

# New Self News

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



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## New for April

### Spa Specials:

- 60-minute massage: \$49 on any Monday, Tuesday or Wednesday in April.\*
- Introductory Mini-Manicure with Sharita: \$12\*
- Check out our new gift sets for Spring on page 3. They make great Mother's Day gifts!

**Spa Services:** We are pleased to introduce a number of new massage services and the new "Axxium Gel System" from OPI. See page 2 for descriptions and make your appointment today!

**Cafe Specials:** Chipotle Panini & side of Mac-n-Cheese only \$4.50  
Drink Special: Free coffee refill before 10 am

**Fitness:** If you've been wanting to try Zumba, here's your chance! Due to the Good Friday holiday, our regular fitness schedule will not be held on April 2. Instead, we're pleased to offer Zumba at 9 am. (Class size is limited to 10 on a first-come, first-served basis.)

PLUS, more Zumba will be added to the fitness schedule in the near future—stay tuned!

\*Monthly specials cannot be combined with other promotions or discounts.

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.

## Spring's 10 Most Fattening Foods

by Kathleen M. Zelman, MPH, RD, LD ■ [www.webmd.com](http://www.webmd.com)

### 1. You scream, I scream, we all scream for ice cream.

When the weather warms up, ice cream shops have lines out their doors. And unless you're careful, the calories in these chilly treats add up in a hurry. So forget the toppings, candy mix-ins and waffle cones, and stick with a single scoop of your favorite ice cream. Better yet, choose frozen yogurt or sorbet. At home, stock your freezer with calorie-controlled novelty treats like ice cream sandwiches or bars, or try the new light ice creams that taste like super-premium brands.

**2. Hot dogs**, plain, with chili and cheese, or wrapped in cornbread, go hand in hand with baseball season, whether you're at a Little League game or the big-league ballpark. "Keep it simple, top it with relish, and limit it to one dog, because they are not only high in fat but also contain plenty of sodium," says Susan Moores, MS, RD, a spokeswoman for the American Dietetic Association (ADA).

**3. Chocolates** show up around Easter, again on Mother's Day, perhaps on Father's Day, and in some households, every day. Dark chocolate does have some health benefits, but only if you eat a small portion—not an entire chocolate bunny. "Enjoy an ounce a day of the polyphenol-rich dark chocolate, and keep in mind if you overeat chocolates, the added fat, sugar, and calories negate the health benefits," Moores says.

**4. Brunch** is popular in spring, but brunch foods can wreak havoc on your diet. Typical brunches include breakfast casseroles or quiches loaded with sausages, cheese, butter and cream, all served with hot cross buns, cinnamon rolls, or pastries. Instead, enjoy simply prepared eggs, sliced meats, whole grain breads, and fruit for a still delicious, but more nutritious and less calorie-laden brunch.

**5. Topping, dressings and sauces** on otherwise

spring healthy foods can spell diet disaster. "Hollandaise sauce on asparagus, whipped cream on strawberries, or high-fat salad dressings on salads turn a perfectly healthy food into a high calorie landmine," warns Katherine Tallmadge, MA, RD, author of *Diet Simple: 192 Mental Tricks, Substitutions, Habits & Inspirations*. To keep calories in check, choose lighter versions of your favorite topper, or just add a little dab.

**6. Seasonal beverages** like ice cream drinks, iced coffee drinks, margaritas, tropical cocktails and smoothies are favorites on spring break or for sipping with friends on the deck. "Liquid calories add up so quickly," says ADA spokeswoman Christine Gerbstadt, MD, RD. "Know what is going into your drink, and limit the high-calorie offenders. Otherwise, a few of these drinks can easily add hundreds of extra calories."

**7. Passover desserts** made with nuts, chocolate, and coconut can be calorie landmines, says chef and weight management specialist, Sarah Krieger, MPH, RD. Her advice: Have fruit for dessert, or keep your portion small.

**8. Salads loaded with mayo**, such as chicken and potato salad, are easy to tote in picnic baskets but are also loaded with fat and calories. "This is an easy fix," says Moores. "Simply decrease the amount of mayonnaise or swap for light mayo, add mustard or fresh herbs, and consider other healthy ingredients—like green beans with potatoes or grapes with chicken—to lower the fat content and add a burst of fresh spring flavor." And for your main dish? Just keep it simple. "Eating entrée salads is a great idea during spring, with all the wonderful greens and vegetables, but so often they are also loaded with high fat ingredients like cheese, croutons, mayonnaise salads, and high-fat dressings," says Boston University professor Joan Salge Blake, MS, RD.

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### Upcoming Events

#### 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 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-member

Cost includes childcare ■ Class size & childcare availability is limited

This seminar will give you the tools you need to reduce your stress level, build your confidence and make parenting fun again! You will learn how to set limits in a loving way, make enforceable statements and teach your kids problem solving skills. These techniques produce immediate results because they are simple, practical and easy to learn. **Call 310-6775 to register by Monday, April 19.**

#### 2010 HOPES Walk for Awareness

Saturday ■ May 1

8:30 am - Registration ■ 10 am -

Walk Begins ■ Olin-Turville Park

The 12<sup>th</sup> annual HOPES (Helping Others Prevent & Educate about Suicide) walk for awareness will further its message: "Look Closer. Listen Harder. Save a Life." Visit our website for more information, to register or to purchase an "I Am Here. There Is Hope." t-shirt. All proceeds go to benefit HOPES.



