

BE PROACTIVE

JANUARY 2026 Newsletter

WHAT'S HAPPENING

20TH ANNIVERSARY TEES

Special tees, commemorating the Club's 20th anniversary, are available in the ProShop. Four colors to choose from. \$24 Short Sleeve \$29 Long Sleeve

GROUP FITNESS

NEW CLASS: Gentle Yoga
Thursday, 6:30 - 7:15 p.m.

REFORMER CLASSES

Mons. & Weds., January 5th - 28th
5:15 - 6:00 a.m. & 6:15 - 7:00 a.m.
Free for Members
Thursday, January 8th - 29th
12:30 - 1:30 p.m., \$25

REFORMER DEMOS

Thursdays, January 8th - 29th
11:00 - 11:20 a.m. 11:30 - 11:50 a.m.
12:00 - 12:20 p.m. Free for Members

MAT PILATES CLASS

Wednesdays, January 7th - 29th
10:00 - 10:45 a.m. Free for Members

BARRE PILATES CLASSES

Wednesdays, January 7th - 28th
1:30 - 2:15 p.m. Free for Members
Thursdays, January 8th - 29th
4:30 - 5:15 p.m. Free for Members

PREVENT T2

Begins Tuesday, January 27th and meets from 6:00 to 7:00 p.m. This small group coaching diabetes prevention program helps participants learn how to lose weight, increase physical activity and manage stress. Includes 24 weekly sessions followed by six monthly check-ins. \$350 Members \$450 Non-members

PRIVATE SWIM LESSONS

On sale in January and February! Save 10% on any quantity of private or semi-private swim lessons.

REBUILDING OUR RESOLUTIONS

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

It's exciting when we get a burst of inspiration and set a New Year's resolution. It's less exciting to learn that 80% of New Year's resolutions fail by February 1st. Why do they fail? Here are ten common flaws followed by their remedies.

1) Goals are too big.

Shrink the goal. Sometimes big changes work, but smaller goals create long-term change more effectively.

2) Goals rely on the new year.

Rely on systems and rhythms. Prep food and lay out gym clothes the night before. Remove obstacles. Stock only foods that help you feel your best. Stack habits. Walk for ten minutes after lunch. Track progress. Use charts, sticky notes, calendars or journals.

3) We focus on goals, not values.

Make a list of personal values as well as goals. These are things that can't be checked off or completed. Ask ourselves, "What really matters to me and why?"

4) Goals are all-or-nothing.

Use range-based goals instead of a single target. Watch for effort and direction, not flawless outcomes. Notice non-scale progress, like energy and mood. Review and revise goals if needed.

5) We assume ideal conditions.

Assume friction. Plan for old urges, lapses, home repairs and sick days. Hold onto the idea that lapses don't cancel progress but are part of the process.

6) Goals are vague.

Create specific, trackable, realistic, meaningful and deadline-based goals. Write down what life will look like if we do or don't achieve them.

7) We think we can do it alone.

Seek out a friend who is invested in your journey and hire a professional.

8) We don't appreciate the scope of the journey.

Remind ourselves this is an ongoing commitment, not a sprint. And sustainable growth comes from consistent effort, learning and adjustment over time.

9) We focus on doing, not being.

Write down who we want to be, not just what we want to achieve. Being leads to doing. The pursuit of our values and goals looks unique.

10) Goals become unfun.

Make it fun and satisfying. Tie exercise to a favorite activity. Claim small wins. Try new workouts. Use affirmations instead of criticism.

20TH ANNIVERSARY

When the Wellness Club opened January 31, 2006, the Lincoln Journal Star called the club "pretty swanky." High praise but it is really the members who make this a special place. Currently there are over 3,500 members and 170 have been here the full 20 years! These charter members will receive a special Thank You gift in January. There will be special drawings for massages and free dues plus a free guest week January 24th - 31st. Also this month, we will be asking for members to share how their life, goals and health have changed in the last 20 years and the role the Wellness Club has had in that journey.

SPECIAL EVENTS

STRENGTH 4 SENIORS

THREE-WEEK SERIES

January 5th - 29th

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

Tues. & Thurs., 11:45 a.m. - 12:45 p.m.

