

Madonna ProActive Newsletter

The Source August 2024

WHAT'S HAPPENING

ANNUAL POOL CLEANING

The Indoor Pool and Aqua Track will be closed August 19th - September 1st. All Aqua Track classes are canceled. Lap Pool classes will be held outdoors. The indoor areas will reopen on Monday, September 2nd.

TREADING WATER CHALLENGE

Saturday, August 24th, 8:45 - 9:15 a.m. The winner will be who can complete the most exercises while treading water in the outdoor pool. Winner receives a \$25 gift card. \$5 Members

ASSESSMENT CLINICS

CHOLESTEROL: Wednesday, August 7th, 8:00 - 10:00 a.m. \$25

INBODY: Wednesday, August 7th, 9:00 - 11:00 a.m. & 12:00 - 2:00 p.m. \$10 Sale

BLOOD PRESSURE: Thursday, August 8th, 9:00 - 10:15 a.m. & 11:30 a.m. - 2:00 p.m. Free for members. Email czedicher@madonna.org to register.

INTER CLUB SWIM MEET

Thursday, August 8th, 6:30 - 8:00 p.m. Kids, 6 - 12 years old, can show off their swimming progress and learn tips to improve skills. \$5 Members

COMMUNITY EVENT

ProActive members did very well this year in the Cornhusker State Games swimming competition. In their divisionalized age groups, Darcy McBride won gold in the 50m backstroke, 100m backstroke and the 50m freestyle. Thom McBride won gold in the 50m backstroke and silver in the 100m freestyle and 50m freestyle. Wade Stange won gold in the 50m breaststroke, 100m breaststroke and silver in the 50m freestyle and 50m backstroke. Congratulations to all!

ROWERS!

By Samantha Kelly, General Manager

A variety of cardio equipment utilizes the entire body, not only your lower body. This includes the elliptical, AMT and rower to name a few. Personally, the rower is my favorite for three reasons. Even though your legs and hips are utilized when rowing, there is reduced force placed on the knees and hips compared to other total body cardio options due to rowing being seated. It is versatile and can be used from a wheelchair by removing the slide and seat. Lastly, the pulling motion and utilization of core muscles when rowing is beneficial for the muscles that support good posture. Many of us have shoulders that are slightly rounded forward, whether that is from a sedentary job, driving with one hand on top of the wheel, overall poor posture, a prior injury or a combination of all of these. The pulling motion supports keeping shoulders back and fires up core muscles. This pulling motion is also great for individuals in wheelchairs because of how often pushing is used when moving the wheelchair forward.

Set-up Tips:

1. Sit down on the seat.
2. Adjust the damper on the side of the fan to your desired intensity level.
3. Adjust the foot cage setting so the strap is right below your toes. Pull straps tight.
4. Once feet are strapped in, grab the handle bar one hand on each side, and sit up tall.

Form Tips:

1. Use the phrase "Legs, body, arms. Arms, body, legs" to remember the order the movement is performed.
 - Push through your feet and use your legs.
 - Slightly tilt the upper half of your body back.
 - As you begin to tilt your body back, use your arms and pull the handles.
 - Pull the handles close to your body. Aim for the handles to be near your belly button.
 - Do these steps in reverse to return to your starting position.
2. Avoid letting the chain slap. Slapping means there isn't the appropriate amount of tension on the chain throughout the movement and wears down the machine more quickly.
3. If the hard seat is uncomfortable, put down a towel to add some cushion.
4. Do you use a wheelchair and want to row? Ask a staff member to remove the slide and seat.

TAKE CONTROL Better Manage Your High Blood Pressure Series

Tuesdays, August 13th - September 17th, 1:00 - 2:00 p.m.

Adults living with high blood pressure and their caregivers or family members will benefit from this fun, interactive small group workshop. It is led by certified facilitators who provide skills and tools to help you take control of high blood pressure. The series will cover coping with stress, making healthy food choices and creating a physical activity plan. \$30 Members \$75 Non-members

SPECIAL EVENTS

STRENGTH 4 SENIORS SERIES

Mondays & Wednesdays, August 5th - 28th, 11:15 a.m. - 12:15 p.m. or

Tuesdays & Thursdays, August 6th - 29th, 10:30 - 11:30 a.m. Learn fundamental strength movements and how to perform exercises correctly.

