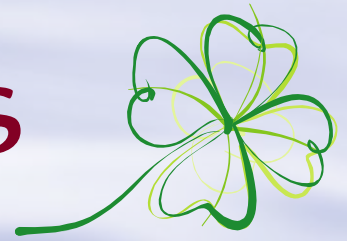


New Self News

March 2010 ■ www.newselfrenewal.com



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

New for March

Spa Specials:

- Introductory 60-minute massage with Michele: \$49 (meet Michele on page 2)
- Jessi's Marathon Special: \$26.20 for a 30-minute massage
- Introductory Mini-Manicure with Sharita: \$12 (meet Sharita on page 2)
- Mini-Pedicure with Tea Tree Paraffin Dip: \$28 member | \$33 non-member

Spa Services: We are pleased to announce that we now offer Prenatal Massage! See page 2 for a detailed description and make your appointment today!

Cafe Specials: Sandwich: BLT for \$3.25
Specialty Drink: 16 oz. Peppermint Hot Chocolate for \$2.75

Fitness: A Prenatal Exercise Class has been added to the Fitness Menu! Whether you're a regular exerciser who wants to stay fit or newly committed to exercise for your health and your baby's, this 45-minute class will effectively and safely condition your growing body throughout your pregnancy by focusing on strengthening and stretching moves.

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.

Finding the Motivation to Exercise

by Sheri Colberg-Ochs, Ph.D. ■ www.dlife.com

Are you one of those many people who makes a New Year's resolution to get more fit and then breaks it by February? You're not alone! Why have you been unsuccessful so far at motivating yourself to exercise regularly? There are a lot of different reasons that affect your ability to follow through on your good intentions. The following tips are designed to help you lose all your excuses and start getting and staying more physically active.

Tip #1: Exercise will give you more energy, not make you tired all the time. You may claim that you're too tired to exercise. Actually, your lack of exercise may be responsible for making you feel that way. Even normally active individuals who take a few weeks off from exercise begin to feel more sluggish, lethargic and unmotivated to exercise. Start standing up and moving around more frequently, and you'll likely feel re-energized instead of drained.

Tip #2: Always have an exercise backup plan. You may have great plans to exercise outdoors, but then the weather fails to cooperate. In that case, you may forego your exercise if you don't already have a backup plan for being active, such as walking in the mall or doing an alternate activity like an exercise video at home that day. Plan ahead for contingencies.

Tip #3: If you don't use it, you lose it. Poor health is another major barrier to exercise participation, but not one that can't be overcome. In fact, becoming more active actually improves your health in so many ways, even if it's ailing. Age itself may be considered an exercise barrier. What you don't use, you lose, though,

so fight back and prevent some of the decline just by being physically active. Even engaging in physical activities around your home helps.

Tip #4: Make exercising as convenient as a drive-through. Exercising can be inconvenient, especially when no parks, walking trails, fitness centers or community recreational centers are near where you live or work. In that case, you may have to commit to dusting off that exercise equipment you have stashed away. If nothing else, use the time that you're exercising at home to also watch your favorite TV show or catch up on your reading.

Tip #5: Exercise one step at a time. The most common excuse for not exercising on a regular basis is lack of time, so stop thinking of exercise as only planned activities and instead simply try to move more all day long. For most people, the majority of their calorie use during the day comes from these types of unstructured activities rather than a formal exercise plan. If you need a visual reminder, wear an inexpensive pedometer as a simple way to motivate yourself to take those steps.

Tip #6: Check around for fun activities in your community. Find out what exercise programs are located in your workplace or nearby in your community. Often times, groups of individuals walk together during lunch breaks, or you may be able to join a low-impact aerobics or other exercise class offered at your workplace or a nearby recreation center. How about taking up ballroom dancing or yoga classes? All activities count, and doing anything is better than doing nothing.

Upcoming Events

Belly Dance Fitness Class

Saturday ■ March 20

9:30-11 am

Cost: \$15 mem. | \$20 non-mem.

Childcare will be provided.

Class size is limited. Register by March 13 to reserve your spot!

Belly Dance Fitness uses the energizing movements of belly dance for a fun workout that targets the entire body. Emphasizes core sculpting and low-impact cardio interval dancing. No previous experience required. Mahela is an experienced belly dancer and has been performing in Madison for several years. She is also certified as a Group Fitness Instructor and a Level One instructor through YogaFit. For more information, go to www.maheladance.com. Call 608.310.6775 to register by Saturday, March 13.

Yoga for Kids

Saturday ■ April 10

9:30-10 am (3-4 year-olds w/adult),

10:15-10:45 am (5-7 year-olds*)

11-11:45 am (7-10 year-olds*)

*adult optional

Cost: \$5 mem. | \$10 non-mem.

Class size is limited. Register by April 5 to reserve your spot!

Children will learn the fundamentals of yoga through the exploration of age-appropriate poses, story-telling and simple breathing to calm the body. This class will emphasize having fun and feeling good. Call 608.310.6775 to register by Monday, April 5.

