

BE PROACTIVE

September 2024 Newsletter

WHAT'S HAPPENING

HOLIDAY HOURS

Club hours on Labor Day, Monday, September 2nd: 5:00 a.m. - 8:00 p.m.

LABOR DAY CLASSES:

9:30 - 10:15 a.m. Cycling with Tracy
10:15 - 11:00 a.m. Young@Heart with Judy
1:00 - 1:45 p.m. Strength 45 with Darren
No other group classes will be offered.

GROUP FITNESS CLASSES

DISCONTINUED CLASSES:

Reformer I, Monday, 4:30 p.m.
Deep H2O Boot Camp, Tue., 5:30 p.m.

NEW CLASS:

Yogalates (Yoga & Mat Pilates Combo),
Monday, 4:30 - 5:15 p.m., Studio 1

TRAINING SALE

Save 15% on 60-minute tandem personal training in September.

FRIENDS & FAMILY WEEKEND

Members may bring in guests for free on Saturday, September 7th and Sunday, September 8th.

SWIM LESSONS

Registration is open for child group swim lessons offered September 23rd - October 31st. The 30-minute lessons are held once a week for six weeks.

FITNESS GARAGE SALE

Find a bargain September 9th - 14th when the club's gently used fitness equipment and discontinued ProShop items are available to purchase at discounted prices.

NATIONAL REHABILITATION AWARENESS WEEK

Say "thank you" September 16th - 22nd to the outstanding physical therapists at TherapyPlus and the Cardiac Rehab healthcare providers.

MADONNA REBRANDING

By Samantha Kelly, General Manager

Currently, a re-branding is occurring throughout the entire Madonna organization. This primarily includes updating logos, business names and websites. The re-branding will help differentiate ourselves locally, regionally and nationally. Madonna Rehabilitation Hospitals is nationally recognized and this re-brand will further that recognition. Our Madonna ProActive team is honored to be a part of it.

Although Madonna ProActive serves the local Lincoln community, it is important to ensure we align with the changes. This means the business name will change to Madonna Rehabilitation Wellness Club. The website is changing from proactive.madonna.org to wellnessclub.madonna.org. We will often use the shorthand of Madonna Wellness Club.

While the name and website are changing, the services, amenities, customer service and mission all remains the same. In fact, the name change better represents our services and the longstanding mission: providing a welcoming environment and holistic approach to health and wellness for individuals regardless of their ability and fitness level.

Now you can say, "you're going to the club" – but no alcoholic beverages involved.

HAVE-TO VS. WANT-TO

By Jason Cooper, Personal Trainer

Do you *have-to* or *want-to* exercise? It might be a mixture of each, and it might depend on the day. But there is a difference between the two.

According to Mark Travers, Ph.D., "*Have-to* motivation involves behaviors that we feel we should be doing - either because someone else requires or expects it of us, or because we would feel guilty if we didn't engage in those behaviors. *Want-to* motivation represents our internal motivation - doing something because it's personally important to us; it's interesting or it fits well with our values."

It seems like *want-to* motivation is ideal. But how do we get it if we don't have it? Here are five tips that can help us attain it:

1. Link the task to your identity and values. Notice how the exercise fits with who you are and what you want to be about.
2. Keep a safe distance from obstacles and weaknesses. Travers says, "People with *want-to* motivation consciously place themselves away from obstacles, thus making goal attainment easier on themselves. The opposite is true for people who function with *have-to* motivation."
3. Pair and reward. Maybe, we will walk if we get to talk to a friend, or strength train if we reward ourselves with an activity we enjoy.
4. Don't wait until you want to. Rather than waiting until you change, do something new and different first and internal change may follow.
5. Reach out for support and accountability. Making connections with our staff of personal trainers, health coaches, fitness instructors, managers and dietitian can help you move from *have-to* to *want-to*.

SPECIAL EVENTS

STRENGTH 4 SENIORS SERIES

Mondays & Wednesdays, Sept. 4th - 30th, 11:15 a.m. - 12:15 p.m. or Tuesdays & Thursdays, Sept. 3rd - 26th, 10:45 - 11:45 a.m. Learn fundamental strength movements and how to perform exercises correctly. \$80 Members \$200 Non-members

POST-COVID SEMINAR SERIES

Wednesdays, September 4th - 25th, 6:00 - 7:00 p.m. A free educational series presented by Madonna Rehabilitation Hospitals. Equip yourself with the tools and knowledge needed to address the symptoms of long COVID. Learn how to safely implement physical activity and exercise for optimal health and recovery. Register online at www.madonna.org/post-covid-seminar-series-2024.

