

Madonna ProActive Newsletter

The Source March 2024

WHAT'S HAPPENING

FRIENDS & FAMILY WEEKEND

There are no guest fees for your family and friends this weekend, Saturday, March 2nd and Sunday, March 3rd. Enjoy a workout together!

CHILD GROUP SWIM LESSONS

Member portal registration now open for the six-week session starting March 25th. In-person sign up at the front desk begins March 11th. Members \$50 | Non-members \$90

MARCH IS NATIONAL NUTRITION MONTH

Get help in reaching your long-term nutrition goals. Purchase three sessions with Registered Dietitian Nutritionist Lisa Graff and save 10%. Offer ends March 31st and sessions must be scheduled in April or after.

HOLIDAY HOURS

ProActive is closed on Sunday, March 31st for the Easter holiday.

GROUP FITNESS CHANGES

Discontinued Classes:

Reformer I, Monday, 9:00 & 10:00 a.m.

New Time:

Reformer I, Wednesday, 4:30 - 5:15 p.m.

REFERRAL REWARD

Invite your friends and family to take a tour and start a free week trial! Schedule workouts together to help you both stay motivated and successful. If they join in March or April, you will receive a \$10 account credit, \$10 in Club Bucks and two guest passes. The joining member will also receive two guest passes. Rejoining members and household submembers are eligible. See Member Services for more details.

Exercise Physiology Basics

By Samantha Kelly, General Manager

When we exercise, our body goes through a series of physiological changes such as increases in blood pressure, heart rate and respiration rate. These vitals increase to keep up with the body's needs during exercise like delivering blood and oxygen to working muscles. Post-exercise, the body attempts to return to resting levels and oftentimes, will dip below those resting levels. For many individuals, this is why exercise can be an effective method of reducing blood pressure, resting heart rate and improving efficiency of breathing over time. Post-exercise, there is also a reduction in blood glucose because our body is using the available glucose to provide energy to the recovering muscles. Blood glucose is the most readily available fuel for our body post exercise. This is why exercise is often encouraged for diabetics. Our body also has increased levels of select neurotransmitters like dopamine and serotonin. This is why research provides evidence exercise is an effective method of managing symptoms of anxiety, depression and other mental health conditions. These physiologic responses to exercise can be extreme if you are not properly hydrated, recently eaten or are not well rested. This is why some people may feel lightheaded, dizzy or even faint during or after a workout. It is typically from a combination of lack of glucose in the blood stream and dilated blood vessels.

These physiological changes are exacerbated when you add heat into the equation, whether it be before, during or after a workout. If you exercise outside in the summer or sit in the hot tub after exercise, you are further dilating your blood vessels and increasing your risk of low blood pressure and/or low blood glucose. This could cause heightened feelings of lightheadedness, dizziness or could cause you to completely pass out.

Ways to prevent feelings of dizziness, lightheadedness and fainting:

1. Stay hydrated! Dehydration prevents your body's thermo-regulatory system from properly functioning, meaning you could feel hotter or colder than normal. Dehydration can also lead to muscle cramps.
2. Eat a snack or small meal 1-2 hours before you exercise. Having energy for your body to use can mitigate the reduction of blood glucose.
3. Be aware of the medications you are on, recent medical events or donating blood and their impact on you before, during and after exercise. Some medications could further the symptoms of lightheadedness, dizziness and fainting.
4. If you like to sit in the sauna or hot tub after you exercise, limit the time to 15 minutes or less. If you enjoy doing this regularly, it is even more important to eat a snack before you exercise and stay hydrated!
5. If you feel like you are dizzy, lightheaded or about to faint, sit down immediately. If these feelings continue, notify someone. Madonna ProActive's team wants you to be safe and we are here to help!

SPECIAL EVENTS

BARBELL REHAB METHOD CERTIFICATION

Saturday, March 9th, 9:00 a.m. - 7:00 p.m.
Sunday, March 10th, 7:00 a.m. - 4:00 p.m.
The East/West Gym court and Far West Gym free weight area is reserved for this specialized training course. Basketball, pickleball and free weight equipment will be unavailable during these times.

