

New Self News

September 2009 ■ www.newselfrenewal.com



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

New for September

- Spa:**
- Pomegranate mini-manicure with paraffin dip: \$17 for members, \$20 for non-members
 - Buy a 60-minute massage/manicure/pedicure package in September and use the services any time in the next 6 months—only \$99 for members (\$120 for non-members)—a great gift for you or a loved one! (Note: Services can be used separately, but must be used by the same person.)
- Fitness:**
- New circuit class starting September 14: **Circuit Surprise!** (The names says it all.)
 - 8-week yoga session begins Friday, September 11, at 11 am. Pre-register for the 8-week session and SAVE 10%!

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

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



New Self is proud to be one of five participating facilities in the 2009 Madison's Biggest Loser contest.

The registration deadline is Friday, September 4, at 4 pm.

Stop by today to register and let New Self help you lose it all this fall!

For complete details and contest rules, go to www.nbc15.com/biggestloser.

Get an A in Back-to-School Health & Fitness with These Routines & Reminders

by Catherine Holecko ■ About.com

While you're finishing your shopping and to-do lists, make time for some back-to-school health and fitness updates. Start the school year on a healthier, more active note to reduce stress and lower the risk of illness and injury.

- **Make sure everyone is well rested.** Spend one to two weeks adjusting bedtimes so that kids are accustomed to going to bed and waking on a school-year schedule.
- **Check your supplies**—not just pencils and erasers, but those important items that improve your child's health, such as water bottles, hand sanitizer and tissues. Make sure her gym shoes fit and that she has up-to-date gear for any sports she'll be playing.
- **Pack your bags for sports practices and games.** Make one go-to tote bag for each sport that each of your children plays—so one holds soccer cleats and shin guards, another swimsuits and goggles, and so on. Then make a "spectator" bag too, with items such as a blanket for sitting on the grass or bleachers, post-game snacks, and so on. If you'll be spending a lot of time hanging around at practices, consider bringing some walking shoes or hand weights and fitting in your own workout while you wait!
- **Schedule doctor's appointments as needed:** school or sports physicals, eye exams, immunizations, and so on.
- **Get ready to get to school.** If your child will be riding his bike, make sure his bicycle is tuned up and that he has a padlock and a helmet that fits properly. If he'll walk to school, practice the route if it's new, or organize a "walking school bus" (in which parents take turns escorting a group of kids to school on foot).
- **Plan a few weeks' worth of healthy meals,** even if you're not usually a meal planner. You'll eliminate some end-of-day, empty-fridge stress.
- **Make time for family fun too.** Schedule some outdoor activities in the crisp fall air.

Top 10 Reasons Kids Love Kid Corner:

1. Nana-Ball! (translation: Anna & Val)
2. The wonderful genuine attention, care, and love provided by Nana-Ball
3. The slides
4. The pretzel sticks
5. Drawing Elmo!
6. The digger and the mower
7. Puzzles and coloring
8. Go Dog, Go! Book
9. Seeing "Big Brother Arik" and Jessi
10. Jumping around

Top 10 Reasons Moms Love Kid Corner:

1. See #1 and #2 above.
2. Having a place to exercise as well as relax and ultimately rejuvenate knowing that my child is being so well cared for by such wonderful people!
3. Val is the Baby Whisperer—she can get my kids to sleep.
4. Sunny, safe, fun environment for the kids.
5. Lunch time together with kids and moms.
6. Milk and yogurt are always available for the kids.
7. Watching my children learn to play with other children and make friends.
8. I can workout and run into Kid Corner to breastfeed at any time.
9. I feel loved and supported by the staff.
10. Staff really do love my kids and they feel it.

Upcoming Events

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 for more details and to register.

Heading to School on Peaceful Terms:

Easing your way out of the house with preschoolers

by Kelly Rush • *Preschool Life* • www.PreschoolLife.com

If raising your voice and rushing your child to the car is a familiar scene as you head to school or childcare, you're not alone. If you want to make a change, try following some of these tips to ease your child out the door on more peaceful terms.

- **Have a routine for breakfast that your child expects.** This will avoid arguing over choices and wasting time scanning the refrigerator and cupboards.
- **Have your child get dressed before certain privileges.** Whether they anxiously awake to watch cartoons, or play with their favorite truck, this is a good first-things-first discipline for young children to practice.
- **Tell your child the plan for the day in small pieces.** Use terms your child will understand, such as, "You get to go to school today! First you'll eat breakfast. Then, after you get dressed and watch Blues Clues, it will be time to get in the car." Give them updates after each event as to how much time they have before leaving home.
- **If your child has a special toy to take in the car, place it in front of the door.** By placing the toy in this special 'don't forget' spot, it keeps your child from carrying it around the house and being distracted when it's time to put on their coat, go potty, or when you need their cooperation for last-minute grooming.
- **Be careful not to condition your child to being told six times to do one thing, like putting on shoes.** Surely, they will begin to think they don't need to take you seriously until the sixth time. Rather, oversee your child putting on their shoes after being told the first time.

Make your instructions clear and clarify that it was heard, then instruct your son or daughter to let you know when the shoes are on. This sends a clearer message to your child that you have an expectation, and that they have a mission to complete.

- **Set a kitchen timer.** Use it to alert everyone that it's time to leave.
- **Start with the end in mind.** The typical stress of rushing out the door is usually caused by the last-minute little things. Is it your child's snack day? Put it in the car as soon as you can. Will the baby need a sippy cup for the ride? Fill it and set it in the car seat early on, etc.
- **Plan to arrive at the mini-van convention early.** In a life with small children; 'on time' means allowing for your kiddo to get a seatbelt unbuckled, the backpack gathered, stopping to complain that their shoe has a rock in it, or less-than-perfect cooperation from them or a younger sibling.
- **Set the tone for the morning.** Be happy yourself and speak to your children in a calm manner and an encouraging attitude.
- **Be careful what you expect of your child.** No matter how advanced your little-one is in many areas, children this age do not comprehend urgency. More than likely, being rushed or yelled at will slow them down even more.

Getting young ones ready for the day and out the door is a challenging task, but careful preparation, a few extra minutes and a patient attitude can go a long way to make your morning routine a positive experience for your family—and for you.

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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.

Tip from Our Nail Specialist: How can I help my dry skin & cuticles?

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

◆◆◆Fitness Classes◆◆◆

Monday

10 am - Fitness Menu
12 pm - Cardio Power Hour
1 & 5 pm - Circuit Surprise!

Tuesday

8 am - Senior Exercise Class
8:30 - 10:30 am - Fitness Menu
1 - 2 pm - Fitness Menu

Wednesday

8 am, 9 am & 1 pm - Circuit Surprise!
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 - Circuit Surprise!
9 - 11 am - Fitness Menu
11 am - Flow Yoga
12 pm - Cardio Power Hour
1 - 2 pm - Fitness Menu

kid corner

◆◆◆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

◆◆◆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