

Madonna ProActive Newsletter

The Source June 2024

WHAT'S HAPPENING

GROUP FITNESS CLASSES

NEW CLASSES:

- Deep H2O Boot Camp, Tuesday, 5:30 p.m., Outdoor Pool
- Reformer 1*, Monday, 4:30p.m., Studio 4 *additional fee
- Reformer 1*, Thursday, 11:00 a.m., Studio 4 *additional fee
- Cycle 30! & Stretch, Tuesday, 6:15 p.m.

DISCONTINUED CLASS:

Strength & Balance, Wednesday, 9:00 a.m., Studio 2

TRAINING SALE

Save 10% on 12 sessions or 20% on 24 sessions of personal training, private reformer or private yoga in June.

EDUCATOR APPRECIATION MONTH

Educators can unwind, de-stress and find ways to stay active at ProActive during Educator Appreciation Month. Non-member school staff need only to present their school ID in June to explore what ProActive has to offer with a free two-week trial.

POOL PARTY JUNE 28TH

Attend the annual outdoor pool party on Friday, June 28th, 4:00 - 6:00 p.m. Enjoy games for the kids, including the watermelon relay, and complimentary refreshments.

GROUP FITNESS SUMMER CHALLENGE

Stay focused on your goals and enjoy the shared commitment of group exercise with this challenge from June 3rd - 30th. Complete land or water classes to earn entries in a drawing for a free month of dues. Free for members. Sign up and claim your tracking card at the front desk.

QUIT TRYING By Jason Cooper, Personal Trainer

Steven C. Hayes, Ph.D. and professor of psychology, uses an exercise to help his students understand how our minds work. He puts a pencil in front of them and says, "Try to pick up the pencil," so they pick it up. He says, "No, you picked it up. *Try* to pick it up." When they try to pick up the pencil without actually picking it up, you can imagine the quandary it creates.

We often use the word *try*. We might say, "I'm trying not to eat a whole bag of chips," or "I'm trying to exercise three days a week." It might seem innocuous to use the word *try* but it would behoove us to be suspicious of ourselves when we do. "The word *try* comes from a word that originally meant to sift through or pick out...The problem with trying is that sifting through is a matter of conditional judgments and evaluations. Trying has the quality of *weighing* or *seeing if*." If we are "trying" not to eat a bag of chips, as we eat the last chip, it's like part of us is seeing if we will. We have left it up to the conditions, so it shouldn't surprise us if we don't follow through. Self-defeating behavior like that can erode trust in ourselves and lead us to live inconsistently with our own values. To achieve our goal of not eating a bag of chips, or facing whatever our vice is, it seems helpful to acknowledge a few things about trying. Trying can be, but is not always, a way to avoid a needed action or commitment. It can be a way to sound good and save face. Trying may be a subconscious strategy to cleverly avoid the very action we say we want. Trying can even have the agenda of control. That might seem harsh. Why come down so hard on trying? What can we accomplish without it? It is the bedrock of achievement. It produces advancements. That's true, but at the same time, having a healthy skepticism of trying can pay dividends and keep us from self-sabotage. Here's an example. I tried to get mulch at Holmes Lake for a couple months. Day after day passed. I kept trying. Then one day, I quit trying and just did it. It was like I said, "Trying, I can't take you seriously. Be honest; you never really intended to get mulch." When the truth of trying was exposed, I was free from its spell. I can't *try* to get mulch, just like I can't *try* to pick up a pencil. It seems like actually getting mulch was a leap trying wouldn't let me take.

It's true, sometimes our committed efforts are thwarted by variables beyond us. But many times, when we try, we're in a quandary. We haven't committed. We're divided. We don't need to be hard on ourselves about this, just notice what we are doing, be honest with ourselves (which can be both humbling and amusing), then act. It's ironic, but the way to reach our goals may be to quit trying. If you're tired of trying but aren't sure how to take the step forward, consider scheduling a session with one of our certified health and wellness coaches. Coaches are instrumental in breaking through obstacles to find successes.

REAL FOOD CHALLENGE: Reset Your Eating

The Real Food Challenge includes 28 days of meal plans, recipes and weekly check-ins to help guide your transition to eating more whole foods. Whole foods will help you feel better, reduce calories, consume more essential nutrients and maintain a more balanced diet. All recipes are gluten-free and can be adapted to be dairy free. Vegan meal plans are available. Register in person or online via the member portal. \$39 Members | \$100 Non-members

SPECIAL EVENTS

STRENGTH TRAINING 4 SENIORS

SERIES June 3rd - 26th, Mon./Wed., 11:15 a.m. - 12:15 p.m. or June 4th - 28th, Tue./Thu., 10:30 - 11:30 a.m.

