

# New Self News

January 2010 ■ [www.newselfrenewal.com](http://www.newselfrenewal.com)



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## January New Year Specials

**New Members:** Commit to a 1-year membership by January 31 & enjoy a complimentary Deluxe Manicure/Pedicure.

**Current Members:** January is "Bring a friend for FREE month!" Bring a friend with you for FREE this month to enjoy and experience all that New Self has to offer. If that friend commits to a 1-year membership by January 31, you will receive 50 New Self dollars!

**Spa Services:** Check out our new LOWER prices for 2010! It's now even more affordable to take some time for pampering at New Self!

**Fitness:** The Shape Up/Slim Down Challenge is coming! Inquire at the front desk or watch our website for more information. Plus, a new schedule of fitness classes will begin January 18—stay tuned for details and visit the website for current offerings!

**Cafe:** Sandwich: Hummus pita with spinach, tomatoes & cucumbers for \$3  
Specialty Drink: 16 oz. Hot Apple Cider for \$1  
16 oz. Cherry or Peppermint Hot Chocolate for \$2

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.

## Top 10 New Year's Resolutions

by Albrecht Powell, [About.com](http://About.com) Guide

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Did your New Year resolutions make our top ten list?

- 1. Spend More Time with Family & Friends:** Recent polls conducted by General Nutrition Centers, Quicken, and others shows that more than 50% of Americans vow to appreciate loved ones and spend more time with family and friends this year. Make plans to meet up with friends for an evening of camaraderie at a favorite restaurant or take the family somewhere for some family fun! Work shouldn't always come first!
- 2. Fit in Fitness:** The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better. Why not make this the time to start getting in shape?
- 3. Tame the Bulge:** Over 66% of adult Americans are considered overweight or obese by recent studies, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of Americans who made a New Year's commitment to shed extra pounds.

- 4. Quit Smoking:** If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life! Locally, there are a variety of free support services, hotlines and smoking cessation classes to help you kick the smoking habit.

- 5. Enjoy Life More:** Given the hectic, stressful lifestyles of millions of Americans, it is no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you! Get out and try something new! Take up a new hobby or try your hand at skiing. Go to a theater performance, or head to the local spa. With a little investigation, there is usually a wealth of artistic and recreational activities to meet just about anyone's wishes.

- 6. Quit Drinking:** While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available. Alcoholics Anonymous offers meetings; there are groups for parents of teenage alcohol and drug abusers. There are also a number of treatment-based programs, as Continued on page 2

## Upcoming Events

### Monday Night Movie & Massage Part II January 11 ■ 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 January 8.

### Madison Bridal Expo January 16 ■ 10 am-5 pm January 17 ■ 11 am-4:30 pm

Alliant Energy Center  
[www.wedplan.com](http://www.wedplan.com)

### WELL Expo January 16 ■ 9 am-6 pm January 17 ■ 10 am-5 pm

Alliant Energy Center  
[www.wellexpomadison.com](http://www.wellexpomadison.com)

### Family Fun Day January 17 ■ 1-4 pm

Lussier Community Education Center  
"Come Kick, Play, or Visualize Your Way to a Warmer Day in Wisconsin"—a Community Service Event on behalf of Goodwill Industries in South Central WI. See page 2 for additional events...

### Spa Discount Card: Member Pricing on Spa 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.

Stop by and pick up your New Year's Resolution Contract today! 2010 is the year to become your best self, and the community at New Self can help!

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well as support groups for families of alcoholics.

- 7. Get Out of Debt:** Was money a big source of stress in your life last year? Join the millions of Americans who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead.
- 8. Learn Something New:** Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep. Most local colleges and universities offer distance and adult education programs.
- 9. Help Others:** A popular, non-selfish New Year's resolution, volunteerism can take many forms. Whether you choose to spend time helping out at your local library, mentoring a child, or building a house, there are many nonprofit volunteer organizations that could really use your help. If your time is really in short supply, maybe you can at least find it in you to donate the furniture, clothing and other household items that you no longer need, rather than leaving them out by the curb to fill up our landfills.
- 10. Get Organized:** On just about every New Year resolution top ten list, organization can be a very reasonable goal. Whether you want your home organized enough that you can invite someone over on a whim, or your office organized enough that you can find the stapler when you need it, finding tips and/or resources to help with this can get you started on the way to a more organized life. When you reduce the clutter in your life, often times it is easier to find peace in your home.

**What are your resolutions for 2010? Let New Self help you keep them! Stop by today!**

**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**

**Visit the Fitness page at [www.newselfrenewal.com](http://www.newselfrenewal.com) for a complete list of fitness classes.**

## Parenting With Love & Logic Seminar

Parents of children of all ages are welcome to join us for our very first Parenting Seminar! Our guest lecturer is New Self Member and Certified Love & Logic Instructor, Kathy Priem. Love & Logic is a philosophy of raising and teaching children that helps adults be happier and more skillfully empowered in their interactions with children. Love allows children to grow through their mistakes. Logic allows children to live with the consequences of their choices.

**Saturday, January 30 ■ 9:30-11:30am**

Members, \$10 per person; Non-Members, \$20 per person

Cost includes childcare ■ Class size is limited

## 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

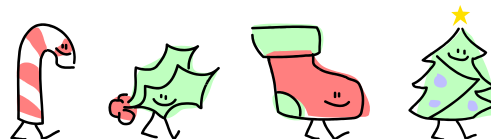
**Includes:**

- 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.

## Holiday Hustle Benefits Local Food Pantries



New Self Renewal Center raised \$1,000 for local food pantries during its 2009 Holiday Hustle fitness program. Many thanks for your support!

**Tip from Our Nail Specialist:**

*Importance of Nail Care*

Caring for nails is as equally important as taking care of and pampering all the other body parts. If you want beautiful and healthy nails eat a healthy diet. It is important to include certain vitamins in your daily diet, including supplements of biotin (a B vitamin), to ensure that your nails are healthy and look beautiful.

**Date Night is Back!**

**January 20 ■ 5-7 pm**

Enjoy a few hours of uninterrupted conversation and a bite to eat with your sweetheart, while the kids have a blast in Kid Corner! Watch the website for more details to come!

**RSVP to 310-6775 by January 15.**