

BE PROACTIVE

March 2025 Newsletter

WHAT'S HAPPENING

GROUP FITNESS CLASSES NEW CLASS

Reformer I, Monday, 12:30 - 1:20 p.m.

HEALTH SCREENINGS

Cholesterol: Wednesday, March 5th,
8:00 - 10:00 a.m. \$25

Blood Glucose, \$15 by appointment
InBody Body Composition Analysis,
\$35 by appointment.

MARCH IS NUTRITION MONTH

Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

Get help in reaching your long-term nutrition goals and save 10%. In March three sessions with Registered Dietitian Nutritionist Lisa Graff are on sale for \$89.10.

CHILD GROUP SWIM LESSONS

Registration for the spring session of child group swim lessons opens March 10th. Lessons are 30 minutes and held once a week March 31st - May 8th.
\$50 Members \$90 Non-members

UPDATE YOUR ACCOUNT

Take a new account photo in March and receive a **FREE GUEST PASS**. Photos are an important security feature used to monitor account charges and to find members in case of an emergency. Stop by the front desk or the membership office to update your photo by March 31st.

YOU CAN PREVENT TYPE 2 DIABETES

By Jason Cooper, Personal Trainer

Our diabetes prevention program flier says, "You Can Prevent Type 2 Diabetes." The phrase *you can* hints at our volition. It implies we have real choices that can make an actual difference. In a way, the Prevent T2 program is a celebration of our agency.

There are health issues we don't have control over. We don't get to choose our genes. We can't undo an accident or change past choices. But with T2, instead of dwelling on what we can't control, we can dwell on what we can control.

Thankfully, T2 is an issue we can moderate.

The T2 meeting schedule is loaded with predetermined actions *you can* take, things *you can* do, such as, "track your activity, track your food, take charge of your thoughts, shop and cook, get support and manage triggers."

Having predetermined actions set by licensed and supportive staff is crucial.

But having predetermined actions planned doesn't mean our actions are predetermined. We need to take charge and carry out the plan.

Prediabetes is common because of our diet, lifestyle and culture. One out of three American adults has prediabetes. Without losing weight and increasing physical activity, many people with prediabetes can develop type 2 diabetes.

Type 2 diabetes can lead to heart attack or stroke. You could have prediabetes if you are over age 45, overweight and physically active less than three times a week. Prediabetes is worth deciding against and *you can*.

SAVE THE DATE - PREVENT T2 PROGRAM

Prevent T2 is a 12 month diabetes prevention program that starts Wednesday, April 9th. For the first six months, meetings are weekly from 12:30 - 1:30 p.m. to receive guidance, tools and resources to help your lifestyle change, diabetes prevention journey.

The group is also a source of support in your journey; you are not alone! During the latter six months, you will meet monthly to continue receiving support as you make these healthy changes. It is a high value program that totals 30 sessions, invaluable tools and resources, individualized guidance plus support along the way!

Investment is \$350 for members and \$450 for non-members. For more information, contact Carla Zedicher, 402.413.4012 or czedicher@madonna.org.

EXPERT HEALTH TIPS

"I look for opportunities for bite-size "movement snacks." Exposure to different movements helps prevent injury and increases range of motion. When you leave a room, touch the top of the doorway. If you walk by a playground, just go hang on the monkey bar for a little bit. Put your hands against the wall, lean forward and pedal out your feet to flex your ankles. Look for times to sit on the ground, so you have to get back up. Try brushing your teeth on one foot."

~Michelle Voss, Associate professor of brain sciences at the University of Iowa

SPECIAL EVENTS

STRENGTH 4 SENIORS

FOUR-WEEK SERIES - TWO OPTIONS

March 3rd - 27th

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

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

\$80 Members \$200 Non-members

PRECISION KICKBOXING

FOUR-WEEK SERIES

Tuesdays & Thursdays

March 4th - 27th, 8:15 - 9:00 a.m.

