

# New Self News

November 2008 ■ [www.newselfrenewal.com](http://www.newselfrenewal.com)



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## November Specials

**Spa Special:** Pamper yourself with an apple cinnamon pedicure and receive a FREE hot apple cider!

**Café Drink:** 16 oz. Pumpkin Spice Latte or Cappuccino for \$3.49

**Café Specials:** Stay warm and healthy with a fresh mixed greens salad & a hot cup of soup for only \$3.99

Enjoy a Turkey Club, chips & a drink for only \$5.49

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

Visit [www.newselfrenewal.com](http://www.newselfrenewal.com) for a complete cafe menu & list of spa services.

Breakfast may be the most important meal, but lunch comes in a close second

by Winnie Yu Scherer, [www.shape.com](http://www.shape.com)

"What you eat can determine how much energy you'll have for the rest of the day and whether you'll overdo it at dinner," says Marisa Moore, R.D., a spokeswoman for the American Dietetic Association. These suggestions will keep you satisfied no matter what you have on your agenda.

**1. You're hitting the gym at noon.** Have a 100- to 150-calorie snack, like a cup of lowfat yogurt, an hour before your workout. Afterward, refuel with a green salad topped with lean meat, such as grilled chicken or tuna. "The fiber in the vegetables fills you up, while the protein keeps fatigue at bay," says Moore. "Also make sure to rehydrate with at least one cup of water."

**2. You don't have time to fit in a real meal.** Give yourself permission to graze—healthfully. "Stock your desk with nutritious 200-calorie mini-meals and have one every three to four hours to fend off hunger," says Moore. Good picks: a packet

of oatmeal topped with seven walnut halves (194 calories) or a cup of applesauce and a quarter cup of raisins (213 calories).

**3. Your post-work plans include beers and burgers.** If you have a splurge in store, you may be tempted to skimp on lunch to save calories. But that approach will only lead to a binge. "Instead, have a midday meal of a cup of vegetable soup and half a sandwich, like turkey and avocado on whole wheat," says Moore. "Then eat the other half around 3 or 4 p.m. so you won't be ravenous at the restaurant."

Do you want to be proactive about your fitness goals during the holiday season?



The Holiday Hustle is just the program for you! Email Christina at [cdexter@newselfrenewal.com](mailto:cdexter@newselfrenewal.com) for details.

### 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.

#### 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)

#### 2008 Women's Expo November 22-23, 10-4 pm

Visit our booth at the Alliant Energy Center to learn more about what's new at New Self!

#### 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

### Happy Thanksgiving ■■■ Happy Thanksgiving ■■■ Happy Thanksgiving ■■■

#### Fitness Tip:

##### Strength Training & Resistance Bands

Add some different resistance to your workout! Resistance bands are easier and more flexible than barbells, dumbbells or even hand weights. Your weight training routine will benefit from adding at least one strength training exercise that uses a resistance band.

Try doing squats while pulling on the resistance band attached to a secure structure (this weight training exercise strengthens the butt, thighs, back, chest, triceps and biceps).

Be careful in your resistance band strength training to:

- Secure the band around objects, otherwise the ends can come loose and possibly cause an injury.
- Before and during every session of your weight training program, make sure your hands aren't damp, sweaty or slippery.

#### NEW Fitness Class:

**THERABANDS.** This is an advanced level class that utilizes resistance bands and loops to provide challenging strengthening exercises.

Curious? Stop in to check out the newest option on our Fitness Menu!

## kid corner

#### Fall Kid Corner Hours

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

FREE Childcare will be provided in Kid Corner during the November 5 Seminar and December 3 Holiday Bazaar!