

# Madonna ProActive Newsletter

## The Source April 2024

### WHAT'S HAPPENING

#### GROUP FITNESS CLASSES

##### NEW CLASS:

Cycling 30!, Wednesday, 9:30-10:00 a.m.

#### HEALTH SCREENINGS

Cholesterol: Wednesday, April 3rd,  
8:00 - 10:00 a.m. \$25

By Appointment: Blood Glucose \$15 and  
InBody Fitness Assessment \$35

Schedule all health screenings online or  
at the front desk.

#### LAP CHALLENGE

Up your water game in the Aqua Track  
and Lap Pool April 14th - 20th. Count and  
record your laps in the challenge binder  
for one 30 MINUTE WORKOUT per day,  
The member with the most laps in each  
pool will win a five visit guest punch  
card - \$55 value. In the Lap Pool, up and  
back equals one lap. Around the full oval  
equals one lap in the Aqua Track. Your 30  
minute workout can be walking, jogging  
or swimming.

#### NUTRITION WORKSHOPS

##### RECIPE REHAB: DESSERT EDITION

Tuesday, April 23rd, 12:00-1:00 p.m.

Learn strategies to modify common  
dessert ingredients so they contain less  
sugar and fat, have decreased calories  
and taste great, too. Try samples of trail  
mix cookies, chocolate lava cupcakes,  
lemon pound cake and berry streusel  
bars. \$15 Members

##### BUILDING BLOCKS TO STRONG BONES

Tuesday, April 16th, 12:00 - 1:00 p.m.

If you are concerned about bone density,  
or have osteopenia or osteoporosis, this  
workshop explores the foods, nutrients  
and activities to add to your routine to  
help promote bone strength and which to  
avoid. \$5 Members

### THE DYNAMICS OF THE KETTLE BELL

By Ryan Burger, PTA, CSCS

Many of you have probably seen the oddly-shaped weights in the gym. They are different sizes and colors, have handles and are called kettle bells. Kettle bells are made up of three parts: the "bell" is the large round aspect, the "handle" is the top of the open rounded piece and the "horns" are the sloping ends of the handle that connect to the bell.

Kettle bells are a very dynamic piece of exercise equipment that can be used in place of virtually any exercise that calls for the use of a dumbbell or barbell. For instance, you can hold the handle with the bell resting on the back of your wrist/forearm and perform an overhead press. You can also hold the bell in this position while on a bench and perform a chest press. Biceps curls are easy to perform while holding the handle, as are overhead triceps presses (or lying on your back on a bench). Lighter kettle bells can be used for front and side shoulder raises as well as diagonal raises.

The kettle bell overhead press and chest press may be made more challenging by holding the handle, but move the "bell" above your hands (the "bell" is upside down). This takes more control and hand strength so make sure you decrease the weight to ensure you maintain control of the kettle bell. Push ups can be performed on the floor with each hand holding the handle of each kettle bell. This is very challenging and typically you need a larger "bell" to be able to maintain balance; a smaller base bell will wobble.

Kettle bells can also be used with lower body "goblet squats." You hold the "bell" with both hands right under your chin, with the handle either up or down, and then squat as normal. Another way to hold the kettle bell is holding each "horn" with the "bell" on the bottom. This taxes your grip as the weight of the "bell" is under your hands. Having the weight under your chin helps keep your posture taller and the low back more stable. Forward, side and backward lunges can all be performed while holding the kettle bell in this same position. Squats and lunges can also be performed while holding two kettle bells in the "rack" position (holding the handles, bell resting on the back of the wrists).

As you can see, the kettle bell is a very dynamic piece of exercise equipment that many people do not realize can increase the challenge of some very basic exercises. If you have any questions regarding these exercises, please feel free to drop by TherapyPlus and ask to speak with Ryan.

### NUTRITION BITE What is L-theanine?

By Lisa Graft, Registered Dietitian Nutritionist

L-theanine, sometimes simply referred to as "theanine" is an amino acid naturally found in tea leaves. Studies have shown that L-theanine can enhance alertness, attention and concentration while at the same time increasing relaxation and feelings of calmness. This nutrient is best absorbed on an empty stomach. Consider adding a cup of tea to your afternoon to avoid the slump or before bedtime to help with sleep. L-theanine is also available in supplement form, but at this time, there is not a recommended dosage. Always consult your physician before taking a new supplement.

## SPECIAL EVENTS

### BREATH BOOK STUDY SERIES

Sundays, April 7th - 28th, 4:45 - 5:45 p.m.  
\$30 Members, includes book.