Parenting with Love & Logic Seminar

Saturday ■ April 24

9:30-11:30 am

Cost: \$10 mem. | \$20 non-mem.

Cost includes childcare ■ Class size & childcare availability is limited

See website for details. Call 608.310.6775 to register by Monday, April 19.

Check out our Fitness Classes for fun ways to get yourself moving!



New Faces at New Self

While you may have already seen them around the Center, we are pleased to officially introduce these new staff members:



Michele Notargiovanni ■ Massage Practitioner

Michele graduated from East-West Healing Arts Institute in 2003 and has been practicing massage for seven years. She has been schooled in both traditional Eastern theory and modern Western science. She is trained in Eastern modalities including TuiNa (Chinese Medical Massage) and Reflexology. Michele specializes in Western-style Deep Tissue and Swedish Massage. Her main focuses is stress, pain relief and relaxation.

Michele received her first massage at age 12 and was hooked. She feels there is something humbling about making people feel good about themselves every single day. Michele began to practice massage not only because it feels amazing; she enjoys passing along the lasting benefits of overall relaxation, relieving tension and stress, and helping clients to maintain a healthy, balanced life. Each person is different, and Michele lets your body tell her what to do and where to go.

In Michele's free time you can find her baking and decorating cakes, visiting her family in Illinois and spending time with her boyfriend Matt and dog Charley.

Michele joins Jessi Koch as our second massage therapist. During March, enjoy a 60-minute massage with Michele for an introductory price of \$49.



Sharita Johnson ■ Nail Technician

Sharita Johnson graduated 2005 from Martin's Cosmetology College. With six years under her belt in this industry she has the perfect combination of skill and experience. Sharita is well known for her massage technique during her nail services. Her goals include keeping her existing clients relaxed and replenished, and striving to keep her new clients happy, informed and rejuvenated.

When she's away from work, Sharita spends time with her beautiful daughter and family and tries to make time to get away regularly to a warmer climate.

Sharita joins Sharyn Sanabria as our second licensed Nail Technician. During March, we encourage you to visit one of our talented nail technicians and enjoy a Mini-Manicure for only \$12.



Cassie Mielke ■ Youth Recreation Director

Cassie came on staff in November 2009 after working downstairs as a full-time teacher in our sister day care company, Koala-T-Kare. Cassie loves to watch kids grow and learn new things every day, and see the excitement in their eyes each time they stop by Kid Corner. Her hope is that every child who visits Kid Corner feels like it is designed specially for them, while still giving Mom and Dad the ability to take some much needed, guilt-free time for themselves!

Cassie has been guiding and educating children for many years. She has been a Childcare Teacher for the YMCA, an Assistant Director and After-School Site Director for MSCR, and an After-School Director for the Wisconsin Youth Company. Cassie graduated from the University of Wisconsin-La Crosse in December 2008 with a bachelor's degree in Recreation Management. When she's not at work, Cassie enjoys going out with friends, spending time with family, scrap-booking, watching movies, traveling and cheering on the UW Badgers! GO BUCKY!

Tip from Our Nail Specialist:

How to avoid breaking or brittle nails

- Avoid using your nails as tools. This means no picking, digging, pinching, etc.
- Increase the amount of calcium in your diet.
- Use products containing alcohol, especially perfumed lotions, sparingly. These items can make nails prone to breaking.
- Wear rubber gloves when you do chores that involve continual submersion in water or contact with harsh detergents or chemicals.

Are you expecting? Check out New Self's Prenatal Services!

- **Prenatal Massage:** Swedish techniques are used to soothe many common discomforts associated with the skeletal and circulatory changes brought on by hormone shifts during pregnancy.
- **Prenatal Exercise:** New to our Fitness Menu, this class will effectively and safely condition your growing body throughout your pregnancy by focusing on strengthening and stretching moves.

See our website for details!

Fitness Classes

(effective January 18 - June 11, 2010)

Monday

10 am - Boot Camp
11 am - Core
12 pm - Fitness Menu
1 pm - Boot Camp
2 pm - Fitness Menu
3 pm - Fitness Menu
4 pm - Fitness Menu
5 pm - Boot Camp

Tuesday

8 am - Senior Exercise
8:30 am - Bosu
9:30 am - Core
10:30 am - Fitness Menu
11:30 am - Fitness Menu
1 pm - Cardio Power Hour
5:30 pm - Zumba

Wednesday

8 am - Boot Camp
9 am - Core
10 am - Theraband
11 am - KettleCore
1 pm - Boot Camp

Thursday

8 am - Senior Exercise
8:30 am - Bosu
9:30 am - Fitness Menu
12 pm - Cardio Power Hour
1 pm - Fitness Menu
5:30 pm - Zumba

Friday

8 am - Boot Camp
9 am - Core
10 am - Bosu
11 am - Flow Yoga
1 pm - Boot Camp

See website for class descriptions. Fitness Menu classes include: Athletic Stretching, Core, Kettleball, KettleCore, Prenatal Exercise, Swiss Ball & Theraband. Fitness Menu classes must be requested by 9 am the day of the class. Members can call 310-6775 to sign up.

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