TRX CIRCUIT SERIES

June 3rd - 24th, Mon., 8:15 - 9:00 a.m.

PRECISION KICKBOXING SERIES

June 4th - 27th, Tue./Thu., 11:30 a.m. - 12:15 p.m. or 4:30 - 5:15 p.m.

YOUNG ATHLETES SERIES

June 4th - 27th, Tue./Thu., 5:30 - 6:30 p.m.

AQUA ZUMBA SERIES

June 5th - 26th, Wed., 6:30 - 7:15 p.m.

STRENGTH & CORE SERIES

June 9th - 30th, Sun., 9:00 - 9:45 a.m.

STEP WITH JUDY SERIES

June 12th - 26th, Wed., 8:15 - 9:00 a.m.

TAI CHI IN THE E SERIES

June 13th - 27th, Thu., 6:30 - 7:15 p.m.

FOCUSED STRETCHING & INTENTIONAL RELAXATION SERIES

June 15th - 29th, Sat., 10:30 - 11:15 a.m.

INTRO TO TAP 101 SERIES

June 23rd - 30th, Sun., 2:15 - 3:00 p.m.

NO COOK MEALS NUTRITION WORKSHOP

June 26th, Wed., 12:00 - 1:00 p.m.

MYOFASCIAL RELEASE WORKSHOP

June 27th, Thu., 9:45 - 11:00 a.m.

WELLNESS WARRIORS TRAINING PROGRAM

June 10th - August 3rd. Guided workouts, wellness coaching and nutritional instruction with personal trainer Darren Jack. Small group training and shared workouts create accountability. Pre- and post-InBody testing measure progress. Investment is \$169 and includes a T-shirt.

HYDRATION TIPS By Samantha Kelly, General Manager

Water is an essential component of nearly all metabolic functions in the body. Many individuals know the body is made up of 70-80% water and most of us should strive to drink at least 64 ounces (8 cups) of water per day. Without sufficient water, we become dehydrated and our metabolism does not function optimally. Organs such as the liver and kidneys work harder to remove toxins. Plus, the brain, heart and skeletal muscles cannot function or recover as well when they are dehydrated.

The benefits of being hydrated not only include improved metabolic and muscular functions, you can also notice improvements in your digestion, skin, dry lips, sinuses and your body's regulation of temperatures (feeling hot/cold). While most of us know the importance of drinking water, it can still be challenging to stay hydrated. As you increase water intake, you may have to use the restroom more initially. However, over time the body will acclimate. Here are some tips to increase your water intake!

- Start your day by drinking 16-32 ounces of water. Drink water first and then drink your coffee.
- Buy a reusable water bottle, fill it up and carry it with you.
- Until you build the habit, set reminders on your phone to drink water throughout the day.
- Add lemons, limes or no/low-calorie electrolytes to water for some flavor.
- Add ice or drink hot water, to help you cool down or warm up.
- Drink 8-16 ounces of water before a meal; this can help with digestion and controlling portion sizes.
- Eat fresh fruits and vegetables more often as these contain water.

A water bottle refill station is near the fitness help desk and bottles of water are sold at the Commons. Be sure to drink water throughout your workout!

FOOD FOR THOUGHT: Be Cookout Ready!

By Lisa Graff, Registered Dietitian Nutritionist

The start of summer inspires a reminder of safe grilling techniques and temps.,

- Thaw meat in the refrigerator or under cold running water. Do not thaw meat at room temperature.
- Marinate raw meats in the refrigerator. Do not use the sauce used to marinate on the cooked food.
- Use separate plates, tongs and other utensils for raw and cooked meats. Do not use the same utensil to put the food on the grill and to remove the cooked food from the grill.
- Use a food thermometer to make sure meats are cooked to a safe internal temperature, without being over-done.
 - o Beef, pork, lamb & fish: 145°F*
 - o Ground meats: 160°F
 - o Poultry: 165°F

*For best quality, allow to rest for 3-5 minutes before serving.

MEMBER APPRECIATION WEEK June 24th - 28th

MOTIVATION MONDAY, June 24th: Bring a guest for free.

TELL YOUR STORY TUESDAY, June 25th: Share your wellness journey and enter a drawing for the chance to win a 60-minute personal training session.

WELLNESS WEDNESDAY, June 26th: Spin the Wellness Wheel for a prize and enter a drawing for the chance to win a 60-minute massage

TRACK MILES THURSDAY, June 27th: Move a mile (pool, walking track, bike and treadmill) and get a free guest pass.

FOOD FRIDAY, June 28th: Complimentary refreshments throughout the day.