

Madonna ProActive Newsletter

The Source February 2024

WHAT'S HAPPENING

HEART MONTH

February is American Heart Month! Wear red on February 5th to help raise awareness and support the fight against heart disease. Join us to celebrate Cardiac Rehab Week February 12th - 18th to bring awareness to the role of cardiac rehabilitation in reducing the harmful effects of heart disease.

CHOLESTEROL SCREENINGS

Save \$5 on your cholesterol test in February! Multiple appointment times available. Schedule at the front desk. On sale for \$20.

NUTRITION BITE

What does heart healthy really mean? From a nutrition perspective, most foods can fit into a heart healthy eating pattern but eating MORE fiber, potassium and omega-3 fats should be the focus. Try to get these nutrients from foods rather than supplements. Schedule a session with our registered dietitian nutritionist for a personalized, heart-healthy nutrition plan or menu planning.

LAW ENFORCEMENT & MILITARY GRATITUDE MONTH

Retired and active duty law enforcement and military service non-members are invited to enjoy Madonna ProActive for a FREE two-week trial in February. Interested individuals can present their identification to staff to get started. Share with eligible friends and family!

FAR WEST GYM PROJECT

To accommodate the installation of new flooring and equipment, the far west gym and the west side of the court will be unavailable February 6th - 13th. The east side of the court will be available for use.

HOLISTIC HEART HEALTH

By Samantha Kelly, General Manager

Madonna ProActive aims to support all individuals, regardless of ability, age or health status, on their journey to maintain or improve their health. This is in the form of gym memberships, wellness services and patient care. We are proud to have patients working out next to gym members Monday through Friday. This instills and supports the fact that working out is a positive and beneficial activity for all!

With February being National Heart Health Month, it is a great time to remind our members of one of the patient programs at Madonna ProActive - Cardiovascular Rehabilitation. This program is often referred to as cardiac rehab and is an insurance-based program designed for those who have sustained a heart-related incident or are recovering from a heart-related surgery. Similar to our approach with members, the cardiac rehab team provides an individualized and holistic approach for patients. This doctor-prescribed program provides up to 12 weeks of exercise sessions, healthy lifestyle education and socialization. The team is comprised of an on-site physician, registered nurses, a registered dietitian and exercise professionals. Because we want to see every patient improve their health and quality of life, the exercise sessions and educational discussions are tailored to each patient's goals.

While we hope that you are staving off cardiovascular disease by visiting the facility and exercising regularly so there isn't a need to participate in the cardiac rehab program, just know we have it available should an unexpected heart problem occur.

To honor the incredible cardiac rehab team and program, we are celebrating National Cardiac Rehabilitation Week from February 12th – 18th. An informational table will be available starting Monday, February 12th; be sure and stop by to find out more!

TRAINER'S TIP Help For Staying Motivated.

Motivation takes planning! Making a workout a "non-negotiable" part of your calendar sets you up for success. Another trick is to use "temptation bundling" to give yourself something to look forward to. This means picking some favorite entertainment options that you ONLY get to do when working out at the gym.

WHAT IS FTP? And How Do I Find Mine?

Functional Threshold Power (FTP) is a cycling metric that estimates the highest average power you can sustain for one hour. It is a quantifiable way to measure your cycling fitness and will give you a framework to gauge the difficulty of your rides. **Madonna ProActive will perform FTP Testing for interested cyclists on Tuesday, February 27th at 5:30 a.m. and Wednesday, February 28th at 9:30 a.m. Sign up on the Member Portal or at the front desk.**

SPECIAL EVENTS

HEADSTAND, SHOULDERSTAND & REST YOGA SERIES

Thursdays, February 8th - 29th

9:45 - 11:00 a.m. or 6:00 - 7:15 p.m.

Explore effective and personally-tailored approaches to three yoga inversions.

\$20 Member | \$80 Non-member

DANCE BLAST PARTY

Saturday, February 10th, 9:30 - 11:00 a.m.

Have fun and exercise with a variety of heart-healthy and joyful dance genres.

Free for members and their guests.

