves as well if you are stronger.

One of the most common running injuries is patella femoral pain or “runners knee.” The repetitiveness and impact of running combined with muscle strength imbalance leads to your knee cap not staying in the groove where it is supposed to be and your knee starts to hurt. Exercises like bridging and clamshells on your sides can increase the strength and stability in your hips thus improving the stability and dynamics in your knees keeping your knee cap in a happy position. If your knee caps are happy you are happy because you can run without pain. Other exercises like lunges (forward, side and backward) help strengthen your hips and knees giving you improved mobility with the strength you inevitably gain.

Strong core muscles are essential to decreasing the risk of injury. If you run with poor core control (your abs, hips and low back) every step you take can cause a problem for the joints below (knees and hips) but also potentially for the joints above (shoulders and neck). A strong core will keep all your joints stable while maintaining mobility thus allowing you to run to your heart’s content with less chance of injury. Planks are a great core strengthening exercise. You can perform them both face down (prone) or in side lying to strengthen the area around your midsection. If you have a strong core you are going to have improved postural control and your running efficiency should improve as well as your speed and time.

If you would like to have a specific workout program made up for you, contact the therapists at Therapy Plus ProActive for a consultation. Your strength and flexibility will be evaluated so you can be instructed with a proper strengthening program which will help you stay injury free. Another step would be to have a complete running evaluation performed with video assessment to see if there are problems with your running form which can be corrected with specific exercises.



## Matt Kasik

ProActive General Manager

I continue to receive your feedback through online surveys and improvement cards. I’ve noticed some common themes and it may be time that we have a heart-to-heart discussion.

I promise, it will only take a few minutes. Is this a good time?

- First off, some of the members feel that you are taking too much time on the machines. Between sets, be mindful if others are waiting to get on. None of us really actually ‘want’ to be on the machines, except for when you are on one; then we have to have it.
- On that note, ProActive is huge, but sometimes very small Especially when I want to be in the same area as you within the pool or on the track. Be respectful of others, especially when passing or swimming.
- When you get off a machine, make sure you wipe it down with some of the wipes we provide. We are fine with our own germs, not yours.
- Cell phones. You are either talking on it or looking at it. We’d prefer it if you did neither, especially while on a machine or on the track. This little distraction may cause you to spend too much time on a machine or worse: you may cause a collision on the track.
- Cleanliness. We strive to keep ProActive the cleanest place in Lincoln. Please bring a clean pair of shoes to work out in, especially if you just got done doing yard work or walking through a shallow lake.

See, that wasn’t so bad? In all seriousness, thank you for making ProActive your place to be healthy. It’s important that everyone has an awesome experience here. I’m confident, with your help, that we will continue to make ProActive a great environment for everyone!



## NEW YOGA SHIRTS

Tank \$19.95

Tee \$24.95

Purchase yours at the front desk.

## WAY TO GO

“I want to thank all who filled in for Young at Heart while Judy was on leave. We love Judy but each instructor filling in was great and brought something new. Thanks Eva, Shannon, Betsy and Mitzi!”