SOMATIC EXERCISE SERIES

Wednesdays, March 13th - 27th
10:30 - 11:30 a.m. Slow, gentle and therapeutic movements for anyone. Explore focusing the mind while moving the body in a natural, repetitive way.
\$5 Member | \$50 Non-member

HYDRO TRACK ATTACK SERIES

Sundays, March 3rd - 24th
3:15 - 4:00 p.m. This cross-training workout in the Aqua Track provides a high intensity challenge that is easy on the joints. \$10 Member | \$50 Non-member

TRX FOR RUNNERS SERIES

Sundays, March 3rd - 24th
9:30 - 10:30 a.m. Improve core strength and endurance with this TRX series geared toward runners in training.
\$10 Member | \$75 Non-member

REFORMER FOR BETTER BALANCE SERIES

Thursdays, March 14th - 28th
11:00 a.m. - 12:00 p.m. Improve your balance, posture and gait with Melanie and the reformer.
\$90 Member | \$120 Non-member

TRX BEG. - INT. SERIES

Mondays, March 4th - 25th
8:00 - 9:00 a.m. A low-impact, high-intensity, balance-focused training program that strengthens multiple muscle groups.
\$15 Member | \$75 Non-member

STRENGTH TRAINING FOR SENIORS SERIES

Monday & Wednesday, March 4th - 27th
11:15 a.m. - 12:15 p.m. Guided workouts to build muscular strength and endurance.
\$80 Member | \$200 Non-member

FOOD FOR THOUGHT

By Lisa Graft, Registered Dietitian Nutritionist

What should you be looking at on the nutrition facts label? The label is required by law to be on packaged food available for sale, but there is a lot of information condensed on that tiny label. It can be daunting to think about reading every label for every item you eat. Starting out, look at the first two things listed:

Serving Size – This tells you how much of the product you can eat to get the amount of nutrients listed on the label. If the serving size is 1 oz., but you eat the whole 5 oz. bag, you will need to multiply all the nutrients listed by 5 to know what you consumed.

Calories – Everyone needs a certain amount of calories each day to fuel our bodies. Knowing the amount of calories in the foods you eat will help you stay on track with eating the right amount for your needs.

To figure out your personalized calorie and nutrient needs, schedule a nutrition coaching session with a registered dietitian. Sessions are on sale in March!

YOUR BIOPSYCHOSOCIAL BUCKET

By Jason Cooper, Personal Trainer

A client told me, “My balance is off. My upper back hurts.” A moment before she had mentioned a loved one is dealing with a medical concern. The member said it was affecting her thoughts, focus, sleep and appetite. I asked if she thought those things could be affecting her balance and upper back.

This exchange brought to mind the biopsychosocial model of well-being. The biopsychosocial model says our emotions, behaviors, stress, trauma, socioeconomic status and environment are inseparable from our physical and biological health. This view does not say all physical injuries and pathologies point only to emotions or behaviors, but it does acknowledge the dynamic interplay between many factors that affect us physically, which we may write-off as non-physical.

We’ve all experienced this firsthand. We notice physical changes due to relational stress. We feel memories, worries and trauma in our bodies. Psychological stress from our environment has given us headaches, tension and pain in certain parts of our bodies.

When I asked the client if she thought her emotions and thoughts could be affecting her balance and upper back, she said, “You know. I can see how worry would make me jittery and tight.”

Because it provides self-awareness and understanding, it’s helpful to be aware of the interplay between our thoughts, our stress and our bodies. It clues us into the big picture. It helps us look at ourselves and others as whole people, who deal with wide-ranging factors, which contribute to our well-being.

At ProActive, we hope you find exercises that help, but we hope you find more. We hope you find a welcoming environment and relational connections. We hope you will find education and positive thoughts and behaviors. We hope coming to ProActive fills your biopsychosocial bucket.

TRAINER’S TIP Help For Staying Motivated.

Personal trainer Karen O’Shea says, “Don’t compare your workout to anyone else’s!” Karen is reminding us that everyone has their own personal goals. She also says, “To see changes and make gains, try to be as consistent as possible with your workouts.”