

New Self News

March 2009 ■ www.newselfrenewal.com



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

March Specials

Spa Special: Enjoy a Spring Fresh Air Pedicure & receive a Free Toe Ring!

Café Drinks: Irish Cream Cappuccino

Café Specials: ½ sandwich & soup only \$4.99

Sandwich of the Month: Caprese Sandwich only \$3.99

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



Daylight Savings
Time begins March 8!

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

Variety...the Spice of Exercise!

by Jennifer R. Scott, www.about.com

Bored with Exercise? Spice it Up!

A study by the University of Florida at Gainesville found that doing the same form of exercise repetitiously greatly increases your chances of giving up altogether.

Blame it on sheer boredom: "It gets monotonous if you're doing the same thing over and over," says assistant professor, Christopher Janelle.

Janelle says adding some variety to your exercise program will keep you motivated. "If you vary the routine, there's a significant increase in enjoyment that leads to greater adherence."

The Study

One study group varied their exercise; another group performed the same exercise at each workout; a third group followed no regulations.

Out of the 52 participants who had dropped out by the end of the study, more of them had participated in the non-varying group than the other two.

According to Janelle, "There were significantly fewer individuals in the variable group that dropped out."

The variable group also found exercise to be 20 percent more enjoyable than the members of the second group and 45 percent more enjoyable than the no-rules group.

Mix It Up to Stay Motivated

It's very easy for exercise newbies to get stuck in a rut, so it's crucial to be willing to try new things from the very start. As long as you've got your doctor's approval, don't hesitate to try something new.

It's like one of Mom's favorite questions: "How will you know if you like it or not if you never try it?" Of course, she was talking about Brussels sprouts, but, thanks to this study's findings, we know it applies to exercise, too!

Do What You Like

The key word in Janelle's theory is enjoyment. When you first begin to work out, it's a vulnerable time. You have some weight to lose and moving isn't always easy when you're carrying extra pounds. It's all too easy to give up.

But by trying more than one type of exercise, you will find a few that you truly look forward to (I promise!). Then, keep mixing it up with those you like (you can't force yourself to keep doing something you don't enjoy).

In the end, your willingness to try new things will pay off in dedication ... which pays off in pounds lost!

Feeling bored with your workout? New Self has many options! Join Beach Body Blast & work toward that summer fitness goal, or spice it up with a program designed JUST FOR YOU! Stop by today to talk to one of our trainers!

"People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success."

—Norman Vincent Peale

Upcoming Events

Escape March Madness

If talking about "the big dance" only conjures memories of your high school prom, New Self is just the place for you to escape the basketball blitz! Join us on **Thursday nights** during March Madness from **6-8 pm**. New Self will provide **free childcare** in Kid Corner and **free coffee**. Consider coming a bit early to enjoy dinner in our café!

Thursday, March 19: Board Game Night

When was the last time you broke out that Monopoly board or Taboo buzzer? Bring some friends and your favorite game or try out one of ours!

Thursday, March 26: Coffee-Cupping

Join our favorite coffee roasters from Johnson Brothers Coffee as they teach us about the history of coffee, the difference between "light" and "dark" roasted coffee and what "fair trade" really means. The roasters will provide samples of 4-5 different coffees and explain the practice of observing the tastes and aromas of brewed coffee.

Thursday, April 2: TBD

Call 310-6775 for more details or to RSVP for childcare.



Look and feel your best BEFORE summer begins!

Mondays & Wednesdays ■ 1 pm
Wednesdays & Fridays ■ 8 am
Wednesdays & Fridays ■ 5 pm

Contact Christina at cdexter@newselfrenewal.com for details.



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

Remember **New Self's Custom Gift Sets** make great gifts for every occasion & can be ordered online. The featured scent for March is Fresh Air.



New Self is pleased to display orchids provided by Orchids Garden Centre & Nursery in Waunakee. Wisconsin's largest orchid growing greenhouse, Orchids Garden Centre & Nursery has been an orchid growing greenhouse since the early 1950s. In addition, they offer a full line of annuals, perennials, trees and shrubs, along with a great selection of house plants, blooming holiday plants, gifts and garden decor.

Stop by and enjoy everything they have to offer at their ever-blooming greenhouses. The friendly, experienced staff is happy to help you find the perfect addition to your home or garden. They also deliver in the Madison area.

**Save 15% off
any Plant Purchase**

Orchids Garden Centre & Nursery

4823 County Road Q ▪ Waunakee, WI 53597

608.831.4700 ▪ www.orchidsgardencentre.com

Coupon compliments of New Self Renewal Center.
Offer expires 3/31/09.