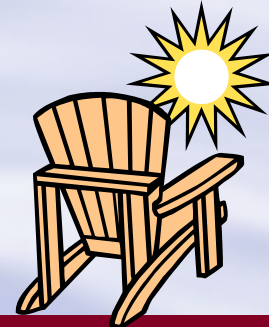


# New Self News

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



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## New for August

- Café:** ■ Get a 10 minute chair massage, receive a FREE sandwich.  
(NOTE: Chair massages are \$1 per minute and subject to therapist's availability, but may be scheduled in advance. They will also be available daily from 11:30 am-12:30 pm.)
- Spa:** ■ Members can enjoy a 60-minute massage/manicure/pedicure package for only \$99!  
■ Purchase a 60-minute massage and receive ½-hour in our relaxing retreat room following your service (a \$15 value).
- Fitness:** ■ Two new classes: Power Hour (starting Aug. 3) & Zumba (starting Aug. 12)!

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.

## Indoor vs. Outdoor Exercise: Pros & Cons Of Your Workout Environment

by Healthstyles Exercise Equipment ■ [www.healthstylesexercise.com](http://www.healthstylesexercise.com)

Indoor workouts are great during fall and winter. However, during the spring and summer months the outdoors call us to go outside. Don't feel you have to move your exercise just because of the weather, though. There are definitely pros and cons to each option.

### Indoor exercise

**Pro: A stable environment facilitates a regular exercise routine.** When you exercise indoors it's easy to get into a regular routine. There's never a problem if the weather is too hot, cold, rainy, or otherwise. The workout doesn't rely on other outside factors like the time of day, where you are, or other things. If you're the type of person who needs to have a strict exercise routine to stay on track, the indoor route may be best for you. Whether it's your house or the gym, it offers a stable, consistent workout time and time again. You don't have to think about it; it's just there.

**Pro: Working out with others is motivating and a great family activity.** Working out in a gym or with family members at home offers the benefit of interacting with others. Having others exercising right next to you can really boost your effort and performance, thereby giving you greater results in a shorter time. Working out at home as a family can have benefits that go far beyond your daily workout. It is never too early to expose children to exercise – in fact, if parents get children into the habit of exercising while they are young, it is a gift that will last a lifetime.

**Pro: An equipment workout is easier to control and modify.** When you work out on a piece of cardiovascular equipment, it is easier to make specific changes in your workout and to measure your progress. For example, when working out on a treadmill you can gradually increase incline, or speed to push yourself to increase your fitness level. Much of the equipment has heart rate interface, and you can train in a specific target zone by varying the workout intensity. It is also easy to do timed intervals to increase endurance by again varying incline, or speed.

**Con: Home workouts can be distracting.** For workouts in the home, there may be too many distractions

for a productive routine. Things like the telephone, neighbors, mail, pets and children can all put a damper on the most well-intentioned program.

### Outdoor exercise

**Pro: Being outside is pleasurable.** When you exercise outdoors, you can enjoy the beauty of nature. You'll see and hear the birds. Your senses will get drawn into the surroundings as you experience the air, sounds, smells, textures and sights. If you live in a less than beautiful neighborhood, the view may not be too motivating. However, in the country or suburbs the homes and gardens may give your day the serene beginning you need.

**Pro: If you don't want to socialize during your workout, it's easiest to avoid outside.** You'll see other people especially if you exercise in the same place and at the same time every day, but you can always pass by without interacting. It's easier to escape another person outside. If you don't want to interact with anyone, you're better off here.

**Con: Weather and physical obstacles provide a good excuse to stay home.** When you exercise outside you must deal with weather changes, which means you must be highly motivated to do your routine daily without the interest and push from others. There may not be any friends waiting for you either. Pavement and footing isn't always flat and stable so if you're prone to ankle problems you'll have to really watch it. And if it's raining, the cozy bed may help you keep your eyes shut more than propel you into action. The heat can also be a deterrent to getting your regular workouts in during the hot summer months.

Whichever location you choose for your workouts remember: The important thing is that you are working out. Making your body move is your number one concern. It doesn't matter to your body if you're inside or out. It will be happy exercising no matter what, and reward you with the riches of good health in return. Having the option to work out inside or outside gives you the ability to stick with your workouts no matter what is happening in the environment around you!



New Self is proud to announce its participation in Madison's Biggest Loser. Registration begins August 17. Watch your email for more details to come.

