

# New Self News

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



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## New for June

### Spa Specials:

- Dry Brushing & 30-minute Massage: \$65 member, \$75 non-member\*
- Cucumber Melon Seasonal Pedicure: \$33 member, \$43 non-member\*
- Regular Manicure, 30-minute Massage & Peppermint Foot Treatment: \$65 member, \$75 non-member\*

**Cafe:** Sandwich Special: Chicken Caesar Wrap, \$3.75  
Drink Special: 16 oz lemonade with a shot of Torani syrup or Energy Boost, \$1

**Fitness:** See pg 2 for our new summer Fitness Schedule, starting June 21! Check out our two new classes, Breakfast BAG Club and New Self Sampler, to change up your summer workout!

\*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.

## You Are What You Think: Beat Negative Patterns of Thinking for Better Workouts

by Paige Wahner ■ [About.com](http://About.com) Guide

What do you think about when you exercise? Are your thoughts positive ("dang, I feel good!") or negative ("why can't I lose more weight?")? Noticing your thoughts may be important when it comes to exercise, since negative thoughts can actually keep you from a consistent exercise program. You don't necessarily have to become a walking smile, but figuring out distorted thinking patterns can make exercising easier and, yes, even more fun.

**Perfectionism:** Also known as unrealistic expectations. If you berate yourself for losing only five pounds instead of ten, you may be guilty of this kind of distorted thinking. Why not give yourself credit for your successes? If you've started exercising, that alone is cause for celebration and, if you're seeing some results, that's even better. Everything you do that makes you healthier is a success. Focus on that and take some time to make sure your goal is realistic.

**The Blame Game:** Are you having trouble exercising because your gym is too far away? Or because the weather's bad? Blaming external factors makes it easier to avoid taking responsibility for your own choices. If you're not working out, it's up to you to figure out why you're not sticking to your program. Maybe you don't like going to a gym or maybe your workouts are too hard. Once you figure out the problem, you can take steps to rectify the situation. Explore your reasons for not exercising so you can change your approach.

**I'm a Loser:** Many of us equate self-worth with success. Losing weight means we're good, failing to lose weight means we're bad. If you feel like a failure all the time, it's almost inevitable that you will fail. Remember: what you look like is just one aspect of who you are. Learning to focus on who you are and not just what your body

looks like takes practice. You can start by exploring your body image and learn ways to improve it.

**I Have the Wrong Body:** Have you ever looked at someone and wondered, "Why can't I look like that person?" Mat Luebbbers, About's Swimming Guide, offers some excellent advice in his article, "Self-Esteem and Confidence": "Your abilities are unique (as are those of every human being)...and cannot truly be compared to others." We all have a certain body shape and that shape may not conform to the current definition of "perfect." Instead of tearing yourself down, boost your own ego by focusing on your strengths and on the things you love about your body.

**I Hate My Hip/Buns/Belly/Thighs:** If you've ever looked in the mirror and picked apart every visible flaw with the precision of a brain surgeon, take a step back from the mirror and see yourself as a whole. We all have a body part we love to hate, but remember that your body allows you to walk, run, squat and jump. That belly that seems to attract every calorie you eat serves to protect your spine when you move, sit or stand. Your body works as a whole, so try to appreciate all you can do in a day because of your thighs, hips and belly (regardless of how they look).

### The Antidote to Negative Self-Talk

It sounds simplistic, but beating negative thinking involves noticing your thoughts and changing them to something more positive. Try this activity recommended by Daniel R. Ball, in his article, "Cognitive Strategies": Carry around a pocketful of paper clips. Every time you have a negative thought about yourself, hook the paper clips together in a chain. As Mr. Ball states, "Often clients become motivated to change because they are

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### ...Upcoming Events...

#### 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.

#### SAVE THE DATES: Parenting with Love & Logic returns to New Self this Fall!

##### 5-week sessions

Wednesdays from 5:30 - 7pm

September 8 – October 6

OR

October 20 – November 17

##### Introductory Overview

Saturday, October 9

9 - 11:30 am

Overview not prerequisite for 5-wk session.

