

# New Self News

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



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## New for November

**Spa:** Get a Deluxe Pedicure & receive a FREE OPI Polish. (Color selection will vary, while supplies last.)

**Cafe:** ½ sandwich & cup of soup for \$5 — a different ½ sandwich each day along with a variety of HOT fresh soups.

Specialty Drink of the Month: 16 oz Butter Rum Latte for \$3

**COMING SOON:** Lunch Plates! Tacos, Lasagna & French Dip Sandwiches are just a few of the tasty hot options we'll be making available. Stop by for lunch or dinner—we'd love to see you!

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.

## How to Avoid the Thanksgiving Weight Gain

by Kris Calhoun, [www.associatedcontent.com](http://www.associatedcontent.com)

There are few more tempting times to your dieting effort than the holidays. Thanksgiving in particular can be a kink in your weight loss plan and lead to that unfortunate holiday weight gain. There are however, things you can do and not do to help in avoiding weight gain during the holidays.

- **Stay busy:** One of the best ways of avoiding weight gain around Thanksgiving time is to keep busy. Through your efforts to clean the house, prepare and serve food, and clean up after dinner, you can keep yourself so occupied that you'll hardly have time to eat.
- **Cook it yourself:** Do you ever find that when you cook something yourself, you aren't as tempted to eat it?
- **Watch others:** Watching those around you gorge themselves on fatty food and generally overindulging in everything can be a great motivator to avoid the holiday weight gain.
- **Load up on veggies:** If you find yourself tempted by the palatial spread surrounding you, and can't resist munching on a few tasty morsels, try to keep it healthy. Looking for veggies, fruit and other healthy or low calorie foods can help you dodge the Thanksgiving weight gain.
- **Drink water/tea:** Water and tea are great, low-calorie stomach fillers. While they won't give you that burst of energy you're looking for, they

will fill your gut. The great thing about tea in the wintertime is that it can warm you up and keep you healthy as well.

- **Pass on seconds:** When you sit down to dinner and see the heaping plates of food making the rounds, ask yourself, "Do I really need seconds?" Simply questioning your need to eat can remind you to keep your food intake to a minimum.
- **Skip dessert:** While it might be difficult, skipping dessert is one of the best ways to avoid weight gain. If you have to try Aunt Edna's pumpkin pie, just take a tiny slice. Those first bits are all you really need to get the full effect anyway.
- **Don't loosen the belt:** When you feel that belt growing tighter around your waistband, it's not a signal to loosen it, it's a signal to stop eating. Loosening the belt only furthers the self-destruction of your diet plan.
- **Avoid stretchy pants:** Stretchy pants are the imminent demise to your healthy holiday season. You'll never feel that ever-expanding waistline if there's nothing to contain or control it in the first place.
- **Work/play it off:** After dinner, don't just go plop on the couch or slump in front of the television. Go for a walk, play football with the kids or take the dog out for a walk. Keep your blood circulating and your digestive track percolating.

Go to page 2 for more ideas to avoid putting on those extra pounds during the holidays.

## The Holiday Hustle is Back!

November 30 - January 9

Be proactive during the holiday season with this 6-week program designed to help you stay on track! Plus 25% of proceeds benefit local food pantries!



\*Current New Self members can purchase the Food/Activity Journal for \$10

For \$60 you receive:

- A 6-week membership to New Self\*
- Holiday Hustle Food/Activity Journal
- 10 Quick & Essential Moves workout complete with photos

## Upcoming Events

### Madison's Biggest Loser

Contest continues thru Dec. 7

New Self's Biggest Loser Team was featured on NBC 15 news in October. Visit our website to view the video and to track our team's progress.

### Monday Night Movie & Massage Part II

November 16 ■ 4-7 pm

Get tickled pink with *The Breakfast Club* at 4 ■ *Pretty in Pink* at 5:30

Join New Self as it hosts another evening just for women. Enjoy popcorn, pink lemonade 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** ■ *Pretty in Pink* Mini-Mani w/Paraffin Dip: \$16 ■ 10-min. chair massage: \$8

**IN THE CAFÉ** ■ \$5 gets you a slice each of Veggie Pizza & Fruit Pizza ■ \$2 Raspberry Mocha

Reservations are required. RSVP to 310-6775 by November 11.

