

# The Source

- Madonna ProActive News -  
May 2018

## WHAT'S HAPPENING

### GROUP FITNESS CHANGES

#### NEW CLASS TIME

Cycling/Yoga, Thu. 5:15-6 p.m., 30 minutes of Cycling followed by 15 minutes of Yoga

#### DISCONTINUED CLASS

Cardio Fit Cycling, Tue. 6-6:45 p.m.  
TRX, Tue. 6-6:45 a.m.

#### ADJUSTED CLASS

Aqua-Lates will now be H2O Qigong, Sun. 3-4 p.m., Aqua Track

### HOLIDAY HOURS

ProActive will be open 7 a.m.-7 p.m. on Memorial Day, May 28.

### CONGRATULATIONS

Paula L. won the \$25 gift card for completing ProActive's March survey. Feedback helps make ProActive better. Thank you Paula for being part of that goal.

### BLOOD PRESSURE AND CHOLESTEROL CHECKS

Free blood pressure check and \$20 cholesterol screening with Holistic Nurse Sharon Duffy are available May 16, 7-9 a.m. Register at the front desk by May 15.

### SUPPORT GROUP

Restoring Hope, grief support and education group, meets 6-7 p.m. on May 15.

### CARDIAC REHAB

The east end of the fitness floor is reserved for Cardiac Rehab on Mon., Wed., & Fri. from 8-11 a.m. and Tue. & Thu. from 2:30-5:30 p.m. Equipment in this area is not available during these times. Thank you for understanding and supporting this important medical fitness program.

### HELPFUL REMINDERS

Please limit equipment and lap lane use to 30 minutes when members are waiting. Limit cell phone usage while on equipment. Use of headphones is required for device listening. Locker room shower stall use is on a first come basis and stalls may not be reserved.



## SAVE THE DATE

### Next Swim Lesson Session

Child: July 9 - August 2

Registration: June 18-24

# FREE GUEST WEEK

## May 7-13, 2018

### MEDITATION SEMINAR

Meditation is a holistic approach to healing. This seminar helps participants take control of arthritis pain by learning meditation and relaxation skills.

9-10 a.m., Tue. May 8

For more information, contact Holistic Coordinator Sharon Duffy, 402.413.3556. Sign up at the front desk.

### MINDFULNESS CLASS

Learn skills to be more mindful. Experience deeper calmness and improve compassion and trust.

11 a.m.-12 p.m. on Thu., May 10 or Thu., May 24

For more information, contact Holistic Coordinator Sharon Duffy, 402.413.3556. Sign up at the front desk.

## Medical Fitness Week May 7-13, 2018

- Daily Topics & Events - Free Guest Week -

<b>May 7th</b>	<b>MOTIVATION MONDAY</b> What Motivates You <i>Start Your Challenge Card Today</i>
<b>May 8th</b>	<b>TRAINING TUESDAY</b> Work Out Tips <i>Training Sale Today Only</i>
<b>May 9th</b>	<b>WELLNESS WEDNESDAY</b> Stress Less Zone <i>H2O Qigong Class 10:30-11:30 am, Lap Pool</i>
<b>May 10th</b>	<b>THERAPY THURSDAY</b> Be Well Body 15% Off SwingWell Golf Assessment
<b>May 11th</b>	<b>FITNESS FRIDAY</b> Fun - Friends - Fit <i>Benefits of Group Fitness Classes</i>



FREE MONTH OF DUES DRAWING FOR CHALLENGE PARTICIPANTS  
Turn in Challenge Card by May 16.

### MEDICAL FITNESS WEEK CHALLENGE

- Pick up Move150 Card at Front Desk
- Move & Try New Things
- Get 150 Minutes of Weekly Activity

## LIFE AS A TRAINER: WHAT I'VE LEARNED ABOUT EXERCISE OVER THE PAST 39 YEARS by Karen O'Shea, CPT

I have worked in the fitness profession my entire adult life. Let me share some practical wisdom when it comes to exercise.

### Keep things simple and efficient.

When I was designing my first exercise programs, I would throw everything (and the kitchen sink) into workouts. If 10 exercises were good, then 15 exercises must be better. I wanted to give the client their money's worth. I failed to realize if a program was too long or complicated few people would actually adhere to it. After my first decade in the business, it began to click. Stick to basics. Have a plan. Cover all your bases, but in fewer total exercises.

