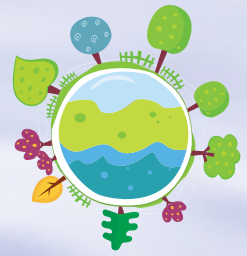


# New Self News

March 2011 ■ [www.newselfrenewal.com](http://www.newselfrenewal.com)



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## New for March

- Spa:**
- Add a Tea Tree Paraffin Dip to any Nail Service for \$3.
  - Add a Peppermint Foot Treatment to any Massage for \$3.
  - New Shellac colors are coming in mid-March. Stay tuned!

**Featured Gift Set: I Love You** – includes ½-lb gourmet coffee, 8 oz lotion and 4 oz sugar scrub in our fresh linen scent, and a gift certificate for two 30-minute Massages. Cost: \$80

**Fitness:** ■ Try out our **Introduction to Yoga Workshop**, designed for those who are new to the practice of yoga or just want a basic review of the foundations that make yoga so beneficial. Hurry, registration ends Saturday, March 12! (See sidebar for details.)

■ Are you ready for a lifestyle change? Check out **Evolve**, our new fitness program based on the Biggest Loser Competition. Register by April 15. To sign up, download a registration form and turn in at front desk with your payment. (See page 2 for details.)

■ Please note that we've added another fitness class to our Spring Session. Boot Camp with Alicia will be held each Monday night at 4 pm.

**Café:** Enjoy a 16 oz Mint Chocolate Mocha for \$3 in our newly renovated café!

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.

## March is National Nutrition Month

<http://www.medicinenet.com/script/main/art.asp?articlekey=12728>

The National Nutrition Month® (NNM) is a nutrition education campaign sponsored annually by the American Dietetic Association (ADA) and its Foundation.

It is appropriate and fitting that March is National Nutrition Month, since it is in between winter and spring. Winter holiday gatherings have past and have left many of us with cherished memories and frequently unwanted weight gain!

Healthy eating and routine exercise are needed all year round; but many of us need a friendly reminder to get ourselves back on track. Be kind to your body and reacquaint yourself with healthy eating habits and fitness. Replace your unhealthy habits with smart health choices for a healthier body.

**Healthful eating fuels physical activities at every stage of life.**

Well-nourished and active children and teens grow, develop, and learn better. Good nutrition also helps ensure a healthy pregnancy and successful breastfeeding. And, healthful eating and active living help adults and seniors feel their best, work productively, and lower their risk for a variety of conditions.

Fitness at every age comes from a lifestyle that includes good nutrition and regular physical activity. The sooner you start the better your health.

**Food and physical activity choices are personal.**

Foods nourish your body. Being well-nourished means you get enough of the nutrients your body needs. Part of being well nourished also means eating portions of foods just right for you. The true definition of fitness refers to your own optimal health and overall well being. Fitness is your good health—at its very best.

**Food is a source of pleasure and good taste.**

The taste of foods adds pleasure to eating—especially if you eat a greater variety of foods and learn how to include your favorites in an overall healthful eating style.

Staying fit means you have a better chance for a higher quality of life, and perhaps a longer one, too.

**When you are fit, you:**

- Improve your mood, reduce your stress, and increase your energy.
- Reduce your risk for heart disease, cancer, and diabetes.
- Can look and feel your best.
- Have the physical strength and endurance to do the things you want to do. ■■■

Text **SELF** to 30364 for a great New Self spa offer and other deals in and around Madison!

### Upcoming Events

#### Introduction to Yoga Workshop

Saturday, March 19

10 am – 12:30 pm

REGISTRATION DUE: March 12

\$10 per person for members,  
\$20 per person for non-members  
Childcare provided, space is limited.

So yoga seems to be everywhere, but you've yet to give it a try? This workshop will teach you proper alignment in basic yoga postures and attune your sensitivity to where your body is right now, not where you think it should be. You'll learn how to use yoga in your daily activities and begin to feel the benefits of this ancient practice right away. Visit our website for more details and registration information.

