

# The Source

- Madonna ProActive News -

January 2018

## WHAT'S HAPPENING

### AQUATICS

Child swim lesson session is Jan. 8 - Mar. 1. Lessons are held on the west side of the lap pool and open swim is not available when lessons are in session.

### BLOOD PRESSURE AND CHOLESTEROL CHECKS

Free blood pressure check and \$20 cholesterol screening with Holistic Nurse Sharon Duffy are available Jan. 17, 7-9 a.m. Register at the front desk by Jan. 16.

### NEW PLAY CENTER HOURS STARTING JAN. 8

Mon.-Thu. 8:30 a.m.-1:30 p.m.  
4 p.m.-8 p.m.  
Fri. 8:30 a.m.-1:30 p.m.  
4 p.m.-7 p.m.  
Sat. 9 a.m.-1:30 p.m.  
Sun. Closed

### GROUP FITNESS CLASSES

#### Added Days

Cycling, now available Monday thru Friday morning, 5:15-6 a.m.  
Cardio Fit Cycling, now available Monday thru Thursday evening, 6-6:45 p.m.

#### New Class

Strength & Tone, Mon. & Wed., 6:30-7:30 p.m.

#### New Time

Dynamic Cross Train, Fri., 12:15-1:15 p.m.

#### Discontinued Class

Dance Blast, Tue., 7-7:45 p.m.

## THERAPYPLUS

### The Soreness Rules by Jordan Mettler, PT, DPT

As physical therapists we guide patients through activities that can result in soreness/pain. Our role in the recovery process is to educate clients on how much is too much soreness and what to do next when they are sore. Follow the guide below when you are unsure about exercising when sore:

1. Soreness during your warm-up that goes away. Stay at that exercise intensity for the day.
2. Soreness during your warm-up that continues into the workout. Take two days off and decreased intensity of exercise the next day you exercise.
3. Soreness during warm-up that goes away but redevelops during your workout. Take 2 days off and decrease intensity of exercise.
4. Soreness the day after weight training. Take one day off.



Restoring balance and stability after the death of a loved one can be the biggest challenge of your life.

Join us if you are struggling with grief and trying to find a new normal.  
Open to members and their guest at no cost.

January 16 (every 3rd Tuesday of the month)  
6-7 p.m. Register at the front desk.



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Medical Fitness

Contact Sharon Duffy, Coordinator Holistic Health & Integrative Medicine, 402.413.3556 or [sduffy@madonna.org](mailto:sduffy@madonna.org) for more information.

**Back On Track**  
 **WALKING CLUB**

Join the new indoor walking club! Stay on track by recording your indoor track or treadmill miles completed at ProActive. The Back on Track walking club log book is located on the towel shelf at the west end of the track.

Recording your miles is a tangible way to see the ongoing benefits of walking and add some competitive fun to your workout. The highest mileage members will be listed on the track leader board.

7111 Stephanie Lane ■ 55th & Pine Lake Road  
402.420.0000 ■ [www.madonnaproactive.org](http://www.madonnaproactive.org)



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## INSTRUCTOR SPOTLIGHT



Jess Dinger is a licensed ZUMBA Fitness and REFIT instructor. She is currently studying for her personal trainer certification. Jess loves working with people of all ages and fitness levels. Through her own journey, she's come to take fitness and wellness very seriously and enjoys helping others achieve their own goals. Jess believes in overall well-being of the whole person-mind, body, and spirit.

**Classes taught by Jess:**  
**Zumba, Dance Blast, Seated Dance Blast, Cardio Pump, Dynamic Cross Train and Strength & Tone.**

## Medical Massage by Kelby Deges, Soteria Licensed Massage Therapist

Remember those long summer days playing outside with all the neighborhood kids? Coming home with a skinned knee or two, and your mother giving you a big hug and kiss after cleaning them up. Remember how much better you felt? Or maybe how a long snuggle can magically cure an upset stomach. Touch is the body's first and most natural reaction to pain of any kind, stimulating the release of endorphins (a chemical the body produces as a pain killer.) Touch also reduces the stress hormone cortisol, leading to lower blood pressure and heart rate. Massage therapy is a manual manipulation of soft tissue to benefit health and overall wellbeing. Through the release of natural toxins and increased blood flow, massage therapy has been confirmed to relieve chronic pain, increase the immune system, assist in a faster recovery, decrease insomnia, depression and stress levels.

Medical massage differs in that the therapist has extra training and knowledge of medical conditions such as lymphoma and side effects of treatment such as shunts, spinal stimulators (SCC) and catheters. Terminology is used and understood to properly communicate with doctors and nurses when creating a customized treatment plan involving medical massage. With few risks, massage therapy may improve the quality of life using different techniques based on individual needs and physical condition, whether that is long kneading strokes, deep muscular work or tending to sensitive areas that refer elsewhere in the body. Massage is not just a luxury. It's a way to a healthier, happier life.

## WAY TO GO

Carol H. said "Eva's TRX class Tues/Thur a.m. is awesome! She always has new ideas and helps where needed. She is great!"

"A big thank you to Marcia (weekend women's locker room attendant) for putting rubber shower stoppers on the shower caddies. It is very much appreciated."

"The Young at Heart class is awesome. Judy is outstanding-like the way she changes things up so not doing same thing. She's the best! Betsy also does a good job with this class."



## Matt Kasik ProActive General Manager

January 1st.

This is a date of the utmost importance, regardless of the year. It signifies the starting point, a new beginning, an opportunity to achieve something. We identify something we want to improve within ourselves, we draw a line in the sand, and we cross that line on January 1st.

It is interesting how this works, because we can make goals and strive to achieve them at any point during the year. However, a goal made on New Year's Eve is different: it is a 'resolution'. Beyond the fancy name, I believe the distinct difference about a New Year's goal is the social component. Not only do we talk about our resolutions with friends and family, but we begin the goal at the same time. Whether we want to lose a few pounds, or cut back on certain foods, we are all in this together.

Here at ProActive, we have some New Year's resolutions of our own and are looking forward to a great new year. We will continue to create an awesome and positive environment so that community members may maintain or improve their health. We will work tirelessly to ensure that your visits to ProActive are welcoming and that our staff provides you with personalized solutions. We will maintain and add fitness programming to meet your needs, such as the additional high intensity strength and spinning classes that we are adding to the early mornings and evenings in January. We will continue offering and expanding programs that focus on your mind and body, such as Tai Chi, Yoga, and Meditation. Finally, we will build the ProActive community by adding social clubs, such as the new ProActive Walking Club, which starts today. Together we will achieve our goals and make 2018 our best year yet.

## Mason Jar Soup Workshop



Do colder temps and dark evenings have you wishing for a quick, easy and warm meal?

We've got you covered!

Join Registered Dietitians Lisa Graff and Katie Jones for a fun evening preparing six different soups in a jar!

**Wednesday, January 31**

**Time: 1:00 - 2:00 p.m. or 6:00 - 7:00 p.m.**

**Cost: \$25.00 per person**

**Sign Up at Front Desk by Jan. 29**

Bring yourself and leave with SIX delicious jars of soup mix!

Chicken Tortilla Soup  
Friendship Soup  
Potato Soup  
Moroccan Lentil Soup  
Creamy Wild Rice & Mushroom Soup

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