\$40 Members \$120 Non-members

WATER FITNESS: BELLS & FINS

FOUR-WEEK SERIES

Thursdays, March 6th - 27th

6:30 - 7:15 p.m.

Free for Members* \$60 Non-members

*\$20 Senior Plus Members

WATER FITNESS: SMOOTH MOVES

WORKSHOP

Saturday, March 8th, 10:30 - 11:30 a.m.

\$5 Members \$15 Non-members

CORE WELLNESS

THREE-WEEK SERIES

Thursdays, March 20th - April 3rd

6:00 - 7:00 p.m.

\$30 Members \$100 Non-members

MARCH MUDRAS - YOGA FOR HANDS

THREE-WEEK SERIES

March 13th - 29th

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

Saturday, 2:00 - 3:00 p.m.

\$9 Members \$55 Non-members

PORTFOLIO DIET

NUTRITION WORKSHOP

Tuesday, March 18th, 12:00 - 1:00 p.m.

\$5 Members \$20 Non-members

MEDITATION 101

FOUR-WEEK SERIES

Wednesdays, March 19th - April 9th

1:00 - 2:00 p.m.

\$5 Members \$60 Non-members

EMPOWERED RELIEF CLASS

Monday, March 24th, 5:30 - 7:30 p.m.

\$20 Members \$35 Non-members

ONE MILLION STEPS TEAM CHALLENGE



BE PART OF A TEAM MARCH 1ST - 31ST
TO WALK, JOG, RUN AND EVEN DANCE
TOGETHER TO 1,000,000 STEPS!

Form a four-member team with your friends, family, fellow members or favorite staff. Teams need 33,000 daily steps or 8,100 per person in March!

Each person tracks their steps in and out of the club. All participants receive a free pedometer to help with tracking; personal devices may also be used to track steps. A notebook will be available at the front desk if you wish to keep your tracking sheet onsite.

The challenge t-shirt (design above) will be provided to all participants at the end of the challenge. The team with the highest step count earns bragging rights for being the "strongest" step by step. Walking is great for our physical and mental health so challenge yourself to increase your movement and well-being this March. \$25 Members \$50 Non-members

FOOD FOR THOUGHT

☀️ How to Take Your Vitamin D Supplement the Right Way ☀️

Vitamin D is essential for strong bones, a healthy immune system and overall well-being. Many people need a vitamin D supplement, especially as we get older. If a vitamin D supplement has been recommended by your healthcare provider, make sure you are getting the maximum benefits.

Here's the correct way to take your vitamin D supplement:

- **Take it with your largest meal of the day.** Vitamin D is fat-soluble, meaning it's best absorbed when taken with food that contains fats.
- **Stick to the recommended dosage.** Too much vitamin D can lead to health problems. Be sure to follow the dosage instructions as advised by your healthcare provider.
- **Consistency is key.** For best results, take your vitamin D regularly! Make it a part of your daily routine for long-term benefits.

Not sure if you need a vitamin D supplement? Ask your healthcare provider.

Your provider may order a blood test to check your vitamin D status.

SELF-MYOFASCIAL RELEASE & MOBILITY WORKSHOP FOR THE SPINE & HIPS

Two Options: Tuesday, March 25th, 1:00 - 2:15 p.m.

Saturday, March 29th, 2:00 - 3:15 p.m.

"Mobility affects your ability to move freely throughout your day without pain and strain. Self-myofascial release (SMR) paired with CARs (Controlled Articular Rotations: an intentional joint movement routine) contributes greatly to an increasing range of motion." ~ Facilitator Andrea W.

In this SMR workshop, massage balls will be used to practice self-myofascial release techniques which increases circulation to the body's connective tissue, the fascia. Benefits lead to greater flexibility and increased joint mobility.

\$15 Members \$30 Non-members



RAD ROLLERS & MASSAGE BALLS

RAD products are available at the front desk ProShop. Individuals enrolled in the SMR workshop will receive a 10% discount coupon for their RAD purchase.