

# New Self News

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



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## New for May

**Spa:** Mother's Day Gift Sets – give the gift of renewal! (see page 2)  
60-minute Sports Massage & Athletic Footcare Package: \$79

**Café:** Introducing fresh, made-to-order salads and new fruit smoothies including Strawberry Blast & Banana Boost!

**Fitness:** Flow Yoga comes to New Self! (see below)

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

Visit [www.newselfrenewal.com](http://www.newselfrenewal.com) for a complete cafe menu & list of spa services.

## Are You in Shape for Summer?

by Joe Decker for [www.Active.com](http://www.Active.com)

Ahh, summer is almost here. It's one of our favorite but possibly most stressful seasons. The days are long and the weather is beautiful. It's a time to get together with family and friends, and hit the beach to bask in the sun's rays while lying around scantily clad. Unfortunately it means putting away the springtime baggy clothes and baring your flesh to the world. It's time to play the fab versus flab game. You either look at yourself in the mirror and say, 'not too bad' or 'uh-oh, better get to work.'

Fortunately there's still time, but you need to get started today. Here are a few fun tips that work for me:

**Make a Plan:** If you fail to plan, you plan to fail! It's that simple. I work with many clients that just decide to stop eating. We all know this doesn't work. It throws the body into starvation mode and slows down the metabolism. I keep a very basic monthly eating and exercise calendar on my refrigerator. This way it's the first thing that I see every morning. People who keep journals are more successful at losing weight and staying in shape. Write down what you eat and what you do; it'll help keep you on track.

**Have a Contest:** Create your own version of the 'Biggest Loser.' A group of about 20 of us each threw \$20 into a pot. We have to weigh in once a week and at the end of the month the winner takes all. There are rules though. If you miss a weigh in, you pay \$10, if you gain weight or stay the same, you pay \$10. Cash is a big motivator. Remember, if you do have this type of contest, be safe. Don't try losing 10 pounds a week; two or three is fine.

**Sign up for a Fall Event:** It's easy to get sidetracked during the summer with all the fun outdoor eating and drinking activities taking place. Every year I try to find an interesting or challenging fall event to sign up for and begin training now. For instance, you and your friends could start training

for a marathon, triathlon or a Muddy Buddy. The main thing is to find something that will help get and keep you physically active and focused not only during the summer but throughout the year.

There is still time to get into shape for the summer and take control of your life. But it begins right here, right now. Losing weight and getting fit is a simple math problem of calories in versus calories out. You have to burn more calories than you consume. Next you'll need to incorporate two to three days a week of strength training and three to five days a week of cardiovascular training into your lifestyle. Combine all this together and you have one incredible recipe for success.

## Ready to create that fitness plan?

Let New Self help! Check out our new SUMMER CIRCUITS program coming in June! Similar to the Beach Body Blast program, Summer Circuits will help you attain your fitness goals whether they are weight loss or getting toned. Like Beach Body Blast, the class is structured utilizing a 'muscle confusion' philosophy. When muscles get used to a certain weight or a certain routine, the muscle stops growing and so does the weight loss and calorie burning benefits. During Summer Circuits, your muscles are constantly being challenged so you never plateau and you continue to burn fat!

Don't forget about Fitness Menu! Make fitness work according to YOUR schedule! Sign up for a class on YOUR time! Check out the website for a list of available classes!



"Since joining New Self, I have not only lost 25 pounds, but gained confidence I never knew I had. The classes have kept me motivated and shown me results. I am so thankful for the trainers and all the encouragement from other members. I am excited to work out every day and surprise myself with my new found strength. With my upcoming wedding, I know that I am truly going to look and feel the best I ever have."  
—Kayla Eichorst

## New Fitness Class: Flow Yoga

Mondays at 9:00 a.m. & Thursdays at 9:30 a.m.



Taught by Angie Morgan, CYT, **Flow Yoga** is designed for beginner to intermediate students and is suitable for all fitness levels. Each class incorporates breath work, brief guided meditation and a series of yoga poses that are connected, flowing one from the next. Participants utilize breath and pose sequencing to build internal heat within the body, while improving strength, flexibility, balance and stamina.

The cost per session is \$10 for members and \$15 for non-members (includes childcare for duration of the class). Visit [www.newselfrenewal.com/fitness](http://www.newselfrenewal.com/fitness) for more information or call 608.310.6715 to sign up.