More details, pricing and a great learning opportunity for the kids to come in the July newsletter and on our website.



## ■ ■ ■ Summer Fitness Classes ■ ■ ■

(effective June 21 – August 31, 2010)

### Monday

6:30 am - Zumba  
 9 am - Boot Camp  
 10 am - New Self Sampler  
 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 - New Self Sampler  
 5:30 pm - Zumba

### Wednesday

6:30 am - Zumba  
 8 am - Cardio Power Hour  
 9 am - Breakfast BAG Club  
 10:30 & 11:30 am - Fitness Menu\*  
 1 pm - Boot Camp  
 5 pm - Circuit Training

### Thursday

8 am - Senior Exercise  
 8:30 am - Bosu  
 9:30 am - Core  
 12 pm - Boot Camp  
 1 pm - Fitness Menu\*  
 6 pm - Zumba

### Friday

8 am - Boot Camp  
 9 am - Breakfast BAG Club  
 10 am - Bosu  
 11 am - Flow Yoga  
 12 pm - Fitness Menu\*  
 1 pm - Boot Camp

### Saturday

9 am - Zumba

\***Fitness Menu classes include:** Athletic Stretching (30 minutes), Core (1 hour), Kettleball (30 minutes), KettleCore (1 hour), Prenatal Fitness (45 minutes), Swiss Ball (1 hour) and Theraband (1 hour). Fitness Menu classes must be requested by 9 am the day of the class. Members can call 310-6775 to sign up.

Transitional schedule in effect June 14-19. See website for details.

## ■ ■ ■ New Class Descriptions ■ ■ ■

**New Self Sampler:** In a workout rut? Or do you want to know what some of the New Self fitness classes are like? Try out the New Self Sampler, which allows you to experience a small portion of a variety of exercise classes, including: CORE, Kettleball, Bootcamp, Theraband, BOSU and Cardio Power Hour.

**Breakfast BAG (Back-Abs-Glutes) Club:** Start the morning off right! This is a low impact workout focusing on your abs, back and glutes using a variety of accessories (e.g., resistance bands, weights, balls). After class enjoy a complimentary cup of coffee in the New Self Café with your classmates. On Wednesdays your instructor will join you!

**Boot Camp:** If you have been attending Boot Camp, be prepared for CHANGE! Remember...you never know what you're going to get!

## ■ ■ ■ 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**

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surprised at the length of the chain at the end of the day."

At first, just noticing the negative thoughts may be difficult, they happen so fast. But, as you practice, you'll be able to feel them coming on and stop them before they take hold. Instead of thinking, "I'll never finish this workout," try, "All I have to do is try my best." You can even take out your paperclip chain and take one away for every good thought you have...at least until your office manager sends out an email asking who stole all the paperclips.

### Tip from Our Nail Specialist:

Many people assume that gardeners must give up beautiful fingernails to have a beautiful garden. There are three steps a gardener can take to minimize stress and damage to fingernails:

**Step 1:** Take a bar of soap and rake your fingernails over the soap so you have a thick layer under each fingernail. When you wash after gardening your nails will be easy to clean because soil will not be lodged under your nails. **Step 2:** Wear plastic liner gloves (the kind that you would find in a hair dye kit) under your gardening gloves to give you extra protection from any soil that may creep in. **Step 3:** Wash your hands immediately after finishing your gardening work. Use a nailbrush to remove any soil from around your nails and cuticles. Apply a good hand lotion and cuticle cream to your hands after washing. This should leave your nails looking just like they did before you worked in the garden.

## A few words from a New Self member:

"I am very impressed with the quality of care that my boys receive at Kid Corner while I workout....It makes me feel less guilty about working out, when I know [they] are having a blast playing and doing some educational activities. Thank you girls for all you do! My boys have fun, yet still come running to me after my mom time!"

## Looking for a One-of-a-Kind Gift?

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

