

BE PROACTIVE

April 2025 Newsletter

WHAT'S HAPPENING

ADULT EASTER EGG HUNT

No matter your age, there's something special about finding an easter egg, cracking it open and peeking at what's inside. Find that joy when you visit the club on Saturday, April 19th. Easter eggs will be hidden in the club and each one is filled with a special prize like treats, club bucks, guest passes, discount coupons and a free month of dues! Limit one egg per person.

FREE GUEST WEEKEND

Members may bring in friends and family for free on Saturday, April 5th and Sunday, April 6th. Please check in all guests at the front desk.

GROUP FITNESS

DISCONTINUED CLASS

Kickboxing, Wednesday, 6:00 p.m.

NEW CLASS

TRX Intervals, Wednesday,
5:30 - 6:15 p.m.

HEALTH SCREENINGS

- Cholesterol: Wednesday, April 2nd
8:00 - 10:00 a.m. \$25
- Blood Glucose, \$15 by appointment
- InBody Body Composition Analysis,
\$35 by appointment.

HOLIDAY HOURS

The Wellness Club is closed on Sunday, April 20th for the Easter holiday.

NUTRITION WORKSHOP & COOKING DEMONSTRATION

Tuesday, April 22nd, 12:00 - 1:00 p.m.
Learn how to create high quality, nutrient dense spring salads that are healthy, satisfying and delicious.
\$15 Members \$30 Non-members

DIETARY EMULSIFIERS & YOUR HEALTH

By Lisa Graff, Registered Dietitian Nutritionist

Humans have been using emulsifiers in foods for over 200 years. Emulsifiers improve texture and help hold food products together. If you've ever made your own mayonnaise, you likely used egg yolk as an emulsifier! Some recent news articles have been sounding the alarm about dietary emulsifiers and their health detriments, so I'm taking this opportunity to offer some clarity on the topic.

Always listen to your body. If something you eat makes you feel unwell, stop eating it!

The dose makes the poison. One study fed mice 10 times the amount of emulsifiers that the average humans consumes. This is a problem because emulsifiers are used in very small amounts in any individual food humans eat. You'll find emulsifiers listed towards the end of the ingredient list. This means emulsifiers contribute a very small percentage to the contents of food item. Whole foods, unprocessed foods, and foods that are only lightly processed typically don't contain emulsifiers. Ultra processed foods (UPFs) contain emulsifiers. You don't need to avoid UPFs completely, but eating less of them is beneficial for health. UPFs contain ingredients that you would not find in a home kitchen.

Many foods that are part of a healthy eating pattern contain emulsifiers, even if, technically that makes those foods UPFs.

The most common emulsifier in the US food supply is lecithin. Egg lecithin is what prevents mayo from separating. A yogurt many of my clients enjoy uses tapioca starch as an emulsifier (less than 1%). The protein bars in my desk contain soy lecithin. Guar gum is an emulsifier, but I frequently recommend it as a fiber supplement for folks with IBS.

Bottom Line: Eat mostly whole foods, unprocessed foods and lightly processed foods that contain ingredients found in a home kitchen. Limit UPFs that you know aren't healthy like "fast foods" and "junk foods". And if a food makes you feel unwell, stop eating it!

CORE WELLNESS: Improving Your Gut Health & Pelvic Floor

**Three-Week Series: April 17th - May 1st
Thursdays, 6:00 - 7:00 p.m.**

A key component of your core is a group of muscles and ligaments that make up your pelvic floor. They support your bladder, uterus and bowel. Exercising these muscles can prevent weakness and improve strength. Dysfunction of the pelvic floor muscles can affect digestive problems.

This workshop is perfect for individuals looking to improve their digestive health while enhancing their core strength.

Join Registered Dietitian Nutritionist Lisa Graff and Personal Trainer and Corrective Exercise Specialist Haley Morrow for educational sessions that are complemented with exercises to address common gut issues and promote pelvic floor health. \$30 Members \$100 Non-members

SPECIAL EVENTS

FOOT FORM & FUNCTION

WORKSHOP

Wednesday, April 2nd, 1:00 - 2:00 p.m.

