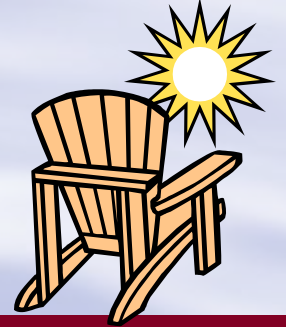


New Self News

August 2010 ■ www.newselfrenewal.com



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

New for August

Spa Specials:

- **Back-to-School Mom & Me Mini-Pedi's with polish:** \$49 member, \$59 non-member (Must be 10 years of age to participate)*
- Get a Deluxe Pedicure and receive a free soy container candle in one of our refreshing summer scents!*
- 60-minute massage (Monday-Thursday): \$49*

*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 for a complete café menu & list of spa services.

ACSM Survey 2010 Fitness Trends

www.medicalnewstoday.com

A lasting trend is developing in health and fitness, according to an American College of Sports Medicine (ACSM) survey published in the November/December issue of *ACSM's Health & Fitness Journal*®. The importance of experienced and educated fitness professionals remains the top fitness trend for the third straight year.

The top 10 fitness trends for 2010 are:

- 1. Educated & experienced fitness professionals.** Because of an increase in the number of organizations offering health and fitness certifications, it's important that consumers choose professionals that are educated and experienced.
- 2. Strength training.** Strength training is an essential part of a complete physical activity program—for all physical activity levels and genders. In addition, some health clubs still focus exclusively on weight lifting and strength training.
- 3. Children & obesity.** Health and fitness professionals see the growing problem of childhood obesity as an opportunity to reverse an alarming trend. There is also an increasing market demand for programs tailored to overweight and obese children.
- 4. Personal training.** Education, training and proper credentialing for health and fitness professionals who act as personal trainers has become increasingly important, and is an integral part of staffing for health and fitness facilities.
- 5. Core training.** Different from strength training, this type of training specifically emphasizes conditioning

of the middle-body muscles, including the pelvis, lower back, hips and abdomen—all of which provide needed support for the spine.

- 6. Special fitness programs for older adults.** With more and more of the baby boomer population reaching retirement age, health and fitness professionals are designing age-appropriate fitness programs to keep older adults healthy and happy well into their golden years.
- 7. Functional fitness.** This is a trend toward using strength training to improve balance and ease of daily living. Functional fitness and special fitness programs for older adults are closely related.
- 8. Sport-specific training.** This trend distinctly relates to young athletes. High school athletes are incorporating training into their off-seasons in order to stay in top shape for their sports, and might join a health and fitness club or local community health organization to increase strength and endurance.
- 9. Pilates.** Incorporating core training using the entire body, Pilates classes have become a mainstay of many health and fitness clubs. Pilates also improves flexibility and posture.
- 10. Group personal training.** Perhaps the most surprising top-10 trend of the survey, group personal training involves small groups, in lieu of one-on-one instruction. The trend may reflect economic difficulties and makes financial sense for both the client and the trainer.

Visit www.newselfrenewal.com/fitness.php for a complete fitness class schedule.

Tip from Our Nail Specialist: What to look for in nail growth products

Stronger nails equal longer, harder, faster growing nails. Look for ingredients such as: Calcium, keratin (the protein that makes up your hair and nails), vitamins A, C, B5 and E, hydrating qualities

such as almond extracts, shea butter, seaweed and other plant extracts. Anti-oxidant qualities, such as aloe vera and green and white tea.

Upcoming Events



New Self is proud to be one of six facilities participating in the **2010 Madison's Biggest Loser** contest.

Registration begins Monday, August 23 and runs through Friday, September 10, at 4 pm.

Stop by to register and let New Self help you lose it all this fall!

Watch your email for more exciting details to come!

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Parenting with Love & Logic Seminars

Art Class for Ages 3-7

5-week Sessions

Wednesdays from 5:30 - 7pm

September 8 – October 6

OR

October 20 – November 17

See pages 3-4 for more

details, then go to

www.newselfrenewal.com/

[events.php](http://www.newselfrenewal.com/events.php) to register!





Parenting with Love & Logic Seminars

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.

Kathy will be giving 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.



5-week Session: Wednesdays, 5:30–7 pm

September 8-October 6 -OR- October 20-November 17

Members: \$40 per person; Non-Members: \$80 per person
plus \$12 materials fee (couples can share)

Deadline to sign-up: Session 1: August 28, Session 2: October 9



Introductory Overview

Saturday, October 9 ■ 9:30–11:30 am

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

Deadline to sign-up: October 2

(Overview is not required to attend 5-week Session.)



Cost includes childcare ■ Class sizes are limited.

In order to tailor her materials to fit your needs, Kathy has requested a few details. **Registration forms are available at the front desk. Please complete one & return with your fee. Thank you!**



Art Exploration for Kids

5-week Session: Wednesdays, 5:30–7 pm

September 8-October 6 -OR- October 20-November 17

(Running concurrently with Love & Logic Seminar)

Members: \$10 per class per child; \$30 per session per child

Non-Members: \$20 per class per child; \$60 per session per child

Deadline to sign-up: Session 1: August 28, Session 2: October 9

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Children ages 3-7 will explore different types of art media such as painting, gluing, coloring and drawing. Each week will focus on different arts and crafts, as the child creates the “Craft of the Week” with the help of instructors. Plus, each session will include “open-ended” art time for them to create whatever they can imagine.

Class size is limited to 10 children. Registration forms available at front desk.