

BE PROACTIVE

OCTOBER 2025 Newsletter

WHAT'S HAPPENING

FAMILY & FRIENDS WEEKEND

Members may bring in guests for free on Saturday, Oct. 4th and Sunday, Oct. 5th. Check in all guests at the front desk.

HEALTH SCREENINGS

- Cholesterol: Wednesday, October 1st 8:00 - 10:00 a.m. \$25
- Blood Glucose: By appointment \$15
- InBody™: By appointment \$35

INFORMATION SESSION - WHY WORK WITH A DIETITIAN

Bring your questions and learn about the benefits of this type of support. Tuesday, October 14th, 1:00 - 1:30 p.m. Free for Members \$15 Non-members

DANCE BLAST PARTY

Celebrate movement with a variety of heart healthy and joyful genres of dance. Get ready to move your bones during this Halloween-themed party on Sunday, October 26th, 1:00 - 2:15 p.m.

NUTRITION COOKING DEMONSTRATION

HARVEST GRAIN BOWLS

Wednesday, October 29th 12:00 - 1:00 p.m.

\$15 Members \$30 Non-members

Participants receive samples, recipes and cooking tips.

HEALTH COACHING SALE

Save 10% October through December on a three month *BeWell* health coaching subscription.

- *MoveWell* coaching is with a personal trainer and health coach.
- *EatWell* is coaching with a personal trainer and dietitian.

See Member Services for more information.

BODYWEIGHT EXERCISES:

A Little More Challenging Than You Think

By Ryan Burger, PTA, CSCS, Physical Therapy Assistant

If you think bodyweight exercises are “too easy” or “don’t do anything to build strength” you will be surprised to find out how effective bodyweight exercises are. Bodyweight exercises tend to use more muscles at the same time than a lot of exercises that use dumbbells or machines that isolate joints.

Take, for instance, the push-up. When you do a push-up, you are using your upper body, (chest, shoulders, triceps, biceps, shoulder blades, etc.) but if you are doing them correctly with your body in a straight position from your head to your heels, you will notice after so many repetitions that your glutes, abs and thigh muscles are starting to strain to keep you in a proper position. A lot of muscle involvement is occurring and when that happens, more calories are burned. Push-ups can also be performed on hands and knees. You just need to ensure your back is flat from your head to your hips. If that is too challenging, use a counter top or wall. The technique is the same and the same muscles are being used.

Squats are another great bodyweight exercise using a lot of muscles when performed properly. Begin with your feet shoulder distance apart (a little too far is better than not far enough). Focus your eyes straight ahead to help maintain your balance and low back stability. Start by bending your knees and at the same time push your hips back like you are going to sit down. This should make your shoulders move forward which helps maintain balance and allows your weight to be on your heels, not your toes. Squat down as far as comfortable. Push back up to extend your knees and hips fully. You have just used most of your leg, hip and core muscles to perform the exercise. The legs and hips do the work while the low back and abdominals help stabilize the spine. This is an awesome exercise if you have the start of arthritis in your knees or hips or even the low back. You can do a lot of reps properly which may help alleviate some of the arthritis symptoms and help you with transferring from sitting to standing or getting in and out of a vehicle.

Pull-ups can also be done with bodyweight only. You tighten your abs as you pull your chin over the bar. You will notice your shoulder blades and biceps doing a lot of work but as you fatigue, your abs kick in a little more as well. If a regular pull-up is too challenging or you don’t have an overhead bar, use a pull-up machine where you kneel on a pad and set an “assistance weight” which takes a percentage of your body weight away, making the exercise easier to perform. There is a “assistance weight” pull-up machine on the west end of the Wellness Club’s second level.

These three bodyweight exercises, which make multiple muscles and joints work together, not only strengthen and stabilize but can improve your function and burn a lot of calories. As with all exercise, consult your doctor if you are unsure. If you have any pain, remember to stop, assess and potentially modify the exercise as needed.

SPECIAL EVENTS

STRENGTH 4 SENIORS

FOUR-WEEK SERIES - TWO OPTIONS

October 6th - 30th

Mons. & Weds., 11:15 a.m. - 12:15 p.m. or

Tues. & Thurs., 10:45 - 11:45 a.m.