### 2009 Women's Expo

November 21-22 ■ 10 am-4 pm

Alliant Energy Center

Don't miss the fabulous fun, entertainment, workshops and FREE stuff to be found at the Women's Expo! Learn about a variety of women-friendly businesses in the Madison area. Attendees who register online get FREE ADMISSION at [www.MadisonWomensExpo.com](http://www.MadisonWomensExpo.com). New Self will have a booth—visit us and receive a free lotion sample.

### 2<sup>nd</sup> Annual New Self Holiday Bazaar

December 2 ■ 4-7 pm

Mark your calendars now for this Holiday Shopping event complete with door prizes, free mini-manicures and chair massages, refreshments and, of course, gift ideas for everyone on your holiday shopping list!

## ■■■ Holiday Fitness Sessions Begin ■■■

### Zumba®

**November 3 – December 17**

Tues/Thurs @ 5:30 pm (no class Nov. 26)

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. Non-members are welcome with purchase of a day pass: Single \$10; Single with children \$15.)

### Flow Yoga

**November 6 - December 18**

Fridays @ 11 am (no class Nov. 27)

Led by instructor Angie Morgan, 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: \$5 per class for members. Non-members are welcome with purchase of a day pass: Single \$10; Single with children \$15.)

### Tip from Our Nail Specialist:

*What do nails reveal about your health?*

The condition of your nails may offer clues to your general health. Here are a few nail disorders that may be linked with illnesses: Beau's lines are indentations that run across your nail. This can appear when growth at the matrix (nail root) is disturbed by severe illness such as a heart attack, measles or pneumonia. Spoon nails are soft nails that look scooped out usually large enough to hold a drop of liquid. This condition often indicates iron deficiency. Remember that these nail conditions are in no way definitive proof of a bigger health problem. Please consult with a medical professional for a diagnosis.

## 5 Tips to Cut Calories this Thanksgiving

The average American consumes 2000-3000 calories at Thanksgiving dinner. That is the equivalent of eating 2 Big Macs, 2 large fries, and a large chocolate shake. The average person would have to walk 20-30 miles to burn off that many calories. If you are watching your weight, is there anything you can do? YES. Here are 5 tips that will help you shave 1000 calories off your Thanksgiving dinner without deprivation.

1. Slim your starters. Choose veggies and low fat dip over cheese and crackers = save 200 calories
2. Trim your turkey. Skip the skin and choose light meat over dark = save 200 calories

3. Limit sides like stuffing and sweet potatoes to ½ cup of each (looks like ½ baseball) or skip one and have a cup of your favorite = save 200 calories (or more)
4. Dilute your drinks. Whether having wine or juice, add sparkling water 1-2 parts sparkling water per part of wine or juice for a refreshing spritzer or sparkling juice drink = save 200 calories (2 glasses)
5. Choose pumpkin over pecan = save 200 calories

Total saved = 1000 calories = 1/3 pound NOT gained in ONE dinner!

Looking for those small but sweet gifts for your children's teachers, babysitters and bus drivers? Here are some fun, inexpensive options to let them know you are thinking about them!

# gifts under \$20

\$17

**FIT GIFT:** INJINJI performance ToeSocks ▪ Sport Beans ▪ Twisted Bar ▪ NEW SELF water bottle

\$15

**WATER BOTTLE of HAPPINESS:** O·P·I Nail Polish ▪ Empoword™ Window Cling ▪ DOVE® BITES ▪ NEW SELF water bottle ▪ Hand Lotion

\$15

**SHIRT & SIP:** Empoword™ T-Shirt (Giggle or Balance) ▪ NEW SELF water bottle

\$2

**EMPOWORD™ WINDOW CLINGS:** SEE IT, THINK IT, BE IT. Window clings come in Balance, Strength & Focus. For your car window, refrigerator or even the bathroom mirror!

### ■■■ 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  
5:30 pm - Zumba

#### Wednesday

8 am, 9 am & 1 pm - Circuit Surprise!  
9 - 11 am - Fitness Menu

#### 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**

**New Self will be closed Thurs.,  
Nov. 26 for Thanksgiving Day.**

**We will be open Friday &  
Saturday, Nov. 27-28.**

**Happy Thanksgiving!**