### REFORMER FOR HIP MOBILITY SERIES

Thursdays, April 11th- 25th,  
11:00 a.m. - 12:00 p.m. \$90 Members

### MYOFASCIAL RELEASE CLASS

Thursday, April 18th, 9:45 - 11:00 a.m.  
\$10 Members

### MEDITATION & FLOW CLASS

Thursday, April 25th, 9:45 - 11:00 a.m.  
& 5:45 - 7:00 p.m. \$5 Members

### HOW TO LIVE WELL WITH CHRONIC PAIN SERIES

Wednesdays, April 10th - May 15th,  
1:00 - 2:30 p.m. \$50 Members

### INTRODUCTION TO PICKLEBALL CLASS

Wednesday, April 10th,  
5:30 - 7:00 p.m. \$10 Members

### STEP STRONG CLASS

Wednesday, April 3rd, 8:15 - 9:00 a.m.  
Free Members

### CYCLE, STRENGTH & STRETCH SERIES

Tuesdays, April 9th - 30th,  
6:15 - 7:00 p.m. Free Members

### STRENGTH 4 SENIORS SERIES

Monday & Wednesday, April 8th - May 1st,  
11:15 a.m. - 12:15 p.m. \$80 Members

### PERSONAL SAFETY & SELF-DEFENSE 101 WORKSHOP

Saturday, April 20th, 1:00 - 3:00 p.m.  
Free Members

### INTRO TO TAP 101 SERIES

Sundays, April 28th - May 5th,  
3:30 - 4:30 p.m. \$5 Members

### DANCE WATER ON LAND SERIES

Wednesdays, April 10th - 24th,  
10:30 - 11:15 a.m. Free Members

### TRX CONDITIONING CIRCUIT SERIES

Mondays, April 15th - May 20th,  
8:00 - 8:45 a.m. \$18 Members

## FAD OR FACT? COLD PLUNGES

By Samantha Kelly, General Manager

All industries are prone to fads and trends, especially the health, wellness and fitness industry. This is often in the form of fad diets, fitness equipment, weight loss supplements and “quick fixes.” It is human nature to gravitate towards the easiest offering and trends seem appealing.

However, individuals typically don't wake up one day with inflammation, reduced strength, extra body weight or poor posture. It happens over time. So why do we expect things to magically change with a quick fix? What is tried and true is that making life changes takes consistency and dedication. It is doing the hard things and making difficult decisions when it is the last thing we want to do. Cold plunges are hot right now and many gyms are adding them to their lineup of amenities. They tout cold plunges reduce inflammation, promote recovery and help with losing body weight. Yet, what does the research say?

Research on cold plunges or “Cold Water Immersion” (CWI) escalated in 2010, primarily with elite level athletic populations. The most common objective was to look at reducing recovery time between bouts of exercise. This was evaluated by assessing muscular power, strength and inflammatory markers after intense exercise, a game or competition. There were positive results in all areas measured for most studies, however, it was only correlational not causal. This means, the positive impacts are related but research does not directly associate it with CWI. It could have been how the athlete recovered in other ways such as a good sleep routine, proper nutrition and exercise routine as well as utilizing other methods of recovery like a yoga, breath work, meditation and a mobility routine.

The reality for most people is there's a higher likelihood to receive more benefits from improving the latter items mentioned above versus simply adding in a cold plunge routine. This is not to say cold plunges have no benefits, rather your time and energy could be focused on areas that will have a greater impact on progressing towards your goals. Here at Madonna ProActive, we are proud to be a holistic health and wellness facility that focuses on what truly produces results versus what's trending.

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## TRAINER'S TIP Help For Staying Motivated

Plan ahead for summer travel and buy resistance loops or handled bands. These are a perfect option to pack in your travel bag that allows you to workout when away from home. Bands won't weigh down your luggage, but will still give you an effective, full-body workout. Both options are available for purchase at the front desk.

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## FOOD FOR THOUGHT Cupboard Spring Cleaning

By Lisa Graft, Registered Dietitian Nutritionist

Most of us have shelf-stable food items in our homes that have been there for quite some time. According to the USDA shelf-stable foods are safe to eat well past the “use-by” or “best-by” date. However, quality (freshness and flavor) does decrease over time. Canned foods that are unopened and undamaged have the best quality if used within five years of purchasing. Spices lose quality after about three years but dry beans, pasta, quinoa and rice have the best quality if used within two years of purchasing. Processed whole grain items like whole wheat flour and rolled oats are best if used within about four months of purchasing. Unprocessed whole grain items like quinoa and brown rice are best if used within one year. If you feel inspired to clean out your pantry this spring, use the free USDA Food Keeper app or go to the [foodsafety.gov](https://www.foodsafety.gov) website to help determine which foods to use and which to toss.