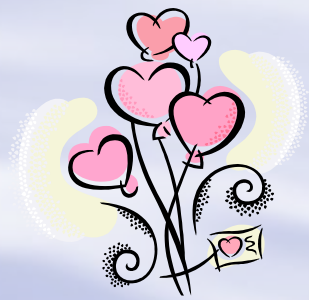


New Self News

February 2009 ■ www.newselfrenewal.com



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



Remember:

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

February Specials

Spa Special: Pamper your hands! Receive a FREE Paraffin Wax Treatment with any spa service or massage.

Café Drinks: Cherry Mochaccino for \$3.49 (includes a Hershey's Kiss!)
Crème Brûlé Cappuccino

Café Specials: Hummus pita with spinach, tomatoes & cucumbers for \$3.79

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

Using Exercise as a Stress Management Tool

by Elizabeth Scott, M.S., www.about.com

As our society becomes more health-conscious, there has been an increased focus on the importance of exercise. Many people exercise to control weight and get in better physical condition to become more healthy or physically attractive, but exercise and stress management are also closely linked. Exercise can be an extremely effective stress reliever for several reasons:

Outlet For Frustrations: When life's annoyances or frustrating situations build up, you can feel stressed or experience low-grade anger. More high-energy forms of exercise like boxing, martial arts or weight training can also provide an effective release of these negative emotions, turning these otherwise potentially unhealthy emotions into motivation for increased health and well-being.

Exercise & Stress Hormones: Exercise can decrease 'stress hormones' like cortisol, and increase endorphins, your body's 'feel-good' chemicals, giving your mood a natural boost. (This is the chemistry behind a 'runner's high'.)

Distraction: Physical activity itself can take your mind off of your problems and either redirect it on the activity at hand or get you into a zen-like state. Exercise usually involves a change of scenery as well, either taking you to a gym, a dojo, a boxing ring, a park, a scenic mountain, a biking trail or a neighborhood sidewalk, all of which can be pleasant, low-stress places.

Lookin' Good: I have to include this possibly superficial, but significant, benefit of exercise: it helps you lose weight, tone your body, and maintain a healthy glow and a smile. You may feel a subtle but significant boost as your clothes look more flattering, and you project an aura of increased

confidence and strength. Call me shallow, but this does impact many people, and can relieve stress for those who are concerned with their appearance and worry that they don't look as healthy as they could.

Social Support: The benefits of social support are well-documented and manifold. Because exercise and physical activity can often involve others, you can enjoy a double dose of stress-relief with the combined benefits of exercise and fun with friends. Whether you're in a class with others, working out in the gym with a buddy, playing softball in a league or taking a walk or hike with a friend, having others work out with you can make you feel good as well as help motivate you to push harder to get a better workout without it feeling so much like 'work'.

Increased Health: While stress can cause illness, illness can also cause stress, with the physical pain, missed activities, feelings of isolation and other costs that come with it. So improving your overall health and longevity with exercise can also save you a great deal of stress in the short run (by strengthening your immunity to colds, the flu and other minor illnesses) and the long run (by helping you stay healthier longer, and enjoy life more because of it).

Resilience To Stress: That's right, research suggests that physical activity may be linked to lower physiological reactivity toward stress. Simply put, those who get more exercise may become less affected by the stress they face. So, in addition to all the other benefits, exercise may supply some immunity toward future stress as well as a way to cope with current stress. If that's not a great reason to get more active, I don't know what is!

■■■■■■ Happy Valentine's Day ■■■■■■ Happy Valentine's Day ■■■■■■

Fitness Tip: Why Circuit Training Works

Circuit training programs are proven to burn more calories compared to traditional strength-training programs due to the maintenance of an elevated heart rate. By keeping the heart rate up throughout the session, more work is performed in less time resulting in greater caloric expenditure during the workout. The addition of cardiovascular exercise between strength exercises also increases lean body mass,

which results in a higher resting metabolism. This means more calories are burned throughout the day. At New Self we have a couple options for you! The Beach Body Blast is a class delivered in circuit training format whereby each month for 5 months the exercises change. Or the Circuit Training class performs different exercises each time you take the class (per class fee). Join one now!

Upcoming Events

Couples Massage Class

Saturday, February 14
10:30 am - 12 noon

Fee: \$10 per couple
(includes childcare)

Start your Valentine's Day right with New Self Renewal Center's Couples Massage Class! You and your Valentine will learn basic massage techniques that will help you relax and feel rejuvenated. Our experienced, certified massage therapist will show you some simple ways to address common problem areas of the neck and back along with some great relaxing moves on the scalp and hands.

Be prepared for you and your Valentine to learn a new skill that both of you will enjoy practicing! We suggest wearing loose clothing and bringing a towel or blanket and a pillow. **Space is limited.** Call New Self Renewal Center NOW at 310-6775 to reserve your spot. Your Valentine will thank you!



Summer Is Right Around the Corner...

And now is the time to get ready! This new strength and cardio class is designed to help 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 and at 8 am and 5 pm on Wednesdays and Fridays. Contact Christina at cdexter@newselfrenewal.com for details.



work out the winter wiggles!

kid corner

◆◆◆ Winter Kid Corner Hours ◆◆◆

Monday–Thursday: 8 am - 8 pm

Friday: 8 am - 6 pm

Saturday: 8 am - 2 pm

Closed Sundays & Holidays

◆◆◆ Winter Fitness Classes ◆◆◆

Monday

10 am & 4 pm - CORE

1 pm - Beach Body

6 pm - Swiss Ball

Tuesday

8 am - Senior Exercise Class

8:30 am - CORE

1 pm - Circuit Training

4 pm - Swiss Ball

6 pm - Apparatus & Cardio Training (ACT)

Wednesday

8 am, 1 pm & 5 pm - Beach Body Blast

9-11 am & 3-5 pm - Fitness Menu

Thursday

8 am - Senior Exercise Class

8:30 am - Swiss Ball

1 pm - Circuit Training

4 pm - Apparatus & Cardio Training (ACT)

6 pm - CORE

Friday

8 am & 5 pm - Beach Body Blast

9-11 am & 3-5 pm - Fitness Menu

◆◆◆ Winter Business Hours ◆◆◆

Monday–Thursday

Fitness: 6:30 am - 8:30 pm

Café: 7 am - 8 pm

Friday

Fitness: 6:30 am - 7:30 pm

Café: 7 am - 7 pm

Saturday

Fitness: 7:30 am - 4:30 pm

Café: 8 am - 4 pm

Closed Sundays & Holidays

New Spa Packages

New Self is excited to introduce a variety of new spa packages to pamper women in every stage of life!

Bridal Packages

- My Best Self Bridal Package
- Bridal Party Pampering Package
- Bride-to-Be Pampering Package
- Custom Packages & Gift Sets



Girlfriend Packages

- Fitness Fun Package
- Deluxe Spa Package
- Mini Spa Package
- Mommy's Renewal Day Package

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

Bushnell Ford

www.bushnellford.dealerconnection.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

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.sbcricri.info

Vista Benefits

www.vistabenefits.com

W.R. Stewart & Associates

www.wrsalaw.com