New Self News

October 2009 ▪ www.newselfrenewal.com

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

New for October

Spa: Come in for a **Sweet Pumpkin Spice Pedicure** & receive a **FREE** Pumpkin Spice Latte or Mocha to enjoy while you're being pampered. (Members: $40; Non-members: $50)

Cafe: Come to New Self's Café for lunch and treat yourself to our October special: A combo of soup and a small salad for $4^99. Stop by for an energizing light lunch! (The small salad includes a spring mix with cherry tomato, red onion and cucumber. Each day we choose a new, delicious soup to serve.)

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.

Halloween Do's for Maintaining a Healthy Diet

by Dr. Gaglione

- Do buy treats you don't like. That way you'll be less likely to indulge yourself.
- Do wait until the week of Halloween (or even the morning of the 31st) to buy candy. The less time it's in your home the less likely you'll be to open the bag early. Candy is also often discounted the day before Halloween.
- Do hide treats away in a high cabinet or closet. Out of sight; out of mind.
- Do be generous. Give away all the candy you bought to trick o' treaters. The less candy you have laying around the house the better.
- Do skip answering the door; leave the candy on the front step if you like and go for a walk (no doubt all the candy will be gone when you return).
- Do allow your kids to enjoy their candy, but in moderation. Help your kids portion out 2 or 3 treats and put them in small brown paper bags and staple them shut. Let your kids pick one bag a day after a meal as a surprise treat.[1]
- Do opt for mini-sized treats instead of normal-sized, or consider giving out nickels.

Fitness Trivia

Carbohydrates are fattening.

True or False? **false**

Carbohydrates are just another source of fuel for the body. If you eat more than your body can burn, the excess will be stored as body fat.

kid corner

Brown Rice Krispies

These Krispy Brown Rice Treats have wholesome whole grain goodness of brown rice and the same yummy flavor as the refined rice counterpart. Halloween doesn't have to teach kids about ghoulish gluttony! Use this fun season to show your kids that snacks, candy and desserts can be better for you.

White rice and flour is nothing but sugar and man-made vitamins. Brown rice and wild rice are whole grain. These family favorites include natural whole grain goodness and they taste the same! Teach your kids that treats can be made healthier too.

Ingredients:

40 large marshmallows (about one bag)
½ cup unsalted butter
1 box Brown Rice Krisp Cereal (10-13 oz.)
1 individual serving bag of M&M candies

Method:

Put cereal into a large bowl. Melt butter & marshmallows in a large saucepan over low heat until smooth. Pour melted mixture over the cereal and mix well. Immediately spread this mixture into a 9"x13" baking pan that is lined with parchment paper (or greased or sprayed with canola oil).

Sprinkle M&Ms evenly over the top. Press and shape treats by pressing down and shaping with parchment paper to fit pan. Cool completely. When cool, cut into squares.

Upcoming Events

Madison's Biggest Loser

Contest continues thru Dec. 7

The New Self Biggest Loser Team is in full swing of pursuing their fitness goals and creating life-long healthy lifestyles. This is REAL reality TV, folks. Stop in to New Self to cheer on the team and/or to soak up the positive energy they are creating. Healthy lifestyles are contagious at New Self Renewal Center! You can also track our team's progress at: www.nbc15.com/biggestloser.

Monday Night Movie & Massage

October 19, 4-7pm

A Double Matinee Tribute to the late Patrick Swayze: *Dirty Dancing* at 4 ▪ *Ghost* at 5:30

When was the last time you sat down with your girlfriends and watched a movie that wasn't animated or sing-a-long, without being interrupted? Join New Self as it hosts its first evening just for women. Enjoy popcorn, a free beverage and a relaxing evening. Drop your children off, guilt-free, to play at Kid Corner, while you revel in a couple of classic chick flicks. This is a free event for New Self members; $15 for non-members needing childcare.

But wait…there's more….

IN THE SPA ▪ Enjoy a Foot & Hand Massage with Paraffin Dip + 10 minute Back Massage for only $35

IN THE CAFÉ ▪ $5 gets you an order of Healthy Meatballs with Spinach or Light Mac & Cheese plus a Side Salad ▪ $2 Pumpkin Spice Latte or Pumpkin Spice Mocha

Reservations are required. Please RSVP to 310-6775 by October14.

