

New Self News

December 2008 ■ www.newselfrenewal.com



6300 Enterprise Lane ■ Madison, WI 53719 ■ 608.310.6775 ■ info@newselfrenewal.com



December Specials

Gift Certificate Sale: Make your holiday budget go further by giving New Self gift certificates. **During the month of December, gift certificates will be half-price!** So give the gift of balance this holiday season and consider giving the money you save to a local charity! Offer limited to \$100 purchase (\$200 value).

Spa Special: Relax with a Winter Wonderland Chocolate Peppermint Pedicure & receive a FREE Hot Chocolate Cappuccino!

Café Drinks: Hot Chocolate Cappuccino & Eggnog Chai Tea Latte

Café Specials: FREE flavor shots for all gourmet coffee and specialty drinks
Enjoy an Italian Sub for only \$4.50

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.

A Survival Guide to Holiday Eating

by Gay Riley, MS, RD, CCN ■ NetNutritionist.com

- Exercise an hour a day during the holidays. Exercise to burn calories, relieve stress, and elevate your endorphins and mood such as a brisk walk, run or bike-ride.
- Avoid eating no fat. Eating moderate amounts of fat during the holidays will satiate the appetite and prevent overeating of carbs.
- Don't skip meals. Hunger and low blood sugar lead to overeating.
- Don't pass up favorite foods or deprive yourself completely. Moderate consumption is the key.
- Don't tempt yourself by keeping trigger foods or comfort foods around the house. If you have them, it certainly increases the likelihood that you will overeat.
- Plan meals by keeping in mind the demands you'll have on your schedule that day.
- Don't go to a party starving. Before you leave home, eat something light or drink a protein shake. Also drink a great deal of water the day of the party.
- When you attend holiday festivities, don't station yourself near the buffet table. Make a clear-cut decision to distance yourself from all goodies.
- Alcoholic beverages pack on the calories so if you're drinking alcohol, stick to light beer or a wine spritzer.
- If you do find yourself feeling depressed, soothe your spirit with a massage, manicure, pedicure, or facial. Men can enjoy this too!
- When you shop, eat before you leave home so you won't resort to cookie breaks.
- To satisfy your sweet tooth, set limits. For example, you might allow yourself two desserts per week.
- Just because it is the holidays doesn't mean you should give yourself the license to eat everything that passes by. Factor in the little extras into your daily intake.
- Help out by saving fat and calories when it's feasting time. Make or buy wild-rice stuffing, baked sweet potatoes, whole-grain rolls and angel-food cake with fruit.
- If you are staying with family or friends ask them if you can have a space in the refrigerator and keep foods on hand to snack on like lean deli meats, cottage cheese, nonfat cheese sticks, etc.
- If you tend to overeat during family gatherings, plan and visualize what and how much you will eat before you go.
- If you are at the mercy of the dinner host, eat modest amounts of the foods offered and fill up on foods with more fiber and fewer calories. Make a small plate and skip the seconds.
- Eat whatever you want on the main holiday feast. If you over do it just go back to your regular plan the next day.
- Take a meditative moment at least 1 time ever day to breathe deeply, and clear your mind of all the clutter.
- Enjoy the season, not just the food.

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



There is still time to sign up for the Holiday Hustle!

Email Christina at 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.

Winter 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

Holiday Schedule

New Self will be closed December 24-25 and December 31-January 1 in observation of the Christmas and New Year's Holidays.

Winter 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 Holidays! Happy Holidays! Happy Holidays!

Fitness Tip: Circuit Training

Circuit training consists of a series of strength training exercises, commonly interspersed with short episodes of aerobic exercise, all done one after the other with as little time between each exercise as possible. Since lack of time is the number one reason people give for failing to start or maintain a regular exercise program, circuit training is a method that makes sense!

kid corner

Winter Kid Corner Hours

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

New Self Gift Sets

New Self is proud to feature handmade lotions, scrubs and candles, in our new gift sets—just in time for the holidays! Each set can be customized in a variety of scents and some include our custom-blended coffee. Stop in or visit our website to fill your gift-giving needs.



Local Businesses We Recommend:

Angelo's

www.angelosrestaurants.com

Badger Insurance

www.badgerinsurance.com

Badger Press

www.badgerpress.com

Best Cleaners

www.bestcleanersmadison.com

Big Dog Photography

www.bigdogphoto.com

Buddha Belly

www.shopbuddhabelly.com

Dance Fabulous

www.dancefabulousmadison.com

E-Z Office Products

www.ezop.com

Koala-T-Kare

www.koala-t-kare.com

Gemini Scientific

Goplin Construction

Marita Daun, LPC

www.newselfrenewal.com/counseling.php

Neider & Boucher, S.C.

www.neiderboucher.com

Orchid Gardens

www.orchidsgardencentre.com

Qualtim

www.qualtim.com

Royle Printing

www.royle.com

SBC Research Institute

www.sbcri.info

Vista Benefits

www.vistabenefits.com

W.R. Stewart & Associates

www.wrsalaw.com