

New Self News

September 2010 ■ www.newselfrenewal.com



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

New for September

- Spa:**
- Book a 60-minute massage, receive a Shea Butter Hand & Foot Treatment with your service*
 - Pomegranate Manicure with Paraffin Dip: \$25 members, \$30 non-members*
 - Try one of the new Fall Scents: Sweet Pumpkin Spice, Pomegranate or Cranberry Apple. Pick up a lotion or soy candle today!

Current Members: September is "Bring a friend for FREE month!" Bring a friend with you for FREE this month to enjoy and experience all that New Self has to offer. Remember, referrals for 1-year memberships result in 25 New Self dollars in your account!

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.

Healthy Eating in a Hurry

By Chris Woolston ■ www.ahealthyme.com

Do you measure your meals by the minutes? When you're pressed for time, "fast food" takes on a whole new meaning and importance. Many of us simply don't have a few spare hours to spend in the kitchen. We look for shortcuts and time-savers, often sacrificing good nutrition in the process. But quick food doesn't have to be unhealthy. With a little planning, you can eat well in a hurry.

Making the most of your kitchen time

You don't have to spend hours in the kitchen to enjoy home-cooked food. The right tools—and a can-do attitude—make cooking fast and easy. Consider investing in a few time-saving gadgets, such as a food processor or blender for everything from chopping veggies to making creamy soups and smoothies, as well as a sharp knife and flexible cutting board for efficient slicing and dicing. If you prefer a slow-cooked taste, buy a crock pot. You can load it up with ingredients in the morning, and enjoy a savory meal as soon as you come home from work.

Whatever you're making, look for shortcuts and think "fast." The recipe may say that the chicken needs to marinate for three hours or the chili should simmer for two hours, but things will taste just fine if you need to reduce the suggested time a little. When possible, cook in large batches so you have leftovers for tomorrow's lunch or dinner. It doesn't take much more time or effort to cook four servings of spaghetti (or rice or potatoes or meat) instead of two.

Stir-fries provide a tasty blend of nutrition and efficiency: Cook up some sliced meat or tofu, add vegetables and stir-fry sauce, and serve over brown rice. Now you're looking at a great lunch tomorrow in addition to dinner tonight. Some leftovers—including soups, stews, and many casseroles—can be frozen and reheated. Learn how to cook a few simple meals well, perhaps a three-bean chili, couscous, or chicken casserole.

When you have a little extra time, prepare and store individual ingredients for future meals. For example, hard-boil a few eggs and put them in the fridge (for up to a

week) to use later in sandwiches and salads. Shred extra cheese, put it in a baggy, and keep it in the refrigerator. Freeze a few cups of chopped onions or peppers for future stir-fries, soups or pasta sauces.

Smart shopping

Taking multiple trips to the grocery store every week is inefficient. Buying everything you need for the week in a single trip will definitely save time, and most likely money, too. You'll also use less gas and have fewer chances to make impulse purchases.

Naturally, it will help if you have a rough idea of your week's menu before you head to the store. You don't need to plan every single meal, but be sure to have the fixings for one or two standby dishes. You can make mealtime easier and expand your options by buying "mix-and-match" items such as rice, pasta, eggs, frozen vegetables (including stir-fry mixes and other blends), meat, poultry and a supply of basic seasonings.

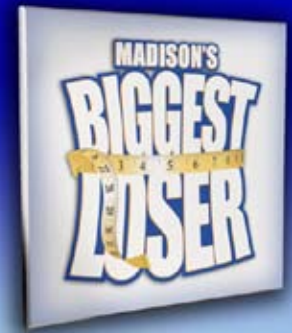
To cut down on extra dashes to the store, try buying your week's worth of produce and milk in one trip. Use up the most perishable fruits and veggies (such as asparagus and strawberries) first, and save the heartier items (like apples and cauliflower) to use later in the week. You may also want to buy frozen blueberries or strawberries to sprinkle over your cereal or blend into smoothies.

In addition to the fruits and vegetables in your refrigerator, freezer, and fruit bowl, stock your cupboards with canned tomatoes, kidney beans, and other canned produce. (Contrary to common belief, canned produce can be just as nutritious as fresh.) Fortify your pantry with a few long-lasting staples including premade broth, canned tuna, dried soups, and whole grain pancake or biscuit mixes. Sandwich bread and tortillas can be handy, too.

A sandwich or a wrap may not fit the traditional definition of "dinner," but it's quick and filling. Stop by the deli section at your grocery store for some sliced sandwich fixings. Most delis also have roasted chickens—a tasty main course that could stretch for at least a couple of meals. Any chicken that you don't eat the first night can quickly live up a soup or pasta dish the next night.

Continued on page 2

Upcoming Events



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

Registration ends Friday, September 10, at 4 pm.

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

Go to www.newselfrenewal.com/biggest_loser.php for more information about New Self's Biggest Loser Philosophy.