A Baby! Is Life as You Knew It, Over?

by Don Ferguson, Ph.D. ▪ Infinite Relationships, LLC ▪ www.inrelationships.com

When I ask couples in my office, "when did you first notice big changes or problems in your relationship?" probably 9 out of 10 say that it was with the birth of their first child. We are generally not prepared for the changes that occur with that blessed event. Most of us are not told about the massive alterations in their bodies and minds. If they don't know how to talk about these changes they may experience disappointment and despair when they should be enjoying a grand adventure. Most men and women experience some decreased interest in sex after childbirth. This may add to the husband's sense of being displaced and unimportant. Both can feel misunderstood and alone while loving and protecting a delicate human being places increasing demands and tension on them. Some might say that they are putting all their energy into the child, but this is truly doing the child no favors. The child will most benefit from living with loving, affectionate parents.

Partners need to focus on their relationship as part of parenting and not feel that the two are somehow separate. Their ability to communicate, plan together, touch each other affectionately and feel loved and supported will make life so much easier and more rewarding, and promote safety and security for their child. They will need to talk about the changes they are going through, including those moments when they might feel doubtful about their ability to be good parents, or their resentment over the lack of time they have for themselves. Some may feel like it's a betrayal to admit such resentment, but if they can talk about it openly, they can probably also offer each other support. If one of them is feeling less sexy, after the birth, this also can and should be discussed. It is a normal response and not a rejection of the partner.

So how do you keep your eyes on the prize, which is your relationship? Begin by practicing slowing your heart rates when upset or tense, whether that is through a hot shower, meditation, working a crossword puzzle or any other means. Then begin thinking about what you really need from your partner. Is it physical attention, some help around the house, or a break from responsibilities? Divide these into short and long term goals. For example, perhaps for tonight, you may just need to know that your partner is taking you seriously and is willing to help. The longer term goal of working out parenting or intimacy issues might be easier if you first feel that you have their attention and their commitment. The more specific you can be about what you need, not what is wrong with your partner, the more willing your partner will be to join you. Again, this is not easy and often couples must experiment and practice together to find language that allows both of them to relax and join each other on difficult discussions. Fortunately, if you can keep an open mind and be a little playful with your experiments, this can be an exciting and deeply pleasurable time.

Don Ferguson, Ph.D., psychologist and marriage counselor, formerly with Dean Health Systems has now opened Infinite Relationships, LLC in Verona. Dr. Ferguson has worked with couples for over 25 years and authored *Reptiles in Love*, which describes his approach while also providing tips for couples to use at home. Infinite Relationships offers marriage and relationship counseling, couples groups, workshops and seminars on marriage and health related issues, including the "Bringing Baby Home"™, program, researched and designed by Dr. John Gottman. Infinite Relationships and Dr. Ferguson can be reached at (608)848-8000 or visited online at www.inrelationships.com.

Bringing Baby Home™ Strengthening your relationship as you welcome your baby

4 Thursdays starting Oct. 15 ▪ 6–9 pm ▪ Infinite Relationships ▪ Call 848-8000

Jen Perfetti, MA, LPC will be presenting this workshop, developed by Dr. John Gottman based on his extensive research on couples and particularly the impact of the first child on the marriage.

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 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.

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, 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.

Tip from Our Nail Specialist:

The benefits of getting a pedicure...

Everyone knows that it feels nice to get a pedicure. But did you know that there are also physical benefits to getting a pedicure on a regular basis?

While your Nail Specialist is working on your feet, they are doing more than just playing with your toes. By removing the dead skin and calluses, your Nail Specialist is helping to improve the appearance as well as your comfort. The massage in a pedicure is one of the most important parts. Massaging certain spots on the foot sends signals to other parts of the body to encourage overall health improvement anywhere in the body. The rest of your body won't feel good if your feet don't! So go ahead and make that appointment today!

Do you have questions for future issues? Email Sharyn, New Self's Nail Specialist, at ssanabria@newselfrenewal.com.

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

Business Hours

Monday–Thursday
Fitness: 6 am - 8 pm
Café: 6:30 am - 6 pm
Kid Corner: 7:30 am - 7 pm

Friday
Fitness: 6 am - 7 pm
Café: 6:30 am - 4 pm
Kid Corner: 7:30 am - 4 pm

Saturday
Fitness: 7:30 am - 4:30 pm
Café: 8 am - 1 pm
Kid Corner: 8:30 am - 1 pm

Closed Sundays & Holidays