STRENGTH TRAINING 4 SENIORS SERIES

Mondays & Wednesdays,

February 5th - 28th, 11:15 a.m. - 12:15 p.m.

Small group, guided workouts to build muscular strength and endurance while focusing on proper body mechanics and safe movement patterns.

\$80 Member | \$200 Non-member

INTRO TO CYCLING CLASS

Saturday, February 17th, 9:30 - 10:30 a.m.

Learn to adjust the bike, track workouts and experience an educational cycling class. Free Member | \$20 Non-member

LIVING WELL WITH CHRONIC PAIN SERIES

Wednesdays, February 7th - March 13th,

1:00 - 2:30 p.m. Collaboration, education and helpful strategies for anyone living with frequent or long-term pain or caring for someone who lives with pain.

\$50 Member | \$100 Non-members

HEART SMART SAUCES & SEASONINGS

Tuesday, February 27th, 12:00 - 1:00 p.m.

An interactive workshop and cooking demonstration with Registered Dietitian Lisa on tips to add flavor without adding extra fat, sugar and sodium.

\$15 Member | \$30 Non-member

HEART-HEALTHY HABITS

Thursday, February 22nd, 12:00 - 1:00

p.m. Cardiac Rehab team members present on how small changes to your current routine can boost your heart

health. \$5 Member | \$15 Non-members

SOTERIA SPECIAL - February 1st - 17th

Save 10% on Single Massage & 5% on Massage Three Pack

Massage benefits play a role in heart health. Massage therapy reduces cortisol which, in turn lowers stress, a factor that can cause arrhythmia or complicate existing heart conditions. Massage can also assist in cardiac rehabilitation by loosening muscles after exercise and reducing associated stress and tension. Show how much you care about a loved one's heart health by giving them a Soteria massage this month!

REFORMER FOR BALANCE SERIES

Four Weeks: Thursdays, February 8th - 29th,

11:00 a.m. - 12:00 p.m. | \$120

Balance is central to many of life's daily activities. From simply walking to completing more complex movements, balance helps to reduce falls and maintain proper coordination. This series will focus on exercises that improve balance and posture. Beyond the physical benefits of good balance, other parts of your body can reap the benefits too, like vision, cognition and inner ear issues. Pilates reformer exercises help to create increased body awareness and numerous studies have shown that Pilates can improve balance and gait.

PILATES REFORMER CLASSES

On Sale Starting February 1st - Save \$5

Are you looking for strategic ways to ignite your core, improve your balance and posture, increase your joint stability and mobility, all while simultaneously increasing muscular strength and endurance using a safe, easy-on-the-joints system? Sign up for a 50-minute Pilates reformer class at the front desk today. All reformer classes are on sale for \$25 through June 30th.

FOOD FOR THOUGHT

By Lisa Graft, Registered Dietitian Nutritionist

Roasting is an easy way to improve the flavor of some classic vegetables like brussels sprouts and broccoli (that many of us loathe), and turn them into delicious side dishes that you may even look forward to eating! There is no single way to roast veggies, but here is the general premise.

Step 1: Clean, peel (if needed) and chop into uniform, bite-sized pieces. You want all veggie pieces to be about the same size, so they take the same amount of time to cook.

Step 2: Heat oven to 400°F (use the convection setting for extra crispness).

Step 3: Toss veggies in a mixture of oil and vinegar, approximately two tablespoons per pound of veggies. (Simplify this step by tossing veggies in vinaigrette salad dressing since it is already a mix of oil and vinegar). Be sure and choose an oil with a smoke point of 400°F or higher.

Step 4: Pour veggies and remaining liquid onto a parchment-lined, rimmed baking sheet. Season with dried herbs or pepper, if desired.

Step 5: Place baking sheet in oven and bake until veggies can be easily pierced with a fork. This can take from 20-60 minutes depending on the type and size of veggies.

Some of my favorite combos are:

- Brussels sprouts and butternut squash tossed in balsamic vinegar and grapeseed oil, seasoned with Italian seasoning.
- Sweet potato, sweet peppers and broccoli tossed in apple cider vinegar and grapeseed oil, seasoned with curry powder.