# 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

9 am - Flow Yoga  
10 am - Fitness Menu Hour  
1 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 Hour  
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 & 6-8 pm - Fitness Menu

### Thursday

8 am - Senior Exercise Class  
8:30 am & 6 pm - CORE  
9:30 am - Flow Yoga  
1 pm - Fitness Menu Hour  
4 pm - Apparatus & Cardio Training (ACT)

### Friday

8 am & 5 pm - Beach Body Blast  
9 am - 1 pm & 3-5 pm - Fitness Menu

### Saturday

10 am - 12 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

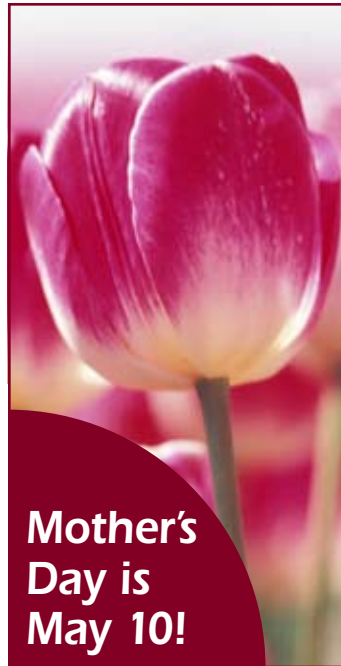
Fitness: 7:30 am - 4:30 pm  
Café: 8 am - 4 pm

Closed Sundays & Holidays

## Tip from Our Nail Specialist:

### Why won't nails grow?

Unless you have some type of medical condition that prevents it, your nails are growing. On average, your nails grow about 1/8 of an inch per month. The reason why most people's nails don't seem to grow is because they break before they see results. Many people bite their nails, rip them off, others tend to shed or peel. The best way to see results is to start a healthy nail program with our nail Specialist.



Mother's Day is May 10!

## Give the Gift of Renewal this Mother's Day!

### Mommy's Renewal Day Gift Set **\$85**

- Mini-manicure
- Mini-pedicure
- 30-minute massage
- Light Lunch
- Day Pass privileges & childcare
- Handmade Mango-scented lotion & scrub
- Nail Polish
- 1/2-lb coffee beans

### Deluxe Pedicure Gift Set **\$50**

- Deluxe pedicure
- Handmade Mango-scented lotion & scrub
- Nail Polish

Members receive 10% off these prices.  
Order online at [shop.newselfrenewal.com](http://shop.newselfrenewal.com).

## Upcoming Events

### March of Dimes: Madison March for Babies

**Saturday ▪ May 2**  
**Martin Luther King Jr. Boulevard**

8:30 am - Registration  
9:30 am - Official Start

Team up for March for Babies and help improve the health of all babies by supporting the March of Dimes mission of preventing birth defects, premature birth and infant mortality. Go to [www.marchofdimes.com/wisconsin/](http://www.marchofdimes.com/wisconsin/) to register.

### HOPES - Helping Others Prevent & Educate about Suicide: Walk for Awareness

**Saturday ▪ May 9 ▪ Warner Park**

8:30 am - Registration  
10:00 am - Walk Begins

The 11<sup>th</sup> annual walk for awareness, this year's theme is "A New Era of Saving Lives." As a non-profit organization HOPES relies solely on its fundraising to further its suicide prevention efforts. Go to [www.hopes-wi.org/walk/index.htm](http://www.hopes-wi.org/walk/index.htm) to register.

### Jodi Lou Lung Cancer 5K Run/Walk

**Saturday ▪ June 6**  
**Oak Bank ▪ Hwy PD ▪ Fitchburg**

8:00 am - Registration  
9:00 am - Official Start

All proceeds will go to the Jodi Lou Lung Cancer Foundation, Inc., in supporting lung cancer research at the UW - Paul P. Carbone Comprehensive Cancer Center. All funds will be matched dollar for dollar by the "Creating Hope" Lung Cancer Fundraising Campaign. Go to [www.jodilou.org](http://www.jodilou.org) to register.

### Date Night Coming to New Self!

Are you looking to spend some quality time with your sweetie? Wouldn't it be great to sit, relax, talk and enjoy music & food while the kids are having fun elsewhere? If you answered YES, then you need to come to New Self's Date Night. It is true, there is an affordable way to enjoy time together—just the two of you, while the kids are having a blast! More details about Date Night are coming soon!



50/50 poly/cotton blend  
Men's & Women's Sizes  
Small - XXL Large  
Light blue with navy printing  
Cost: \$15 per shirt

New Self has created a special t-shirt in honor of the HOPES Walk for Awareness and will donate 100% of the proceeds from the sale of this shirt to HOPES. For details or to order your shirt, stop into New Self or order online at [www.shop.newselfrenewal.com](http://www.shop.newselfrenewal.com) under "Apparel."