

# Madonna ProActive Newsletter

## The Source May 2024

### WHAT'S HAPPENING

#### GROUP FITNESS CLASSES

##### NEW CLASS:

Cycling 30! & Stretch, Wednesday, 9:30 - 10:15 a.m.

Gentle Yoga, Tuesday, 10:30 - 11:15 a.m.

Chair Yoga & Stretch, Monday, 10:30 - 11:15 a.m.

##### DISCONTINUED CLASSES:

Strength & Balance, Monday, 9:00 a.m.

H2O Interval, Monday, 5:15 a.m.

#### HOLIDAY HOURS

Memorial Day, Monday, May 27th

Club: 5:00 a.m. - 8:00 p.m.

Pool closes at 7:30 p.m.

#### HOLIDAY GROUP CLASSES

H.I.I.T., 9:00 - 9:45 a.m. - Studio 1

Cycling, 9:30 - 10:15 a.m. - Studio 3

Yoga, 10:00 - 11:00 a.m. - Meditation Rm.

No other group fitness classes offered.

#### INBODY SALE

Save 20% on the InBody fitness assessment when purchased during Medical Fitness Week, May 5th -11th.

#### FREE GUEST WEEKEND

Bring in friends and family for free on Saturday, May 4th and Sunday, May 5th. Please check in all guests at the front desk.

#### ELECTION POLLING PLACE

The Education Room is a polling location for the primary election on Tuesday, May 14th.

#### CHILD GROUP SWIM LESSONS

Member Portal registration opens May 13th. In-person registration at the front desk begins May 27th. Group lessons will be held July 8th - 25th. The 30-minute lessons are held twice a week.

### MEDICAL FITNESS WEEK MAY 5TH - 11TH

As a medical fitness facility, Madonna ProActive strives to be an essential part of the health and wellness of our members and patients. Our professional expertise and programming can safely and effectively assist people, regardless of their current health status, to develop, initiate and maintain an active lifestyle. Each day during Medical Fitness Week, we will highlight various medically-based programs and services offered at ProActive. Additional opportunities include:

#### MOVE 150

Pick up your activity tracking card and record your activity minutes May 5th -11th. Submit your completed card by May 15th for prize drawings.

#### EAT THE RAINBOW

Use the Rainbow of Nutrition handout to eat more colorful fruits and vegetables. Submit your completed card by May 15th for a prize drawing.

#### PROACTIVE KIDS

Join ProActive Kids to Move 150. Attend complimentary classes May 6th & May 13th 5:45 - 7:15 p.m. and May 25th 9:00 - 10:30 a.m.

#### CLUB SWIM MEET

Sign up your 6 - 12 year old for the inter-club swim meet on Thursday, May 9th from 7:00 to 8:30 p.m., Everyone receives a goodie bag. \$5.

#### MAY 1ST - 15TH - 10% OFF EACH ITEM

SOTERIA Single Massage

PERSONAL TRAINING 60-Minute Intro Pack

REFORMER TRAINING 60-Minute Intro Pack

WELLNESS COACHING Intro Pack

### NUTRITION BITE Red Yeast Rice Supplement

By Lisa Graft, Registered Dietitian Nutritionist

Red yeast rice is made by fermenting rice with a specific strain of yeast. The red color is a result of the fermentation process. Red yeast rice contains the same active ingredient in the cholesterol lowering drug lovastatin. This means, red yeast rice can have the same effects (and side effects) as this medication. Red yeast rice has been used safely in clinic trials for up to 4.5 years, but that doesn't mean it's right for you. Consult your healthcare provider before beginning a new supplement. At this time, many red yeast rice products available do not contain any of the active ingredient (lovastatin) and others do not always contain the amount they claim on the package. The FDA does not regulate supplements. If you take vitamins and supplements, consider reviewing them with a registered dietitian nutritionist. Or, consider using a database like ConsumerLab.com to ensure the supplements you are taking are of high quality.

## SPECIAL EVENTS

### DELAY THE DISEASE SERIES Parkinson's Exercise Program

Mondays & Wednesdays, May 1st - June 12th, \$70 Members | \$160 Non-members  
Small group classes that focus on activities such as strength, balance, vocalization, fine motor skills and gait training. Optimizes physical function to help delay PD symptom progression.

