

New Self News

October 2008 ■ www.newselfrenewal.com



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October Specials

Spa Special: Enjoy a Sweet Pumpkin Spice Pedicure & receive a FREE 16 oz. Sweet Pumpkin Spice Cappuccino or Latte!

Café Drink of the Month: Vanilla Caramel Cappuccino

Café Special: Buy any bakery item; receive ½ off a 16 oz. cafe drink.

Remember: Members receive significant discounts on spa services & save 10% on cafe items!

Visit www.newselfrenewal.com for a complete cafe menu & list of spa services.

10 Tactics to Prevent Holiday Pounds from Creeping Up on You

1. Leave behind three or four bites of your meal.
 2. Skin your chicken after cooking it. You'll retain moisture yet still strip away 148 calories and 13 grams of fat.
 3. Eat your sandwiches and burgers open-faced, with one slice of bread instead of two.
 4. Swap your chocolate bar (235 calories) for a glass of light chocolate soy milk (120 calories).
 5. Use butter-flavored nonstick spray to make grilled-cheese sandwiches and eggs.
 6. Order a white-wine spritzer (80 calories) instead of a mixed drink (about 180 calories).
 7. Spike foods with hot sauce or chili peppers. Both are high in capsaicin, which may help curb your appetite.
 8. Try one of these brunch substitutes: poached eggs instead of fried, lean Canadian bacon rather than regular bacon, or fruit salad in place of home fries.
 9. Top salads with a half cup of crunchy celery instead of a quarter cup of croutons.
 10. Have the miso soup (28 calories), not the green salad (260 calories), at sushi restaurants.
- (Excerpted from an article by Sharon Liao, www.shape.com)

Most of our obstacles would melt away if, instead of cowering before them, we should make up our minds to walk boldly through them.

—Orison Swett Marden

Fitness Tip: Overtraining

One indication of overtraining is your resting pulse. If your pulse first thing in the morning is 10 or more beats more than normal, you may be suffering from overtraining. Other indications are unusual (for you) fatigue and a lack of enthusiasm for your workouts. Try cutting back for a week and see if you feel better. If you have fever or other such symptoms, see your doctor.

NEW: Fitness Menu— Exercise on Your Schedule

We record our favorite TV shows and watch them when we want to—why not have the same luxury with your favorite fitness classes. New for Fall, members can call and 'order' a class off our Fitness Menu during the times given. For example, if Jane wants to take the Swiss Ball class at 9:00 a.m. on Wednesday, she can call and schedule the class. If others wish to join this class they can or they can schedule a different class at another time.

Featured Fitness Product

GLIDERS. Curious? Stop in to check it out!



kid corner

As always, the kids are enjoying their play time in Kid Corner with Val.

Fall Kid Corner Hours

Monday–Thursday: 8 am - 8 pm
Friday: 8 am - 6 pm ■ Saturday: by appointment
Closed Sundays & Holidays

Upcoming Events

Get Healthy Wisconsin

October 1 – December 31

In conjunction with NBC 15, we are participating in "Get Healthy Wisconsin," a challenge to all to be and live healthier. New Self is a welcoming, non-threatening place for YOU to get fit. Our certified Personal Training staff is ready to encourage YOU to meet YOUR goals. Stop in and take the first step toward a healthier YOU!

Stress Management for the Holidays Seminar

Wednesday, Nov. 5, 5-7:30 pm

FREE Childcare in Kid Corner

FREE Mini-manicures & Chair

Massages (first-come, first-serve)

Holiday Bazaar

Wednesday, Dec. 3, 4-8 pm

Holiday Shopping

Door Prizes

FREE Childcare in Kid Corner

FREE Mini-manicures & Chair

Massages (first-come, first-serve)

Fall Business Hours

Monday–Thursday

Fitness: 6:30 am - 8:30 pm

Café: 7 am - 8 pm

Kid Corner: 8 am - 8 pm

Friday

Fitness: 6:30 am - 7:30 pm

Café: 7 am - 7 pm

Kid Corner: 8 am - 6 pm

Saturday

Fitness: 7:30 am - 4:30 pm

Café: 8 am - 4 pm

Kid Corner: by appointment

Closed Sundays & Holidays

Fall Fitness Classes

Monday

10 am - CORE

1 pm, 4:30 pm & 6 pm - Swiss Ball

Tuesday

8 am - Senior Exercise Class

8:30 am - CORE

1 pm - Circuit Training

4:30 pm & 6 pm - Swiss Ball

Wednesday

FITNESS MENU:

8-11 am, 1-2 pm, 3-7 pm

Thursday

8 am - Senior Exercise Class

8:30 am - Swiss Ball

1 pm - Circuit Training

4:30 pm & 6 pm - Swiss Ball

Friday

FITNESS MENU:

8-11 am, 1-2 pm, 3-7 pm