

# New Self News

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



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## New for July

- Spa:**
- Purchase a Deluxe Pedicure & receive a Deluxe Manicure FREE!
  - ECO Nail Systems: New Self is one of the first spas in Madison to offer this odor-free, eco-friendly alternative.
  - Pick-Me-Up Gift Set: ½-lb coffee, mug, day pass & lunch for \$20

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

**Happy Independence Day! Please note that New Self will be closed on July 4 in observance of the holiday.**

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

## Summertime Nutrition Solutions

Posted by Carrie Taylor, RD, LDN ■ [www.masslive.com](http://www.masslive.com)

Whether you've recently changed your eating behaviors or have been at it for a few months, summertime eating can feel overwhelming. Between graduation parties, family picnics, neighborhood barbecues, traveling to the beach or camping, it's easy to see why many let their healthy eating go by the wayside. To have your cake (and eat it too!) this summer, follow these tips for staying healthy:

- 1. Make a plan.** This is good practice any time you want to take part in a social gathering centered around food. Planning ahead of time is your best tool. What are you going to eat when you're there? If overeating is an issue, how are you going to nip it in the bud (i.e., eat beforehand)? What "tricks of the trade" work when you're home (i.e., snacks)? How can you make these same "tricks" work when traveling away from home?
- 2. Control what is offered.** If you're the host of the barbecue, great. Ensure there are a few healthful options to choose from (e.g., barbecue chicken, oil and vinegar-based potato salad, green leafy salad and sugar-free lemonade). If you're a guest, bring a healthful dish. This way you'll know there is at least one healthy option available.
- 3. Enjoy yourself.** Too many people treat following a healthy meal plan as a diet. Are you one? Stop saying "Oh, I can't have that, I'm trying to eat healthy." Eating healthy is enjoying all foods. Every little food choice you make isn't important – it's your overall choices as a whole that make a difference. On average, do you eat a diet rich in plant-based foods? Do you make fruits and vegetables the base of your meals? If so, do yourself a favor and relax! Eating is

meant to be pleasurable – full of flavors and scents that make your taste buds go "yum." If you know your overall eating is healthy, then one annual family barbecue isn't going to hurt the progress you've made – unless you let it. So don't! Enjoy the food today and continue with your normal, everyday healthy eating once the event is over.

- 4. Indulge sensibly.** If you begin attending lots of parties and are over indulging in the process, reign yourself in. Overdoing your calories will become the norm, not healthful eating. For this situation, plan and practice. For example, plan to eat a snack after work before attending your family barbecue. A low-sugar snack with fiber, combined with a source of protein and a little bit of fat will do wonders for a ravenous appetite. Try it out! Once hunger is satisfied, even a little, you will find "tastes" are just that – small servings for you to enjoy flavors rather than fill an appetite.

## Fit Tip:

### Post-Workout Consumption

For the first thirty minutes after a workout your body is still ready to exercise; your muscles have been innervated, they are ready to fire (workout) when you say so, and are not ready to begin repairing yet. After thirty minutes, your muscles relax and begin to repair themselves. This is when one would want to consume protein, because protein aids in the muscle rebuilding process. So, if you consume your post-workout protein beverage 30 min to 1 hour after your workout, you will be helping your muscles rebuild during their primetime rebuilding process and maximizing the benefits of the protein you're taking.

After 2-3 hours, you should consume a regular meal (with protein in it) to continue aiding in the muscle rebuilding process. Do not 'treat' yourself to sweets or alcohol or whatever, for your muscles will still be crying out for protein and you will be feeding them sugar or alcohol or heavy carbohydrates...they want protein. Remember 'You Are What You Eat'? That is especially true on the days you exercise. If you can eat properly after a workout and stay away from 'treats', your results will come faster than you expect.



## Mark Your Calendars: July 15 Is Date Night!

5-7 pm ■ \$15 per couple

The Hanson Family Jazz Band will return once again for an evening of delightful jazz standards. The event also includes appetizers, dessert, summer drinks & childcare – all for only \$15 per couple!

