

## WHAT'S HAPPENING

### CHOLESTEROL SCREENING

Wednesday, Feb. 1st, 8:00 - 10:00 a.m.

Monitoring cholesterol is important in reducing the risk of coronary heart disease. Call 402.420.0000 to schedule your appointment. \$25

### FITNESS ASSESSMENTS

Baseline measurements are instrumental in providing the metrics and motivation to overcome plateaus, manage weight loss and develop healthier habits.

The main type of assessment offered at ProActive uses InBody. The InBody is a medical-grade, non-invasive device that measures real-time body composition using bio-electrical impedance technology. It provides an analysis and report on:

- Segmental Lean Analysis: Imbalances between the body's limbs are shown.
- Extracellular & Intracellular Water/Total Body Weight: Identifies how water in the body is carried (i.e. swelling, water retention).
- Visceral Fat: Fat surrounding the organs.
- Body Composition: Weight, skeletal muscle mass and percentage of body fat.

The fee for an InBody scan and results review is \$35. Call the front desk at 402.420.0000 to schedule your 15-minute Inbody fitness assessment with a personal trainer.

### PILATES REFORMER TRAINING

Individual sessions on a Pilates reformer builds core strength, promotes pain-free movements and improves flexibility. The reformer is a flat, bed-like, framed pulley platform with attachments that control resistance and range of motion. Reformer training can be added to anyone's fitness routine to help you train better, feel better and move better.

An introductory training package of three 60-minute sessions is \$165. To get started, call Carla Zedicher at 402-413-4012.



## CARDIAC REHAB PROGRAM

Madonna ProActive is proud to have Cardiac Rehabilitation on-site. Cardiac Rehab is a comprehensive medical program designed to help heart surgery patients recover or possibly prevent the need for heart surgery for others. It is insurance-based, outpatient therapy and requires a physician's referral. Physicians refer patients if they have had open heart surgery, coronary stenting, heart valve repair or replacement, a heart attack within the last 12 month or those with chronic heart failure.

What makes Madonna's program unique is the individualization, holistic approach and exceptional team. The program is comprised of physical activity, educational topics and social interaction. The physical activity is tailored to the patient's goals and the education is personalized based on what would improve the patient's healthy lifestyle choices. The program is available Monday through Friday at various times of day. It occurs on the east end of the first level. This way patients feel as if they are just going to the gym!

National Cardiac Rehabilitation week is February 13th – 19th. A table will be set up in the main walkway with information. Stop by to find out more!



## BLOOD PRESSURE CLINIC

Tuesday, February 14th

Sign up for a free 15-minute appointment online or at the front desk.

Have your blood pressure measured, discuss healthy ranges and gain insight on what you can do to control your blood pressure numbers.

## WHAT IS BEWELL?

ProActive's new **BeWell** training package provides supportive programs that combine services to help members set and achieve their wellness goals. Members enrolled in **MoveWell** work with a personal trainer and health coach who collaborate as a team to provide individualized services. Members enrolled in **EatWell** work with a personal trainer and registered dietitian nutritionist.

Members choose weekly, bi-weekly or monthly appointments. The personal trainer meets with you for 30-minutes and provides workout instruction and feedback. The wellness coach or dietitian meets with you for 45-minutes to discuss behaviors, goals, eating plans and how to overcome obstacles.

**MoveWell** and **EatWell** are all encompassing programs at an affordable price. Recurring appointments ensure your commitment and provide a 20% discount over individual pricing.

- |                          |              |                  |
|--------------------------|--------------|------------------|
| • Weekly Appointments    | \$278 Member | \$380 Non-member |
| • Bi-Weekly Appointments | \$157 Member | \$214 Non-member |
| • Monthly Appointments   | \$83 Member  | \$107 Non-member |

For more information, contact Fitness Manager Carla Zedicher at 402.413.4012 or [czedicher@madonna.org](mailto:czedicher@madonna.org).