\$80 Members \$200 Non-members

NEXT LEVEL BOOK STUDY & GROUP TRAINING SERIES

Sundays, August 4th - 25th, 3:45 - 5:00 p.m. Each week participants will review and discuss the book reading and complete a structured and guided work-out with facilitator/trainer Rachelle.

\$35 Members \$100 Non-members

BELLY DANCING WORKSHOP

Sunday, August 18th, 2:00 - 3:15 p.m. Learn to dance elements of belly dancing and wear finger cymbals and scarves to heighten the experience.

\$10 Members \$30 Non-members

MYOFASCIAL RELEASE FOR THE SPINE WORKSHOP

Tuesday, August 20th, 6:00 - 7:15 p.m. Workshop will provide a plan that targets the spine (and neck) and determines ways to release tension held in these areas. \$5 Members \$25 Non-members

WINGSPAN WISDOM MYOFASCIAL RELEASE SERIES

Thursdays, August 8th - 29th, 9:45 - 11:00 a.m. Techniques and therapies for softening and stretching from the shoulder blades to fingertips.

\$15 Members \$90 Non-members

PRECISION KICKBOXING SERIES

Tuesdays & Thursdays, August 5th - 23rd, 11:30 a.m. - 12:15 p.m. Challenge yourself and improve your kickboxing skills.

\$30 Members \$150 Non-members

DELAY THE DISEASE SERIES

Mondays & Wednesdays, August 5th - September 16th, 1:00 - 1:45 p.m. Optimize physical function to help delay Parkinson's Disease symptoms.

\$70 Members \$160 Non-members

FOOD FOR THOUGHT: How Do I Get Back On Track?

By Lisa Graff, Registered Dietitian Nutritionist

Often summertime takes us out of our normal routines with extra travel, gatherings and events. These planning tips can help us transition back to our healthful eating routines more smoothly.

STEP 1 – Identify areas of your eating pattern that have opportunity for improvement. Do you end up in the drive-thru because you didn't have a plan for lunch? Do you skip breakfast because you don't know what to make each morning? Do you find yourself staring at the vending machine at 2 p.m. because you don't have any snacks handy? Once you identify an area that needs improving, it becomes an opportunity for change!

STEP 2 – Think of some solutions that might help you address the habits you would like to change. If you feel like you're having a hard time forgoing ice cream in the evening, solutions might be to find a more nutritious snack option or decrease your portion size.

STEP 3 – Select the solution you want to try, then implement the solution for at least two weeks to see if it's something you want to continue or if you want to try a different solution.

STEP 4 – Return to step one and identify your next opportunity!



SIX WEEK CHALLENGE

August 22nd - September 30th

If you are ready to invest in a healthier, sustainable, six-week lifestyle training program, then you are ready to be a Wellness Warrior! During this challenge, you will complete guided workouts in small group settings with personal trainer, Darren Jack. He will also provide individualized coaching to help you improve your strength, balance, flexibility and cardiovascular health. Attend group trainings and classes on Monday, Tuesday and Thursday evenings and Saturday mornings. InBody pre- and post-testing will show your journey and a nutrition consultation will support your success. Investment is \$169 members and \$350 non-members for this professional, personal trainer-led program.

PAIN MANAGEMENT CLASS

In Person & Virtual Options



Empowered Relief®

Empowered Relief® is a skills and evidence-based, single-session training developed by pain psychologists at Stanford University. Certified Instructor and Madonna Rehabilitation Physical Therapist Samantha Trausch will provide this two hour class to help you train your brain away from pain. Participants will learn what they can do to help themselves and create a personal plan for pain relief.

In-person offerings are Monday, August 19th, 5:00 - 7:00 p.m. and Tuesday, September 24th, 5:30 - 7:30 p.m. Zoom virtual classes will be available in October and November. \$20 Members \$35 Non-members.



10-MINUTE MEALS

Workshop + Cooking Demonstration

Join ProActive's registered dietitian nutritionist to learn strategies to decrease the time you spend preparing nutritious meals.

Wednesday, August 21st, 1:00 - 2:00 p.m. \$15 Members \$30 Non-members

MANAGING MEDICATIONS FOR PD

Thursday, August 22nd, 12:15 - 12:45 p.m.

Information session for family and friends to understand the timed medications that manage symptoms of Parkinson's Disease. Presented by Parkinson's Foundation Community Educator Karla Frese. Free for members and guests.