\$80 Members \$200 Non-members

PRECISION KICKBOXING

FOUR-WEEK SERIES

Tuesdays & Thursdays

January 6th - 29th, 8:15 - 9:00 a.m.

\$40 Members \$120 Non-members

TRX FOR BEGINNERS

FOUR-WEEK SERIES

Wednesday, January 7th - 28th

8:00 - 9:00 a.m.

\$15 Members \$ 80 Non-members

AQUA ZUMBA

FOUR-WEEK SERIES

Wednesday, January 7th - 28th

6:45 - 7:30 p.m.

\$5 Members \$65 Non-members

I KNOW I SHOULD EXERCISE

FOUR-WEEK BOOK STUDY

Saturday, January 10th - 31st

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

\$35 Members \$70 Non-members

WELLNESS WARRIORS

SIX-WEEK SERIES

January 12th - February 21st

Small group personal training, individualized coaching & InBody assessments.

\$189 Members \$350 Non-members

EMPOWERED RELIEF WORKSHOP

Thursday, January 22nd

10:30 a.m. - 12:30 p.m Virtual

\$20 Members \$35 Non-members

NUTRITION WORKSHOP

THE MIND DIET

Wednesday, January 28th

1:00 - 2:00 p.m. or 6:00 - 7:00 p.m.

\$5 Members \$15 Non-member

NUTRITION INFO SESSION

WHY WORK WITH A DIETITIAN?

Tuesday, Jan. 13th, 1:00 - 1:30 p.m.

Wednesday, Jan. 14th, 6:00 - 6:30 p.m.

Free Members \$15 Non-members

IMMUNE HEALTH Why It Matters in Winter

Winter is a magical season, but it also asks a little more from your immune system. As temperatures drop and we spend more time indoors, viruses get more opportunities to spread. Here's what changes this time of year:

1. *Cold air dries out your nose and throat, making it easier for viruses to enter.*
2. *People spend more time indoors. Closer contact causes a higher transmission of respiratory viruses.*
3. *Less sunlight means lower vitamin D, a nutrient that supports immune function.*

Small, simple habits can keep you feeling your best this season. Here are some easy, practical immune-support tips!

SLEEP is one of the most powerful immune boosters. When you consistently get 7-9 hours of sleep, your body produces the proteins and immune cells needed to fight infections. Here is why sleep matters:

- Deep sleep helps regulate cytokines, the messengers that tell your immune system what to do
- It boosts natural killer (NK) cells, your early defense against viruses
- A consistent routine equals better healing, better energy and better immunity

MOVEMENT is an effective ways to support your immune system A 20-30 minute walk can help your immune cells move through your body more efficiently, improving your ability to fight off winter illnesses. Here's how movement helps:

- Regular activity can reduce respiratory infections by up to 40%
- It improves lymphatic flow, helping your body clear waste and circulate immune cells
- Too much strenuous exercise without rest can weaken your immune response

NOURISHMENT naturally supports your immune system. Consider these foods that build up your defenses.

- Protein - essential for building immune cells and antibodies
- Vitamin C - found in citrus, peppers and berries, boosts white blood cell production
- Zinc- found in meat, beans and seeds, helps immune cells communicate and respond

HYDRATION is key in keeping mucous membranes moist and they are the body's first defense against viruses and bacteria. A few easy ways to boost hydration:

- Sip on warm herbal tea throughout the day
- Add broth-based soups to meals
- Keep a water bottle nearby as a visual reminder

GERM-SMART HABITS stop spread and make a big difference in keeping you healthy. Hand washing alone can reduce respiratory illnesses by 16-21%. Remember these germ-smart reminders:

- Wash hands regularly, especially after being in public spaces
- Clean shared surfaces like gym equipment, doorknobs, and phones
- Avoid touching your eyes, nose, and mouth- the main entry points for viruses

STRESS can weaken your immune system and makes it harder for your body to fight infections and slows down healing. Try these tips to reset and lower stress.

- Take a 5-minute breathing break
- Stretch your neck, shoulders and back
- Step outside for fresh air

Want additional personalized tips, recipes and guidance to support your wellness journey? Schedule a session with Lisa Graff, Registered Dietitian Nutritionist