\$25* Members \$60* Non-member

*Includes RAD Roller massage balls

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FOUR-WEEK SERIES

Wednesdays, April 2nd - 23rd

5:00 - 5:45 p.m. Free for Members*

\$60 Non-members *\$20 fee Senior+

YOGA + POETRY + INTENTIONAL REST

FOUR WEEK SERIES

April 3rd - 26th

Thursdays, 9:45 - 11:00 a.m. or

Saturdays, 2:00 - 3:15 p.m.

\$12 Members \$60 Non-members

RETHINK YOUR POSITION

BOOK STUDY FOUR WEEK SERIES

Fridays, April 4th - 25th, 3:30 - 4:30 p.m.

\$35 Members \$100 Non-members

Book included.

GET MORE FROM THE AQUA TRACK

WORKSHOP

Saturday, April 5th, 10:30 - 11:30 p.m.

\$5 Members \$20 Non-members

PRECISION KICKBOXING

FOUR-WEEK SERIES

Tuesdays & Thursdays

April 8th - May 1st, 8:15 - 9:00 a.m.

\$40 Members \$120 Non-members

PREVENT T2

DIABETES PREVENTION PROGRAM

Begins Wednesday, April 9th

12:30 - 1:30 p.m.

24 weekly session followed by six monthly check-ins.

\$350 Members \$450 Non-members

AQUA ZUMBA

FOUR-WEEK SERIES

Wed., April 9th - 30th, 6:45 - 7:30 p.m.

\$5 Members \$20 Non-members

STRETCHING AFTER STROKE

WORKSHOP

Monday, April 14th, 1:00 - 2:00 p.m.

Free for members \$20 Non-members

WHY MEDITATION?

It used to be when we thought about meditation, we pictured sitting on the floor, legs crossed, hands resting on upper thighs and closed eyes. And, while this can still be a form of meditation, it certainly is not the only way to meditate. Oh, how far we've come!

Meditation is an exercise. An exercise that, when practiced, removes distractions, increases focus, reduces stress and anxiety, promotes happiness by decreasing negative thoughts and allows for space to be created between one thought and the next. Meditation helps the practitioner become more mindful and present while reducing the effects of a flight or fight response.

Goals of the 14-day Meditation Challenge, starting April 7th, is to encourage participants to:

- 1st** Become aware of the numerous rapid-fire thoughts that occur as we move from one activity to the next.
- 2nd** Become more aware of how these transitions impact our overall mental and physical states.
- 3rd** Practice meditation - spend 5, 10 or 15 minutes at home, at the Club or while taking a walk - and experience ways to become more mindful.
- 4th** Explore a practice that can be done by anyone, anywhere!

MEDITATION CHALLENGE

There are many ways to meditate, none of them wrong, and the most benefit can be found by taking steps to find what strategies work best for you.

The 14-Day Meditation Challenge includes:

- Self-report pre and post test
- 14 consecutive days meditating*
- Considerations for creating the best environment for a regular practice

Sign up online or at the front desk. \$5 Members \$20 Non-members

*All meditation practices are optional.

WELLNESS WARRIORS

Wellness Warriors is a functional fitness, small group training program and nutrition coach/personal trainer Darren Jack uses a whole-person approach that supports real-life movements and activities.

Working with a small group provides a powerful tool for motivation and commitment – and it can be less intimidating. Darren provides individualized attention and the group provides a sense of camaraderie. You are all warriors together!

Wellness Warriors costs less compared to one-on-one training and provides more personal attention than group classes alone. It is an efficient and effective way to get results; plus it's fun.

DATES: April 21st - May 10th EXTRA PERKS: InBody Assessment & Team T-shirt

TRAINING DAYS: Monday, Tuesday, Wednesday, Thursday & Saturday

INVESTMENT: \$99 Members \$225 Non-members

HEALTH & WELLNESS COACHING Q&A

Saturday, April 12th, 10:00 - 11:00 a.m.

Health goals often need more than just exercise programming alone. Health and wellness coaching helps people cultivate the inner resources they need to improve their health, well-being and lifestyle. Coaches help you identify “how” to build healthy habits with a holistic approach to change behaviors and mindset. Join Certified Health Coaches Rachelle Hadley, NBC-HWC and Katie Baumert, CHC for this workshop to explore the benefits, bonuses and value of working with a health and wellness coach. It's free for members and guests.