

# New Self News

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



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## New for May

### Spa Specials:

- 90-minute Hot Stone Massage for 90-minute Massage price: \$80 member, \$95 non-member\*
- Sweet Pea Mini-Mani with Polish: \$18 member, \$21 non-member\*
- There's still time to order one of our gift sets for Mother's Day (see page 3 for details).

**Nail Services:** Upgrade your next manicure to an Ageless Manicure! For only \$3, this Hydration Therapy Wrinkle Reducing Creme rapidly reduces the appearance of wrinkles and corrects color variation in skin—see visible results in as little as two applications.

**Cafe:** Sandwich Special: Hot ham and cheese sandwich on a cibatta bun, \$4  
Drink Special: 16 oz Raspberry Lemonade, \$1.75

**Fitness:** Join us for our new Saturday Zumba classes at 9 am. (Class size is limited to 10 on a first-come, first-served basis.) PLUS, the summer fitness schedule will be coming soon!

\*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.

## Positive Thinking: Reduce Stress, Enjoy Life More

by Mayo Clinic staff ■ [www.mayoclinic.com](http://www.mayoclinic.com)

Is your glass half-empty or half-full? How you answer this age-old question about positive thinking may reflect your outlook on life, your attitude toward yourself, and whether you're optimistic or pessimistic.

### Understanding positive thinking & self-talk:

Self-talk is the endless stream of thoughts that run through your head every day. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist—someone who practices positive thinking.

### The health benefits of positive thinking:

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

It's unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body. It's also thought that positive and optimistic people live healthier lifestyles—they get more physical activity, follow a healthier diet, and have reduced rates of smoking and alcohol consumption.

**Focusing on positive thinking:** Because your self-talk is mainly negative doesn't mean you're doomed to an unhappy or unhealthy life. You can learn to turn negative thinking into positive thinking. The process is simple, but it takes time and practice—you're creating a new habit, after all. Here are some ways to think and behave in a more positive way:

- **Check yourself.** Periodically during the day, stop and evaluate what you're thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.
- **Be open to humor.** Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings. When you can laugh at life, you feel less stressed.
- **Follow a healthy lifestyle.** Exercise at least three times a week to positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body. And learn to manage stress.
- **Surround yourself with positive people.** Make sure those in your life are positive, supportive people you can depend on to give helpful advice and feedback. Negative people, those who believe they have no power over their lives, may increase your stress level and may make you doubt your ability to manage stress in healthy ways.
- **Practice positive self-talk.** Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about yourself.

**Practicing positive thinking every day:** If you tend to have a negative outlook, don't expect to be

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### Upcoming Events

#### 2010 HOPES Walk for Awareness

Saturday ■ May 1

8:30 am - Registration ■ 10 am - Start  
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.



#### 3rd Annual Jodi Lou Lung Cancer 5K Run/Walk

Saturday ■ June 12

8 am - Registration ■ 9 am - Start  
Oak Bank, Hwy PD, Madison

Join the New Self team for this event as we support a good cause and kick off a summer of fitness. New Self has three members that were friends with Jodi Lou, so you would also be supporting fellow New Self members! All proceeds from the run/walk will go to the Jodi Lou Lung Cancer Foundation, Inc., in supporting lung cancer research at the UW Carbone Cancer Center. Visit [www.jodilou.org](http://www.jodilou.org) for more information and to register for the event.

**Wear your New Self shirt for race day.** Members who didn't receive a shirt at one of last year's events will receive a free shirt if they participate in this event. Additional blue and pink shirts will be available for \$10, so stop by the front desk if you'd like to buy an extra for yourself or a friend.

 Find us on Facebook

◆◆◆ **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, 3 & 4 pm - Fitness Menu  
5 pm - Boot Camp

**Tuesday**

8 am - Senior Exercise  
8:30 am - Bosu  
9:30 am - Core  
10:30 & 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

**Saturday**

9 am - Zumba

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**

EXAMPLES OF TYPICAL NEGATIVE SELF-TALK & HOW YOU MIGHT APPLY A POSITIVE TWIST

Negative self-talk	Positive spin
I've never done it before.	It's an opportunity to learn something new.
It's too complicated.	I'll tackle it from a different angle.
I don't have the resources.	Necessity is the mother of invention.
I'm too lazy to get this done.	I wasn't able to fit it into my schedule but can re-examine some priorities.
There's no way it will work.	I can try to make it work.
It's too radical a change.	Let's take a chance.
No one bothers to communicate with me.	I'll see if I can open the channels of communication.
I'm not going to get any better at this.	I'll give it another try.

Positive Thinking ▪ Continued from pg 1

come an optimist overnight. But with practice, eventually your self-talk will contain less self-criticism and more self-acceptance. You may also become less critical of the world around you. Plus, when you share your positive mood and positive experience, both you and those around you enjoy an emotional boost.

Practicing positive self-talk will improve your outlook. When your state of mind is generally optimistic, you're able to handle everyday stress in a more constructive way. That ability may contribute to the widely observed health benefits of positive thinking.

## Looking for a One-of-a-Kind Mother's Day Gift?

New Self recently added to our line of high quality products we have available for our friends to purchase: **Rosie Blue's Bags**.

These beautiful bags are constructed of high quality fabric that is durable enough for every day use. Just like a snowflake, each bag is unique, so stop by New Self to purchase yours today!



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

- **Prenatal Massage:** Swedish techniques are used to soothe the common discomforts associated with the skeletal and circulatory changes brought on by hormone shifts during pregnancy. Tailored for the expectant mother's needs, prenatal massage reduces stress, decreases swelling in the arms and legs, and relieves aches and pains in muscles and joints.
- **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!**

**Tip from Our Nail Specialist:**

*What are the benefits of acrylic nails?*

- Acrylics are considered the hardest and most durable of all artificial nail methods.
- Acrylic nails are the most common and least expensive due to their popularity. Most salons offer this service and many specialize in acrylic nail applications.
- Nail polish lasts much longer on acrylic nails versus natural nails.

Acrylic nails do need to be filled every 2-3 weeks depending on your natural nail growth. It's best if you set up 2-3 visits ahead of time with a Nail Technician at New Self. This will ensure that you do not let your acrylics overgrow, which can result in lifting.

**A few words from a New Self member:**

"When people ask me where I work out, I tell them 'at the mommy-spa.'"

# ☐☐☐ Mother's Day Gift Ideas

Order by 5 pm on Wednesday, May 5 for **IN-STORE PICKUP** on Saturday, May 8.

## 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!