There is an affordable way to enjoy time together – just the two of you – while the kids are having a blast!

**Visit our website for more details, then RSVP to 310-6775. Reservations are required by July 10 for childcare.**

### Tip from Our Nail Specialist:

*How can I help my dry skin & cuticles?*

Moisturize and rehydrate every chance you get! Keep a good quality hand lotion with you always. Whenever you wash your hands, apply it. Also, use a good quality cuticle oil and gently rub it into your cuticles twice a day. For really chapped hands and feet, I recommend a nice dip in paraffin wax.

Ask about our NEW Mani/Pedi Punch Cards—buy 5 services, get one FREE!

## kid corner

### Summer 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

### Summer Fitness Classes

#### Monday

10 am - Fitness Menu Hour

1 & 5 pm - Summer Circuits

#### Tuesday

8 am - Senior Exercise Class

8:30 am - CORE

11 am - Running with a Purpose

1 pm - Fitness Menu Hour

#### Wednesday

8 am & 1 pm - Summer Circuits

9-11 am - Fitness Menu

#### Thursday

8 am - Senior Exercise Class

8:30 am - CORE

1 pm - Fitness Menu Hour

#### Friday

8 am - Summer Circuits

9 - 11 am - Fitness Menu

11 am - Flow Yoga (no class July 3)

12 pm - Fitness Menu Hour

### Summer 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 - 1 pm

Closed Sundays & Holidays

## Strike a "Perfect Balance" with Our New, Low-Cost Membership



We know budgets are tight, but we also believe that your health and well-being are worth \$7 a week. That's why New Self created the **Perfect Balance Membership**. Perfect Balance Memberships are great for parents who want to take a little time for themselves each week to refresh, rejuvenate and relax. This membership option is a great way to put yourself and your family first while sticking to a tight family budget. Member visits are scheduled ahead to ensure we maintain a small community in the facility at any one time, and to allow us to provide the best possible service to you and your children.

**Investment:** \$190/6-mo. or \$350/year  
for One Adult with Children

#### Includes:

- Full access to New Self for 1-½ hour blocks of time 4 times per month, including childcare
- Option to "lock in" regular times or call ahead to schedule
- Member pricing on café and spa services
- Unlimited ½-price day passes
- 2 "floating" 1-½ hour blocks of time to be used at member's discretion for every 6-month commitment.

**Note:** A minimum 6-month commitment is required and a monthly payment option is available. A Perfect Balance membership can be upgraded to a Premium or Premium PM membership at any time, as long as New Self has availability.

## Upcoming Events

### Date Night at New Self

Wednesday ▪ July 15

Live Music ▪ Appetizers ▪ Dessert  
Summer Drinks ▪ Childcare

5-7 pm ▪ \$15/couple (inc. childcare)

Join us as we welcome back the Hanson Family Jazz Band for an evening of delightful jazz standards, delicious appetizers and summer drinks.

Visit our website for more details, then RSVP to 310-6775. **Reservations are required by July 10 for childcare.**

### Tri-ing for Children's Triathlon

Sunday ▪ July 26

Ottawa Lake, Hwy ZZ ▪ Eagle, WI  
Olympic, Sprint & ½ Sprint distances

A meaningful portion of registration fee will be allocated evenly to the UW Children's Hospital and Children's Hospital of Wisconsin with the focus on programs promoting healthy children. Go to [www.TriingforChildrens.com](http://www.TriingforChildrens.com) to register.

If you have an event you would like us to consider adding to the calendar, email Mindy.

## Retreat Room Provides Extra Respite at New Self

Need to catch some extra sleep after a long night with the kids? Want to take a quick nap after your next massage?



New Self's Retreat Room is the perfect place to take a few minutes to unwind and relax on your own terms. This quiet, comfortable space can be reserved in ½-hour increments (2-½ hours max.) at a rate of \$8 per ½-hour for members and \$15 per ½-hour for non-members

Our "One Adult w/Children" and "Family" memberships include 3 hours of retreat room use per month.