### REFORMER FOR HIP MOBILITY SERIES

Thursdays, May 9th - 23rd, 11:00 a.m. - 12:00 p.m. \$90 Members  
This 60 minute small group series will use the Pilates Reformer to build your hip mobility. Reformer exercises will also help improve balance, posture and gait.

### MEDITATION 101 SERIES

Wednesdays, May 8th - 22nd, 10:30 - 11:15 a.m. \$5 Members | \$55 Non-members  
Lauren will lead you through the steps for a meditation practice, a discussion of common pitfalls and strategies to create space.

### YOGA FOR TRAVELERS SERIES

Thursdays, May 9th - 30th, 9:45 - 11:00 a.m. \$15 Members | \$75 Non-members  
This series is appropriate for all levels, abilities, interest levels and travel experiences. Discover easy-to-pack props and practice targeting common areas of discomfort while traveling.

### STRENGTH TRAINING 4 SENIORS SERIES

Mondays & Wednesdays, May 6th - 29th, 11:15 a.m. - 12:15 p.m. \$80 Members  
Guided workouts by a personal trainer to build muscular strength and endurance. Includes dynamic warm up and cool down periods and provides a total body workout.

### JOINT HEALTH NUTRITION WORKSHOP

Wednesday, May 22nd, 12:00 - 1:00 p.m. \$5 Members | \$15 Non-members  
Want your nutrition to help you move better? Attend this workshop to learn how nutrition impacts joint health and the foods that do and do not support it.

## REFRAMING OUR THOUGHTS

By Samantha Kelly, General Manager

Life can be challenging and certain aspects are often out of our control. How we choose to deal with it emotionally and mentally is up to us. Instead of letting the annoying things get to you, consider it as an opportunity to reflect, acknowledge how it made you feel and move on. It is also an opportunity to take positive action to resolve that feeling.

Reframing the annoying things into a positive take times and requires a conscious effort. It could be thought of as trite, but in return you may see situations from a new, different perspective. Such as things happen in life instead of things are happening to you.

Parking further away from the entrance can be perceived as annoying. The flip side is, you are getting more steps in, including more activity into everyday life and it only took a few extra minutes.

A person is taking a long time on a piece of equipment you want to use can be perceived as annoying. Rather than glaring and assuming this stranger can read your mind, walk up and kindly ask them how long or how many sets they have left. Now you know how long you have to go do a different exercise, are "in line" to use the equipment and maybe you made a new friend at the gym.

No one else can take responsibility for your actions and feelings, it is up to you and you may be surprised at how powerful positivity can be.

## NEW PROSHOP ITEMS



Ladies Cotton Tank Top  
Available in Black and Royal  
Blue. Sizes S-XL \$ 14.95

Lightweight Zippered Tote  
Available in Red, Blue and  
Gray \$19.95

## FOOD FOR THOUGHT Am I Getting Enough Fiber?

By Lisa Graft, Registered Dietitian Nutritionist

The average American consumes about half of the 30 grams of fiber they need each day. While many foods contain fiber, it takes a large volume of these foods to get the fiber you need. For example, a medium sized apple, orange or banana has about 3 grams of fiber. The same goes for a one cup serving of green beans or carrots. If you need to increase your fiber intake, do so gradually to avoid "GI distress" (bloating, cramping, gas, etc.).

To start, add one item to your day that contains 3-5 grams of fiber. Continue for one week and then add another item containing 3-5 grams of fiber. Repeat this until you are consuming an average of 30 grams of fiber each day.

Adding beans, lentils and bran cereals can be a great way to increase fiber intake. Another thing to consider is using a fiber supplement. There are many varieties available in powders, capsules or liquids. If you choose to use a fiber supplement, check the nutrition facts label to ensure you are getting at least 3 grams per serving. Depending on your preferences, it may be more convenient, cost effective, or enjoyable to eat an additional piece of fruit rather than take a supplement.

For more guidance on your specific fiber needs and help planning your meals and snacks, contact me at 402.413.3559 or lgraff@madonna.org.