### Train according to your goals.

If you are planning to run a marathon, you can look forward to hours of running each week to prepare for it. However, if you are seeking general heart and lung fitness and would like to burn some additional calories, devote 150 minutes (or more if you like) to moderate intensity cardiovascular exercise. A trainer can help you determine an appropriate intensity for your age and fitness level.

### Everyone needs some resistance training each week.

Working against resistance of any kind helps increase muscle strength, endurance and tone. It also improves bone strength. When done consistently, it can help to maintain (or increase) your lean tissue. Lean tissue is metabolically active, meaning it needs calories and also burns calories. There is no age limit when it comes to resistance training. Studies have shown even those in their 90's can see improvement in strength when following a structured resistance program.

### To see improvement, you must change your routine over time.

Cardiovascular and muscular systems will gradually adapt to activities when done repeatedly. Eventually, you will hit a plateau and cease to see results. You will be going through the motions rather than feeling engaged and challenged. Your body is telling you to mix it up. Try a new cardio machine or learn a new circuit of strength exercises. A trainer can orient you to many options to keep your routine fresh and interesting.

### Seek the guidance of a certified trainer.

Fitness concepts change over the years. Listen to the folks who have college degrees and professional certifications...those of us who live and breathe fitness. We won't steer you wrong.



## Samantha Kelly

Fitness Manager

Group fitness classes are a core foundation of Madonna ProActive's services. Members benefit from the expertise of our fitness instructors, enjoy the variety of classes, and have the accountability of a scheduled time.

The social aspect of classes also helps members receive positive reinforcement from others.

Class series are a new ProActive offering which includes the benefits of group fitness and provides additional value. Class series are for a set period of time and follow a theme or specific area of interest. During the series, there is a progression of skills and exercises taught by the instructor. Essentially each class builds off the last. There is a nominal cost for class series due to additional preparation and programming required from the instructor. Also, because this isn't a regularly scheduled class, ProActive needs the commitment from our members to ensure attendance throughout the series.

A short-term series allows ProActive to offer more class variety in addition to the classes always available in our group fitness schedule. It provides us an opportunity to try different class types and times and is another way we can encourage participation from more members. Class series help create an excitement and anticipation to try something new! A large component to a successful fitness routine is to try different activities in a safe and effective environment. Class series accomplish just that.

In fact, we will be offering more class series in the near future and beyond. Stay tuned for more details on the next class series offerings coming later in May, which are Evening Kickboxing and TRX Yoga!

Please note that with the addition of these class series, there will be no change to the regular group fitness classes. Specifically, there will be no additional fee to take group fitness classes. As a member, you can participate in a Cycling, Spinning, Aquatics, or a Les Mills class, and the cost is already included in your membership.

Samantha Kelly is the Fitness Manager for Madonna ProActive. She directs all exercise programming and fitness staff at ProActive.

## WAY TO GO

Corrie said, "Been a member 10+ years, TRX is the only class I have consistently attended. TRX looks intimidating, when in fact, the straps offer support and allow my body to do more than I could otherwise. I hope this class continues... it can be modified to all or at least most fitness levels. Eva is outstanding, made me feel welcome and not judged."

Tracy said, "Jason Cooper is fantastic. Jim is so friendly. Karen is so friendly. Melanie is a wonderful yoga instructor. She provides life altering physical and a meditative experiences. Debra is a fun and personable yoga instructor. Maria is so cute when she says to do a move until it is delicious."

Roberta said, "Joe F. I have been a member of the Stretching for three years. Others have been there longer. Joe makes the class fun, is seriously interested in each one and our special needs if any and is very dedicated. Mitzi is also very good in Tai Chi - easy to follow, smooth running class."

Evelyn said, "Jason Cooper has a knack for seeing what specific skill you need working on that day and devising a program to do that while still providing variety. He also is good at making you feel like you are making progress, even when you feel at ground zero."

## STEPPING ON WORKSHOP

**Seven week workshop where you learn exercises and strategies to help prevent falling.**

*This free workshop builds confidence and reduces falls.*

**Join us on Thursday, 1:30-3:30 p.m.  
May 10-June 21**

This workshop is funded in part by the Community Health Endowment of Lincoln. A \$3 per class donation is suggested.

**Register at the front desk.**

Presented by Aging Partners and Madonna ProActive

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402.420.0000 ■ [www.madonnaproactive.org](http://www.madonnaproactive.org)

 **MADONNA  
PROACTIVE**  
Medical Fitness