MADONNA REHABILITATION
Wellness Club

NOVEMBER 2026

BE PROACTIVE Newsletter



THE GIFT OF GIVING

Helping others can boost your heart and mind. But did you know that the warm and fuzzy feeling you get from helping others is actually good for you, too? That's not just some "good vibe" theory, either. There's science behind it. Research shows that giving can boost your physical and mental health in numerous ways.

A smile isn't the only reaction that comes from gift giving. There's also a chemical response that takes place in your body in response to doing something nice. As you help someone or give a gift, your brain secretes "feel good" chemicals such as:

- Serotonin (which regulates your mood).
- Dopamine (which gives you a sense of pleasure).
- Oxytocin (which creates a sense of connection with others).

Physical and mental health benefits associated with giving can include:

Lower Blood Pressure: Researchers found that giving to others can lower your blood pressure and protect your ticker. The effect is like the positive results brought by a healthy diet and exercise.

A Longer Lifespan: The secret to living longer may be giving more of yourself. Studies show that people who volunteer tend to live longer than those who don't.

Less Stress: Gift giving can reduce your levels of cortisol, the stress hormone that can make you feel overwhelmed or anxious.

Feel Better: Giving can stimulate your brain's reward center and release endorphins. This can lead to a "helper's high" that boosts self-esteem, elevates happiness and combats feelings of depression.

Why Giving Is Good For Your Health (2022, December 7). Cleveland Clinic. clevelandclinic.org

HOLIDAY CHALLENGE

JOIN THE GIFT OF GIVING HOLIDAY CHALLENGE!

Improve your wellness with our annual Holiday Challenge. This four-week challenge starts November 16 and ends December 13. Each week, participants will receive a gift from the Wellness Club and a card showing ways you can give to others. Turn in the card for a drawing entry for the four challenge gift baskets, featuring items representing the gifts of JOY, PEACE, HEALTH and LOVE. $15

WHAT'S HAPPENING

GROUP FITNESS

New Time:
Mat Pilates, Wednesday, 10:15 - 11 a.m.

THANKSGIVING HOURS

Thursday, November 26: 5 a.m. - 2 p.m
No Classes
Friday, November 27: 5 a.m. - 8 p.m.
Adjusted Class Schedule
TRX Intervals, 9:15 - 10 a.m.
H2O Intervals, 9:30 - 10:15 a.m.
Cycling, 9:30 - 10:15 a.m.
Dance Blast, 10:15 - 11 a.m.
Yoga I, 10:30 - 11:30 a.m.

SWIM LESSONS ON SALE

Save 10% on private and semi-private swim lessons November 16 through December 31.

HEALTH SCREENINGS

- Cholesterol: Wednesday, November 4 8 - 10 a.m. $25
- Blood Glucose: By appointment $15
- InBody™: By appointment $35

PREDICT THE SCORE

Guess the final score of the Huskers vs Hawkeyes football game on November 27 and win a free month of dues!

NUTRITION ON THE GO

Have questions about the supplement creatine? Stop and speak with dietetic intern, Zane, on the fitness floor. November 3 or 5 at 9:30 a.m.



FOOD FOR THOUGHT

November is Sweetpotato Awareness Month! Here are a few fun facts:

- According to growers, the correct spelling is sweetpotato (one word)!
- Sweetpotatoes are naturally fat-free, low in sodium and a good source of fiber, potassium, vitamin A and vitamin C.
- Store sweetpotatoes in a cool, dark place and they can stay fresh for up to 5 weeks.
- Sweetpotatoes are anti-inflammatory, which helps lower the risk of nearly every chronic disease.

Interested in learning how to incorporate more nutrient-rich foods like sweetpotatoes into your meals? Schedule a nutrition session with our Registered Dietitian and get personalized guidance to support your health and wellness goals.

Black Friday Sale
NOVEMBER 27

10% OFF	12 Training* Sessions
10% OFF	3 Months BeWell Subscription
20% OFF	2, 3 or 4 Month Winter Membership**
20% OFF	Single Massage
50% OFF	InBody 4-Sessions

In club purchase only • Limit one each

*Personal & Reformer
**Available online

SPECIAL EVENTS

STRENGTH 4 SENIORS THREE-WEEK SERIES - TWO OPTIONS
Mondays. & Wednesdays, November 2 - 18 11:15 a.m. - 12:15 p.m.
Tuesdays & Thursdays, November 3 - 19, 10:45 - 11:45 a.m.
$80 Members $200 Non-members

TRX FOR BEGINNERS THREE-WEEK SERIES
Wednesdays, November 4 - 18, 6:45 - 7:30 p.m.
$10 Members $45 Non-members

HEALTH & WELLNESS COACHING 101 WORKSHOP
Saturday, November 7, 10 - 11 a.m.
Free Members & Guests

PREVENT T2 YEAR-LONG LIFESTYLE CHANGE PROGRAM
Starts November 11, 2026 Ends October 13, 2027
Wednesdays, 3 - 4 p.m. $350 Members $400 Non-members
Ask about discounted pricing for spouse or caregiver

MINDFUL MOVEMENT & MEDITATION THREE-WEEK SERIES
Sundays, November 8 - 22, 2 - 2:45 p.m.
$5 Members $60 Non-members

TAI CHI BASICS WORKSHOP
Tuesday, November 17, 12 - 1:30 p.m.
$10 Members $20 Non-members

NUTRITION WORKSHOP

SUPPLEMENT SMART: IMMUNE SUPPORT
Tuesday, November 17, 1 -2 p.m. or
Wednesday, November 18, 6 -7 p.m.

There's no magic food or pill that is guaranteed to boost your immune system. It is more effective to identify ways to support the immune system's natural functions. Certain nutrients play a role in our immune function but it can be confusing which supplements actually support your immune system best. Join Registered Dietitian Nutritionist Lisa Graff for this special nutrition workshop and receive help in making informed decisions during this cold and flu season. Lisa will provide evidence-based guidance on:

- Essential nutrients for immune health
- Recommended supplements
- Dosing and timing considerations
- How to choose high-quality supplements
- LIfestyle habits supporting immune function

Regstration is available online or at the front desk. $5 Members $20 Non-members