

# New Self News

January 2009 ■ [www.newselfrenewal.com](http://www.newselfrenewal.com)



6300 Enterprise Lane ■ Madison, WI 53719 ■ 608.310.6775 ■ [info@newselfrenewal.com](mailto:info@newselfrenewal.com)



## January Specials

**Spa Special:** Relax with a Chocolate Raspberry Truffle Pedicure & receive a FREE 16 oz. Raspberry Mocha!

**Café Drinks:** Chocolate Cranberry Latte  
(includes a free New Self cookie!)  
Caramel Cappuccino  
Hot Apple Cider

**Café Specials:** Endless Veggie Sandwich for only \$2.99  
½ Sandwich & Soup for only \$4.99

**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.

## Resolution Tips for a Healthy New Year

by Christina Dexter, New Self Fitness Director

Are you among millions who will be creating a New Year's resolution this year? Are you also among the millions that will break your New Year's resolution? Every year resolutions are made and either forgotten or broken before the year is half over. What do you think the number one resolution is? You got it! Weight loss and/or exercise. Health club memberships increase dramatically in January but the majority of these people will not keep their resolution. Often guilt ensues when someone realizes that their resolutions have not been met and maybe never will be. This completely defeats the purpose since making resolutions is to change a person positively and feeling guilt is not a positive emotion. Here are some guidelines on making and keeping a resolution:

- **Find a friend that would be interested in having the same resolution.** You can get together to compare results, exercise and rely on each other for motivation. It is much more difficult to disappoint a friend than yourself. Join one of the New Self Fitness classes – you may end up with many friends with the same resolution!
- **Write your goals down.** If you just make mental notes about your goals you are much more likely to modify them (for the worse) if your initial goals were unreasonable. If you write them down, there's no turning back. Keeping a journal is also a good way to track your progress.
- **Make the goal specific.** When you write down your resolution, be as specific as you can. Writing a goal of weight loss or getting into shape is vague. Going to the gym three times per week or losing 10 pounds in two months is more specific.
- **Make the goal realistic.** Many people set an unrealistic goal and wonder why it failed. Saying that you are going to the gym five days per week when you have never been to a gym in your life may be a bit unreasonable. If you really want to go five times per week, give yourself time to work up to that.
- **A goal without a time frame is a WISH!** Attach a sensible time frame to your goal and adhere to it. Don't delay and don't give yourself less time than is necessary to complete your goal.
- **Reward yourself.** Give yourself permission to take a day off or cheat on your diet. However, try to time this reward when you reach a milestone such as losing your first 5 pounds. Rewarding yourself should motivate you, so if you

do it too often, it will not have the same effect.

- **Acknowledge that everyone has a bad day.** A resolution is basically making the decision to change something about yourself. The reality is that you can make the decision to change, but you cannot actually make the change that quickly. If you mess up one day, it is not cause to quit!

### Diet Resolution Tips

- Replace junk food with healthy snacks (e.g., tuna, cottage cheese, frozen or regular yogurt, nuts, fruits, etc.).
- Drink more water.
- Eat more fruits and vegetables.
- Don't eat out so often.

### Exercise Resolution Tips

- **Pace yourself.** The reason why a lot of people quit exercising is because they try for too much too soon. You know your body the best, so don't overdo it in the first few weeks!
- **Recognize that you may be sore.** Sore muscles are probably responsible for making some people quit exercising. Making sure to give yourself a good warm up and cool down will help some soreness, but acknowledge the fact that when beginning any new exercise regime, you may be sore. If you are sore, just adjust your next workout, but KEEP MOVING! Research suggests that active recovery techniques to increase blood flow can help diminish muscle soreness.
- **Find what you like.** Exercising doesn't necessarily mean joining a gym. You should find an activity you enjoy and stick with it. If you are at a gym and you are bored with your exercise program, shake it up and hire a personal trainer or try a fitness class!
- **Don't spend a lot of time staring at the mirror.** We see ourselves every day so it will be hard to notice any changes. If you work with a personal trainer, it is possible to get measurements such as weight, circumferences and body fat to help monitor improvements. However, DON'T GET OBSESSED WITH THE NUMBERS! Get excited when those jeans fit a little better!
- **Find an exercise partner or join a class.** It is a lot easier to tell yourself that you aren't working out than it is to let a friend down! And the intimacy of New Self's small fitness classes can often serve as a support group!