#### Half Pint Resale

Friday, April 8 ■ 2-8 pm

Saturday, April 9 ■ 8 am - 5 pm

**Goodman Community Center**  
149 Waubesa St. ■ Madison

Semi-annual childrens consignment sale, designed to give area families a thrifty solution to raising a family in tight economic times.

Visit [halfpintresale.com](http://halfpintresale.com).

Go to [www.newselfrenewal.com/events.php](http://www.newselfrenewal.com/events.php) for the latest information on events at New Self Renewal Center. If you have an idea for a class or event, email us at [info@newselfrenewal.com](mailto:info@newselfrenewal.com).

 Find us on Facebook



Are you ready for a lifestyle change?

April 18 - July 4

Healthy weight loss is about lifestyle changes, not fad diets or programs. Believe it or not, implementing certain lifestyle changes allows you to lose weight naturally without obsessing about your weight. Get ready to *evolve!*

\$149\*

Register by April 15  
Class is limited to 12

\*Cost does not include membership. 3-month membership required to participate.

Download a registration form from our website and turn it in at the front desk with payment.

Remember: Commitment + Action = Results

## Winter/Spring Fitness Classes

(effective January 3 - June 10, 2011)

### Monday

6:30 am - Boot Camp  
8 am - Boot Camp  
9 am - Hatha Yoga (75 minutes)  
10:30 am - New Self Sampler  
11:30 am - Core  
1 pm - Boot Camp  
4 pm - Boot Camp

### Tuesday

8 am - Senior Exercise  
8:30 am - Bosu  
9:30 am - Core  
10:30 am - Fitness Menu\*  
1:00 pm - Boot Camp  
4:30 pm - Zumba  
5:30 pm - Cardio Kickboxing

### Wednesday

6:30 am - Boot Camp  
8 am - Cardio Power Hour  
9 am - Breakfast BAGS Club  
10 am - Mid-week Muscle Focus  
11 am - Fitness Menu\*  
1 pm - Boot Camp  
5:30 pm - Hatha Yoga (75 minutes)

### Thursday

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

### Friday

6:30 am - Boot Camp  
8 am - Boot Camp  
9 am - Hatha Yoga (75 minutes)  
10:30 am - Breakfast BAGS Club  
12 pm - Fitness Menu\*  
1 pm - Boot Camp

### Saturday

9 am - Cardio Kickboxing  
10 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.

Visit [www.newselfrenewal.com/fitness.php](http://www.newselfrenewal.com/fitness.php) for more information.

## New Class Descriptions

**Cardio Kickboxing:** (Class Limit: 12) Cardio Kickboxing is a high-energy class that combines standard boxing striking patterns with martial arts techniques to create an intense cardio workout. Using no equipment, this workout incorporates a number of upper body punches and lower body kicks in way to burn calories and improve your cardio fitness! Newcomers are always welcome!

## Business Hours

### Monday-Thursday

Fitness 6a-8p, Café 7a-6p,  
Spa 9a-7p, Kid Corner 7:30a-7p

### Friday

Fitness 6a-8p, Café 7a-4p,  
Spa 9a-7p, Kid Corner 7:30a-4p

### Saturday

Fitness 7:30a-4:30p, Café 8a-1p,  
Spa 8a-4p, Kid Corner 8:30a-1p

Closed Sundays & Holidays

## BUSINESS PARTNERS:

- Check out the new Partners page on our website:
- [www.newselfrenewal.com/partners.php](http://www.newselfrenewal.com/partners.php) and help us support other local businesses in the Madison area!

## A few words from a New Self customer:

"I have been encouraged in caring for myself through personal training from [New Self's] fitness instructor Christina Dexter, who also is a licensed physical therapist. Being a mother herself, she understands the needs of the body after giving birth, and has modified instruction to help me and the other members regain strength & endurance. Working out several times a week in a fun, supportive atmosphere does wonders for my body and my mental state."

Kathy