

New Self News

April 2009 ■ www.newselfrenewal.com



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



April Specials

Spa Special: New Self Lotions - 2 for \$15. Choice of scents while supplies last: Mandarin Plum, Clean Linen, Spring Rain & Mango.

Café Drink: Mandarin Mocha

Café Specials: Cup of Soup & Side Salad only \$3.99

Sandwich of the Month: Chicken Salad only \$4.25

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.

Spring Training Fitness Tips

by Elizabeth Quinn, www.about.com

After a long winter of reduced activity or inactivity you might be tempted to get outside and train as soon as the weather improves. You may also be tempted to exercise at the same level you did at the end of the last season. But such enthusiasm often leads to early season injuries. If you changed your routine for the winter, you need to get back into shape slowly. Here are some tips to keep in mind as you head out the door this spring.

- **Slow but Steady.** Don't succumb to the week-end warrior syndrome. Try to get some exercise 3-4 times per week on alternate days. One of the best ways to get injured or sore is to go hard all weekend and do nothing during the week.
- **Monitor Your Level of Exertion.** Use the perceived exertion scale, the talk test, or the heart rate range to help you determine an appropriate intensity level. Stay at the lower end of the scale (11-13) and build up over several weeks.
- **Increase Your Training Slowly.** Increasing training (mileage, time or amount of weight lifted) more than 10 percent per week increases your risk of injury. To avoid this, increase your training gradually over the weeks.
- **Avoid All-Out Efforts Until You Build a Solid Base of Fitness.** Depending upon how much inactivity you had over the winter, it could take as long as 6 weeks to re-establish a solid fitness base. Start your exercise program with slow, steady aerobic sessions. When you add intervals or all-out efforts, make sure you allow enough rest and recovery (at least 48 hours) between those hard effort training days.
- **Follow a Training Program and Keep Records.** If you really want to build back up to optimal fitness, it helps to establish a training plan and stick with it. There are many training programs for all types of sports and having one is

not only good motivation, but it helps keep you from doing too much too soon.

- **Cut Yourself Some Slack.** If you took the winter off, don't expect to be back to peak fitness in a week or two. It's ok to go slow and just enjoy being outside again. There's plenty of summer, so don't worry about going a bit slower in the beginning.
- **Train With Others at Your Fitness Level.** If you can find a few people with the same fitness level and goals as you it can help keep you progressing at a good pace. Training with those who are farther along will only encourage you to overdo it, get injured or feel 'behind' in your training. Workouts with more fit people can be motivating and help you improve, but only after you have a good solid base to work with. Otherwise they can be harmful.
- **Remember to Have Fun.** Keep in mind that this is Spring Training—a time for fun, light-hearted exercise. You aren't competing and you aren't burnt out yet. So just relax and enjoy your activity.

◆◆◆Upcoming Events◆◆◆

Escape March Madness Series - Final Event:

The Hanson Family Jazz Band
Thursday, April 2, 6-8 pm

Join us for an evening of delightful jazz standards with the Hanson Family Jazz Band. The band has played in the Madison area since 1981 and features original members (and brothers) Erik (drums) and David (piano) Hanson, along with David's daughter (and New Self's own) Melissa Thorson-Hanson on vocals, singing the songs that her grandmother sang in the band before her passing in 2006.

New Self will provide **free childcare** in Kid Corner and **free coffee**. Consider coming a bit early to enjoy dinner in our café! Call 310-6775 to RSVP for childcare.

2009 GMCC Annual Business Expo

Wed., April 22 ■ 1:30-7 pm
Madison Marriott West

Join New Self for a priceless networking opportunity. GMCC has complimentary tickets for our valued customers and clients. Click here to print your complimentary ticket to the expo—see you there!

KOR Kettleballs Debut at New Self

Kettlebell workouts involve whole body conditioning because the entire musculature of the body, particularly the core, must contract as a group due to lifting and controlling the kettlebell. As a result, these workouts simultaneously develop entire body strength and stability in a relatively short amount of time. This makes a kettlebell workout not only effective for strength, but outstanding for dropping bodyfat because of the high caloric expenditure and the increased level of intensity.

Kettlebell programming has been added to New Self's Fitness Menu! We are the first facility in the Madison area to be using the new KOR Kettleball. Like a traditional kettlebell, the KOR Kettleball is an excellent tool for strengthening the core. Constructed of pliable materials, KOR Kettleballs are an attractive, user-friendly alternative to cast iron kettlebells!

There is practically no sport out there that would not benefit from kettlebell training. Whether you want to improve your golf swing, tennis game, strengthen muscles or drop weight, our KOR Kettleball workout is a great way to achieve your fitness goals!



kid corner

Spring Kid Corner Hours

Monday–Thursday: 7:30 am - 7 pm

Friday: 7:30 am - 4 pm

Saturday: 8:30 am - 1 pm

Closed Sundays & Holidays

Spring Fitness Classes

Monday

10 am - Fitness Menu

1 pm & 5 pm - Beach Body Blast

4 pm - CORE

6 pm - Swiss Ball

Tuesday

8 am - Senior Exercise Class

8:30 am - CORE

1 pm - Fitness Menu

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 - CORE

1 pm - Fitness Menu

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

Saturday

9 am - 1 pm - Fitness Menu

Spring Business Hours

Monday–Thursday

Fitness: 6 am - 8 pm

Café: 6:30 am - 6 pm

Friday

Fitness: 6 am - 7 pm

Café: 6:30 am - 4 pm

Saturday

Fitness: 7:30 am - 4:30 pm

Café: 8 am - 4 pm

Closed Sundays & Holidays

New Self Spring Bazaar!

Thursday, April 23, 4 pm - 7:30 pm

Join us to shop for Mother's Day gifts, meet with friends & relax with a FREE cup of coffee! Plus, enjoy FREE mini-manicures* & chair massages* & enter to WIN DOOR PRIZES!

Vendors include:

Bagolitas purses ▪ New Self Lotions, Scrubs & Candles
Jewelry & Baby Clothes by Becky ▪ Pampered Chef ▪ Wildtree
Creative Cards by Mindy ▪ Partylite

*available on a first-come, first-served basis



**FREE
childcare**
will be provided
in Kid Corner.
RSVP to
608.310.6775.

Tip of the Month from Our Nail Specialist

*How do I keep my polish
from chipping?*

Lightly buff the top of your nails with a fine-grained file. This will take away the top oily enamel and allow better adhesion. Or, take a cotton ball soaked with polish remover and go over each nail with it. Then apply your favorite polish.



Look and feel your best BEFORE summer begins!

Mondays ▪ 1 pm & 5 pm
Wednesdays ▪ 8 am, 1 pm & 5 pm
Fridays ▪ 8 am & 5 pm

Contact Christina at cdexter@newselfrenewal.com for details.

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