BALANCE YOGA SERIES

Thursdays, September 5th - 26th, 9:45 - 11:00 a.m. Experience a yoga and myofascial series to realign your whole body. Appropriate for beginners and all levels. Supine postures on the floor will occur. \$15 Members \$90 Non-members

EMPOWERED RELIEF CLASS

Tuesday, September 24th, 5:30 - 7:30 p.m. An evidence and skill-based class to gain pain relief skills you can use right away. Receive a free relaxation audio file to help with your personal pain relief plan. \$20 Members \$35 Non-members

PREVENT T2 PROGRAM

Mondays, Begins September 23rd, 6:00 - 7:00 p.m. This year-long program meets weekly for six months and then monthly for the next six months. Provides lifestyle changes to help prevent or delay type 2 diabetes and creates healthy habits. \$300 Members \$450 Non-members

LONG RESISTANCE BAND WORKSHOP

Sunday, September 29th, 9:00 - 10:15 a.m. Experience a total body workout with minimal equipment. Learn exercises using a long resistance band to increase range of motion and flexibility. \$35 Members \$50 Non-members

FOOD FOR THOUGHT: Is Coconut Oil Healthy or Overhyped?

By Lisa Graff, Registered Dietitian Nutritionist

Due to it being higher in saturated fat than many other oils, I typically don't recommend coconut oil. You can identify saturated fats by sight as they are typically solid (or a mixture of liquid and solid in the case of items like coconut oils, palm oils, or ghee) at room temperature. Eating saturated fats contributes to elevated total and LDL (bad) cholesterol.

All fats and oils have the same amount of calories (9 calories/gram). In comparison, proteins and carbs have 4 calories/gram. Since most adults are trying to control or maintain their weight, eating less fat (of any type) can help with managing calories throughout your day.

If someone really likes the flavor coconut oil adds to certain recipes, I think it is fine to use in moderation. For instance, if you like to make pancakes a couple times each month and use coconut oil to coat the pan, that's completely fine! If coconut oil is something you like and want to keep on hand, I recommend storing it in the refrigerator. I learned this the hard way by letting mine go rancid in the cupboard. Coconut oil typically comes in a container the size of a jar of peanut butter and it will last a long time when used in moderation.

LIVING WELL WITH DIABETES: Six-Week Series

Wednesdays, September 11th - October 16th, 1:00 - 3:00 p.m.

\$50 Members \$100 Non-members

Learning how to manage your health better is critical for anyone with a chronic condition and there are many components to improving the challenges of your or a loved one's diabetes. Things like healthy eating, symptom control, physical activity and communicating with healthcare providers.

In this workshop, each weekly session will provide education and support for how to continue normal daily activities and deal with the emotions that arise from having a chronic health condition. The facilitators create an interactive environment where you can share your successes and build a support system. At the end of the series, you will be more confident, have resources to use and be better able to enjoy life to the fullest.

For more information or to find out if Living Well is appropriate for you, contact Fitness Manager Carla Zedicher at 402.413.4012 or czedicher@madonna.org.

NUTRITION FACTS: Cholesterol Workshop

By Lisa Graff, Registered Dietitian Nutritionist

Tuesday, September 17th, 12:00 - 1:00 p.m.

\$5 Members \$15 Non-members

Attend this nutrition workshop in-person or online to learn the differences between dietary and blood cholesterol and discover the way cholesterol is produced and metabolized within your body. The history of cholesterol management will be discussed along with ways to naturally lower your blood cholesterol.

PROSHOP: New Products

Several new items are now available for purchase at the front desk. Stop by to check out these workout accessories:

- Graphic Short-sleeved & Long-sleeved Shirts
- Classic Blender Bottles
- Myofascial Release Tools: RAD Rollers, Recovery Rounds, Rods & Point Release Kit
- Body Sport Loop Bands & SPRI Handled Resistance Bands