READY? LET'S GET STARTED!



## New Fitness Program Starts January 19

This new strength and cardio class is a 5-month program that helps you drop weight and firm up gradually. The exercises are performed in circuit format and each month the exercises change so you will never be bored! The goal is to have you looking and feeling your best BEFORE summer begins! Classes meet at 1 pm on Mondays and Wednesdays. Contact Christina at [cdexter@newselfrenewal.com](mailto:cdexter@newselfrenewal.com) for more information.

### Upcoming Events

## MOMS Club Children's Activities & Preschool Fair January 22 ■ 9 am-1 pm & 4:30-7:30pm

Radisson Hotel ■ 517 Grand Canyon Dr.  
Open to the public ■ FREE admission

A charity fundraiser for the Schools of Hope Project, this event is a great opportunity for parents and caregivers to learn about preschools and fun children's activities in a convenient one-stop shopping format. New Self will be offering free chair massages in our booth on a first-come, first-served basis. Stop by New Self for a tour after the fair—we're just up the street from the Radisson at 6300 Enterprise Lane (in the business park behind Market Square, at the top of the hill)!



work out the winter wiggles!

## kid corner

### Winter Kid Corner Hours

Monday–Thursday: 8 am - 8 pm

Friday: 8 am - 6 pm

Saturday: by appointment

Closed Sundays & Holidays

### Winter Fitness Classes

Monday

10 am - CORE

1 pm - Beach Body (starting 1/19)

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, 3-7 pm

1 pm - Beach Body (starting 1/19)

Thursday

8 am - Senior Exercise Class

8:30 am, 4:30 pm & 6 pm - Swiss Ball

1 pm - Circuit Training

Friday - FITNESS MENU

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

### 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

## New Self Gift Sets

New Self is proud to feature handmade lotions, scrubs and candles, in our new gift sets—the perfect gift for any occasion! 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](http://www.angelosrestaurants.com)

### Badger Insurance

[www.badgerinsurance.com](http://www.badgerinsurance.com)

### Badger Press

[www.badgerpress.com](http://www.badgerpress.com)

### Best Cleaners

[www.bestcleanersmadison.com](http://www.bestcleanersmadison.com)

### Big Dog Photography

[www.bigdogphoto.com](http://www.bigdogphoto.com)

### Buddha Belly

[www.shopbuddhabelly.com](http://www.shopbuddhabelly.com)

### Dance Fabulous

[www.dancefabulousmadison.com](http://www.dancefabulousmadison.com)

### E-Z Office Products

[www.ezop.com](http://www.ezop.com)

### Koala-T-Kare

[www.koala-t-kare.com](http://www.koala-t-kare.com)

### Gemini Scientific

### Goplin Construction

#### Marita Daun, LPC

[www.newselfrenewal.com/counseling.php](http://www.newselfrenewal.com/counseling.php)

### Neider & Boucher, S.C.

[www.neiderboucher.com](http://www.neiderboucher.com)

### Orchid Gardens

[www.orchidgardencentre.com](http://www.orchidgardencentre.com)

### Qualtim

[www.qualtim.com](http://www.qualtim.com)

### Royle Printing

[www.royle.com](http://www.royle.com)

### SBC Research Institute

[www.sbcinfo.info](http://www.sbcinfo.info)

### Vista Benefits

[www.vistabenefits.com](http://www.vistabenefits.com)

### W.R. Stewart & Associates

[www.wrsalaw.com](http://www.wrsalaw.com)