\$80 Members \$200 Non-members

TRX FOR BEGINNERS

FOUR-WEEK SERIES

Sundays, October 19th - November 9th

3:30 - 4:15 p.m.

\$15 Members \$80 Non-members

CARs FOR THE ARMS WORKSHOP

Saturday, October 18th

11:00 a.m. - 12:00 p.m.

\$10 Members \$30 Non-members

INTRO TO CYCLING CLASS

Saturday, October 18th

9:30 - 10:30 a.m.

Free for Members \$20 Non-members

NIA INSPIRED DANCE CELEBRATION

Saturday, October 4th

10:30 - 11:30 a.m.

Free for Members & Non-members

AYURVEDA FOR MODERN

MIDWESTERNERS

THREE-WEEK SERIES - TWO OPTIONS

Thursdays, October 9th - 23rd

9:45 - 10:45 a.m. or

Sundays, October 12th - 26th

9:00 - 10:00 a.m.

\$15 Members \$80 Non-members

AQUA ZUMBA

FOUR-WEEK SERIES

Wednesdays, October 8th - 29th

6:45 - 7:30 p.m.

\$5 Members \$65 Non-members

PREVENTING FALLS

TWO-WEEK SERIES

Wednesdays, October 15th & 22nd

1:00 - 2:00 p.m.

\$5 Members \$15 Non-members

YIN & MYOFASCIAL RELEASE

WORKSHOP

Friday, October 10th, 5:30 - 7:00 p.m.

\$10 Members \$28 Non-members

RETHINKING SUCCESS

By Jason Cooper, CSCS, NSCA-CPT, Fitness Trainer

When it seems like we're not making progress, changing our nutrition, sleep, stress level and the frequency and intensity of our workouts often yields measurable results. Other times, the benefits of our efforts might not be evident. But that doesn't mean we aren't being effective. Here are ten things to ponder when we are looking for results, but don't see them:

1. Exercise slows aspects of the aging process, helps diminish symptoms of chronic health issues and gives a mental boost. These positive changes are hard to measure.
2. Since it's easier to decline than maintain, preserving our strength and endurance are achievements.
3. With a broad view of success we can account for aspects of wellness that can't be quantified, like perseverance, character and hope.
4. Stagnation and setbacks are not necessarily enemies of growth and development, but steps along the way.
5. Success doesn't always mean evading setbacks in health or getting rid of what impedes us, but learning to work in, with and through it.
6. It's not realistic to always produce measurable results, but it is realistic to cling to our patterns, processes and values and that's a lofty achievement by itself.
7. Positive habitual behaviors have a way of masking perceptible progress, which means our healthy acts have hidden benefits.
8. We don't know the symptoms, weaknessness and injuries we may have had if we never exercised.
9. Achievements are relative. What is a victory for one person might not be for another.
10. When we account for immeasurables, we see conventional notions of success may fail to value qualities worthy of aspiration.

PREVENT T2 & LIVING WELL

Prevent T2 is a 12-month diabetes prevention program which meets every week for the first six months and then meets once per month for the last six months. Starts Monday, October 13th, 5:30 - 6:30 p.m.

Investment: \$350 Members \$450 Non-Members

How to Live Well with Chronic Pain is a six-week series providing education and action items to help make changes that lead to an improved quality of life.

Starts Tuesday, October 21st, 1:00 - 3:00 p.m.

Investment: \$60 Members \$100 Non-Members

MINI HEALTH COACHING SESSIONS

Are you curious about health coaching? Do you want to see what it's like before committing to this service? **Schedule a complimentary mini health coaching session in October.** During these 20 minute appointments, you will experience a sample of this collaborative, personalized process that helps individuals achieve sustainable lifestyle and behavioral changes.

Schedule at the front desk for these dates and times:

Tuesdays, October 7th, 14th & 21st: 7:00 - 9:00 a.m., 12:00 - 1:30 p.m.

5:00 - 8:00 p.m.

Thursdays, October 9th, 16th & 23rd: 7:00 - 9:00 a.m., 12:00 - 1:30 p.m.