### Upcoming Events

**New Self Date Night**  
Wednesday ■ August 19  
5-7 pm

Join us for the last date night of the summer! 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! Visit our website for more details, then RSVP to 310-6775. Reservations are required by August 14 for childcare.

**Good Neighbor Festival 5K Run/Walk**  
Saturday ■ August 29  
9 am ■ Middleton

New Self is proud to be one of the sponsors for this year's Good Neighbor Festival 5K Run/Walk. Join a group of New Self members as we celebrate a summer of fitness with this fun event in Middleton. The race starts at the Capital Brewery in Middleton with on-site registration at 8 am. Or register online at the website: [www.goodneighborfestival.com](http://www.goodneighborfestival.com).

**Madison Free to Breathe® 5K Run/Walk**  
Sunday ■ September 27  
8:30 am ■ Warner Park

This is the second annual Free to Breathe® 5K run/walk & 1 mile walk in Madison. All proceeds from this event will benefit the National Lung Cancer Partnership's research, education and awareness programs. Go to [www.freetobreathe.com](http://www.freetobreathe.com) for more details and to register.

## ■■■ New Fitness Classes ■■■

### Cardio Power Hour Begins Monday, August 3

Mondays @ 11 am ■ Fridays @ 12 pm

This high-intensity class is a great full body workout, incorporating a broad range of fitness moves with athletic drills guaranteed to get your heart pumping! Most suitable to participants of medium to high fitness levels, but newcomers are always welcome—just let your instructor know!

### Zumba®

#### August 12 – October 15

(9-week session - no class Sept. 30)

Wednesdays & Thursdays @ 5:30 pm

Instructor Alicia Butz leads this Latin-music inspired class. A Zumba workout mixes body sculpting movements with dance steps derived from cumbia, merengue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and calypso and Salsaton. The routines feature aerobic

interval training with a combination of fast and slow rhythms. It targets areas such as the glutes, legs, arms, abdominals, and the heart. (Cost: This class is free to New Self members.)

### Flow Yoga

#### August 14 – September 4

4-week Session ■ Fridays @ 11 am

Classes are designed for beginner to intermediate students and suitable for all fitness levels. Each class will incorporate breath work, brief guided meditation, and a series of yoga poses that are connected, flowing one from the next. Participants will utilize breath and pose sequencing to build internal heat within the body, while improving strength, flexibility, balance and stamina. (Cost: \$10 per class for members; \$15 for non-members. Pre-register for the 4-week session & save 10%.)

**See the Fitness page of our website for a detailed Class Schedule.**

### Tip from Our Nail Specialist:

*Should cuticles and calluses be cut?*

NO! Never cut your own cuticles or calluses. These are your body's armor. The cuticle protects the nails from infection, and the calluses give you shock absorbers. When you cut them, they will grow back thicker and harder, and possibly create an infection. The best way to care for your cuticles is to apply a good quality cuticle oil and gently push them back with an orangewood stick. You may carefully trim any hangnails or for best results, schedule a manicure with your Nail Specialist.

### ■■■ Summer Fitness Classes ■■■

#### Monday

10 am - Fitness Menu

11 am - Cardio Power Hour

1 & 5 pm - Summer Circuits

#### Tuesday

8 am - Senior Exercise Class

8:30 - 10:30 am - Fitness Menu

11 am - Running with a Purpose

1 - 2 pm - Fitness Menu

#### Wednesday

8 am & 1 pm - Summer Circuits

9 - 11 am - Fitness Menu

5:30 pm - Zumba

#### Thursday

8 am - Senior Exercise Class

8:30 - 10:30 am - Fitness Menu

1 - 2 pm - Fitness Menu

5:30 pm - Zumba

#### Friday

8 am - Summer Circuits

9 - 11 am - Fitness Menu

11 am - Flow Yoga

12 pm - Cardio Power Hour

1 - 2 pm - Fitness Menu

## Strike a "Perfect Balance"



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.

## Spa Discount Card Provides Member Pricing on Services/Café

Purchase a Spa Discount Card (\$50 for 6 months or \$75 for 1 year) and receive our affordably low member pricing on massage, manicure, pedicure and other spa services.

Plus, you'll receive 10% off in our café!

Note: Discount card does not provide access to fitness area or Kid Corner services. Childcare can be purchased as needed.

## Retreat Room at New Self



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 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.

## 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 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**