**9. Spring is prime time to fire up the grill and enjoy grilled foods** like burgers, hot dogs, ribs, and steaks. Instead, fill your grill with lower fat items. "Grill poultry, fish, lean meats, fruit and veggies, and stay away from the high fat burgers, giant steaks, and other high-fat items like ribs," suggests ADA spokesperson Marisa Moore, RD.

**10. Coconut** is found in many popular spring dishes, like shrimp, cream pies, cakes, cookies, and smoothies. But coconut contains saturated fat, and in 1 ounce of the sweetened packaged kind in the

grocery store, there are 129 calories and 8 grams of fat. "If you indulge in a large portion of coconut, the calories can skyrocket, because usually the coconut is paired with other high calorie ingredients," warns Gerbstadt. "For example, coconut shrimp that is fried contains about 300 calories, compared to less than 100 for the same portion of simple shrimp cocktail," says Gerbstadt. The cure? Stay away from coconut-laden dishes, and enjoy just a sprinkle of coconut over the top of your favorite spring dishes for flavor and texture. Or try a lighter substitute like crunchy cereal or toasted wheat germ.

## New Massage Services at New Self

### Hot Stone Massage:

Hot stone massage uses smooth, heated basalt stones. These volcanic rocks absorb and retain heat well. The heat is both deeply relaxing and helps tight muscles release.

### Dry Skin Brushing:

Eliminates dead skin cells and tissue toxins, stimulates circulation and improves tone. Immune system is greatly improved with regularity. Your skin will feel luxurious.

### Aromatherapy:

Aromatherapy enhances the effects of massage with pure plant and flower essential oils to create a sense of well-being. Please let your masseuse know you would like to choose a scent to enhance your massage.

### Simply Relaxation Treatment:

This service add-on incorporates all of the techniques of Swedish massage plus a few extras to really indulge you! You receive a heated wrap to keep your feet warm, a warm gel face mask, heated packs to relieve neck tension, and a choice of aromatherapy scents for the ultimate relaxing experience.

### Shea Butter Hand & Foot Treatment:

This service add-on involves a deep-moisturizing treatment for your hands and feet, using a natural shea butter based product.

### Soothing Peppermint Foot Treatment:

This service add-on is a great way to treat yourself; especially if you are particularly stressed. Peppermint oil is excellent for mental fatigue and depression; refreshing the spirit, stimulating mental agility and improving concentration.

## The Axxium Gel System from OPI

### OPI Axxium Soak-off Gel Lacquer System:

Axxium acts as an invisible layer of protection for your natural nails, keeping them strong so that they can grow without breaking. Plus, Axxium gives your nails incredible shine and are virtually weightless. The finish is so sheer and flawless that your own nails show through and stays on, chip-free, for at least two weeks! This semi-permanent odor-free nail lacquer goes on like nail polish in OPI's 12 top-selling shades, then UV-cured and nails are dry! Service includes Mini-Manicure. Maintenance is recommended every 2½ to 3 weeks, depending on how quickly your nails grow. Old color is buffed off; nail growth is filled in with gel, filed and buffed. To finish, nails are polished with your choice of color. (Removal is an additional service that includes a Mini-Manicure.)

### OPI Axxium Gel System:

Strong, beautiful, all-one-length natural nails can be difficult to grow and maintain. You can have the nails you want with Axxium Gel System by OPI. Axxium Gels tips are thin, natural and glossy with a faster finishing time. Maintenance is recommended every 2 ½ to 3 weeks, depending on how quickly your nails grow. Nail growth is filled in with gel, filed and buffed. To finish, nails are polished with your choice of color. (Removal is an additional service that includes a Regular Manicure.)

Visit [www.newselfrenewal.com/services.php](http://www.newselfrenewal.com/services.php) for more details & pricing on these new services. Then book yours today!

### ◆◆◆ 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**

# ☐☐☐ Mother's Day Gift Ideas

## MOMMY'S RENEWAL DAY GIFT SET

\$100 member ■ \$125 non-member

- Gift certificate for Mini-Manicure, Mini-Pedicure & 30-minute Massage
- ½-lb coffee, 8 oz lotion, 4 oz sugar scrub & OPI nail polish
- Includes light lunch, day pass privileges & childcare



## NEW! SPRING GIFT SET \$35

- Three 8 oz lotions (1 of each scent: sweet pea, cucumber, cool citrus basil)
- Gift certificate for Hand Paraffin Dip with polish
- Bonus: day pass & light lunch

## NEW! GETAWAY GIFT SET \$45

- 8 oz lotion & 4 oz sugar scrub (fresh linen)
- Gift certificate for Deluxe Manicure & 1-hour in retreat room
- Bonus: day pass & light lunch



## NEW!

## DELUXE MOMMY & ME GIFT SET \$50

- Baby lotion (baby powder) & Mommy lotion (fresh linen)
- Baby girl headband OR Baby boy blanket
- Gift certificate for Mini-Pedicure
- Day pass including childcare

## NEW! MOMMY & ME GIFT SET \$30

- Baby lotion (baby powder)
- Baby washcloth mitten
- Baby girl headband OR Baby boy blanket
- Day pass including childcare



Go to [shop.newselfrenewal.com](http://shop.newselfrenewal.com) to order online!