## SPECIAL EVENTS

### MYOFASCIAL RELEASE

#### Four-Week Series

**Thursdays: February 2nd - 23rd**

**5:45 - 6:30 p.m.**

This workshop explores myofascial release and how it increases blood circulation, decreases risk of injury and stretches out your body from neck to feet. Preferred props: foam roller, RAD Roller Recovery SMR Balls, instruction & micro-balls to manipulate fascia. Available for purchase at ProActive's ProShop. Members \$20 | Non-members \$40

### TRX BOOTCAMP

#### Six-Week Series

**Fridays: February 3rd - March 10th**

**5:30 - 6:15 a.m.**

Small group training through interval-based workouts that includes TRX and circuits for new challenges.

Members \$15 | Non-members \$60

### PRE-MARATHON EDUCATION

**Sundays: February 12th - 26th**

**2:00 - 3:30 p.m.**

Connect with those with similar training goals. Learn training strategies and exercises, guided by professionals and avid runners.

Members \$20 | Non-members \$45

### BARRE PILATES

#### Four-Week Series

**Saturdays: February 4th - 25th**

**10:45 - 11:30 a.m.**

Pilates is a low-impact, full-body workout that promotes alignment, balance and strength. Barre fitness will enhance balance, build strength, increase flexibility and burn calories.

Members \$12 | Non-members \$50

### TRX YOGA

#### Three-Week Series - Two Options

**Wednesdays: February 15th - March 1st**

**6:45 - 7:45 p.m.**

OR

**Sundays: February 19th - March 5th**

**9:00 - 10:00 a.m.**

Use TRX suspension to advance your yoga practice. Boost essential core strength and sense of balance.

Members \$12 | Non-members \$50



## SOTERIA MASSAGE SPECIAL

**Available For Purchase February 1st - 17th.**

- Receive a 10% discount on any single massage.
- Receive a 5% discount on three pack of massages.
- Limit one of each type of discount for member or guest.
- Massages may be scheduled up to a year after purchase.

## SIX-WEEK WORKSHOP SERIES

**Wednesdays: February 15th - March 22nd | 1:00 - 3:00 p.m.**

**Members \$130 | Non-members \$150**

This workshop is for anyone living with a chronic condition or caring for someone who has a chronic condition.

Weekly topics like fighting fatigue, dealing with difficult emotions, managing pain and improving communication help you take control, build confidence and find community.

Attend a preview class to find out more about this valuable program:

- Wednesday, February 1st: 1:00 - 1:30 p.m.
- Thursday, February 2nd: 12:00 - 12:30 p.m.
- Tuesday, February 7th: 2:00 - 2:30 p.m.
- Wednesday, February 8th: 1:00 - 1:30 p.m.

**SAVE WITH EARLY REGISTRATION! Register by February 8th and members pay \$75 and non-members pay \$105.**

## FIGHT INFLAMMATION WITH FOOD

**Tuesday, February 28th | 12:00 - 1:00 p.m. | Education Room**

Doctors are learning that one of the best ways to reduce inflammation lies not in the medicine cabinet, but in the refrigerator. Join registered dietitian nutritionist Lisa Graff for this nutrition workshop to learn about inflammation and how it relates to your food choices. You may attend in person, virtually or receive a class recording. Register at the front desk or online.

Members \$5 | Non-members \$15



## HEART HEALTHY HABITS

Learn how to keep your heart healthy in this interactive workshop with ProActive's Cardiac Rehab team members Daniel Heiser, Clinical Exercise Physiologist and Lisa Graff, Registered Dietitian Nutritionist.

Discover how small changes to your current eating and physical activity can boost your heart health and prevent or delay heart disease.

Thursday, February 16th | 12:00 - 1:00 p.m. | Attend in person or virtually.

Members \$5 | Non-members \$15 | Register at the front desk or online.

## DANCE BLAST PARTY

**Join the party on Sunday, February 12th from 1:00 - 3:00 p.m.**

Celebrate movement with a variety of heart-healthy and joyful genres of dance. Free for members and their guest. Drop in for all or part of the party!