■ ■ ■

Parenting with Love & Logic Seminars

5-week Session:

Wednesdays from 5:30 - 7pm
October 20 - November 17

Introductory Overview:

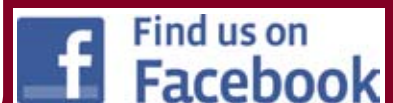
Saturday, Oct 9, 9:30-11:30 am

Art Exploration for 3-7 year olds

5-week Session:

Wednesdays from 5:30 - 7pm
October 20 - November 17

See pages 3-4 for more details, then go to the Events page of our website to register!



■■■ Fall Fitness Classes ■■■

(effective September 1 – December 17, 2010)

Monday

8 am - Boot Camp
9 am - Hatha Yoga
10 am - New Self Sampler
11 am - Core
1 pm - Boot Camp
5:30 pm - Boot Camp

Tuesday

6:30 am - Boot Camp
8 am - Senior Exercise
8:30 am - Bosu
9:30 am - Core
10:30 am - Fitness Menu*
1 pm - New Self Sampler
4:30 pm - Zumba
5:30 pm - Boot Camp

Wednesday

8 am - Cardio Power Hour
9 am - Breakfast BAGS Club
10 am - Fitness Menu*
11 am - Mid-week Muscle Focus
1 pm - Boot Camp
5:30 pm - Hatha Yoga

Thursday

6:30 am - Boot Camp
8 am - Senior Exercise
8:30 am - Bosu
9:30 am - Core
1 pm - Boot Camp
5 pm - Boot Camp
6 pm - Zumba

Friday

8 am - Boot Camp
9 am - Breakfast BAGS Club
10 am - FITNESS MENU*
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.

NOTE: New Self will be closed Monday, September 6 for Labor Day.

■■■ New Class Descriptions ■■■

Hatha Yoga: (Class Limit: 12) Class open to all levels (from complete beginner to advanced). Each class will focus on a universal heart-oriented theme that will connect through a brief guided meditation to a series of poses. Participants will use breath and movement to cultivate physical awareness and sensitivity as well as increase strength, balance, flexibility and inner peace. Empty bellies, comfortable clothing and a light-hearted sense of play encouraged. Classes taught by Sarah Kissel.

Mid-Week Muscle Focus: (Class Limit: 10) This muscle conditioning class will focus on different muscle groups from week to week, utilizing a variety of equipment. Will it be arms? Legs? If you want one area of your body to feel really worked in the middle of the week, this is the class for you!

■■■ 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

Healthy Eating in a Hurry ■ Continued from page 1

Consider buying a few nonperishable items for “emergency” meals on the run. A stash of granola bars, dried fruit, and a container of juice or two in your car or briefcase can be a lifesaver if your meeting runs long or the kids need a boost after school or practice.

Beware of some quick “fixes”

Microwave dinners, fast food, and “ready-to-eat” meals can definitely save time, but proceed with caution. Such meals are often high in salt, fat and calories, and probably cost more than food you can whip together yourself. A home-cooked meal will likely taste better, too, no matter how rushed you are for time.

You may not be a master chef, but you can cook better than some machine or fry cook on an assembly line. When eating fast food, consider skipping the fries and the regular sodas. They’ll both give you loads of calories without much nutrition. Most fast-food restaurants now offer other sides and beverages that can add up to a real meal in no time.

Take a little time

Your schedule may be packed, but you should still take a few minutes to enjoy your meals. Racing the clock to chow down your food isn’t fun—and it’s not especially healthy, either. The American Dietetic Association recommends eating at a table with an actual plate whenever possible. If you eat too quickly, you may end up overeating before your stomach has a chance to feel full. Slow down long enough to savor what you’re eating. Chew slowly, enjoy your food, and then get on with your busy day.

A few words from a New Self customer:

“I have been a member of New Self Renewal Center for approximately 5 months. I am extremely happy with the club. I am very impressed with the friendly, professional staff. The workout classes are awesome!! I have found the members to be friendly and welcoming.”

Tip from Our Nail Specialist: How To Get Soft Hands in 10 Minutes

When it comes to summer, everyone’s focus and priority are the feet and making them soft and ready for summer sandals—but what about the hands? Here’s how to get and keep your hands soft all through the year!

Peel: Just like you treat your face to a soft peeling once a week you can “peel” your hands to make them look and feel soft and gentle. All you need is a little honey, a few drops of lemon and a tablespoon of sea salt. Mix those ingredients together and rub your hands for a few minutes. Your hands will feel like new instantly! Do this every now and then, especially during winter or summer, when the skin dries out. If you aren’t interested in making your own, New Self’s sugar scrub is a deliciously-scented option!

Moisturize: Naturally, after a peel, you should moisturize with a good hand lotion, like our New Self paraben-free lotion. Maybe try one of our Fall Scents: Sweet Pumpkin Spice, Pomegranate or Cranberry Apple. Make it a habit to use lotion every night before you go to sleep—you’ll wake up with the softest hands!



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 ■ October 20–November 17

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

Deadline to sign-up: 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
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: October 9



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.