

If you would like to receive email updates regarding class changes please sign up for the Group Fitness email distribution list.

NOVEMBER 2010


adventure 212
FITNESS

One Degree

Monthly Newsletter

Group Fitness Updates

*Christopher Rice,
Fitness Operations Team Leader*

A couple Group Fitness changes occurred during October. Due to popular demand, a BodyFlow class was added on Wednesday night at 5:00 p.m. All Levels Yoga offered on Saturdays was moved from 10:10 a.m. to 9:30 a.m. and extended to 90-minutes. This is Adventure 212 Fitness's ONLY 90-minute class and we invite your feedback regarding the change.

Please be on the lookout for signage next to each studio indicating class changes in the future. If you would like to receive periodic email updates regarding class changes please sign up for the Group Fitness email distribution list.

Sign-up sheets are located in each studio.

Check out our NEW website!

In early November, our website (www.adventure212.com) will go through a complete makeover as a part of our updated company branding and marketing. The new website is easy to navigate and will provide you with up to date information, articles, events and specials at Adventure 212 Fitness.

We are very excited to introduce the new and improved website to each of you! Please check out www.adventure212.com and let us know what you think!

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How do the Biggest Loser People Lose all that Weight?!

CHRISTOPHER RICE, MS, CSCS
FITNESS OPERATIONS TEAM LEADER

"I saw it on the Biggest Loser," is a statement I often hear. "There was a person on the Biggest Loser about my size and he/she lost 100lbs in 10 weeks," is another statement I often hear. "Why can't I lose that much weight?" is a frustration I often hear.

The Biggest Loser is a great example of how hard work and willpower produce results. The weight loss experienced by the contestants is fantastic, with many folks losing over 10lbs per week! On television we see the contestants working out and usually being screamed at by one, or both, of the trainers; Bob and Jillian.

However, what we do not see in the 120-minute show is the sheer volume of work the contestants accomplish each day. The Biggest Loser participants exercise 4 to 6 hours per day! In a week, the contestants reach between 28 and 42 hours of exercise; which is more exercise than 95% of people get in a month. Further, the contestants work under the guidance of a Personal Trainer to ensure the exercises are performed safely and correctly. Finally, a nutritionist plans EVERY SINGLE MEAL the contestants eat to ensure calorie consumption is appropriate.

The strategies used by the Biggest Loser are not a secret and all of them can be accomplished with the resources at Adventure 212 Fitness. The Adventure 212 Personal Trainers will create a fat-loss workout that suits your needs and your goals. Our dietician will work with you to develop a sensible eating plan with the appropriate amount of calories. The "X-Factor" is you...what are you going to do? Are you going to put yourself in a position where you can be successful? Are you prepared to exercise more than you "usually" do to lose those pounds? Are you willing to seek professional guidance to help you reach your goals? In the end, the choice to have 'The Biggest Loser' success is all yours.



Major Clothing Sale!

As you may have noticed, there has been a bit of a change behind the front desk. The clothes aren't hanging up anymore, and that's because they are about to go on a major sale!

As of November 1st, ALL clothing will be **75% off!** This is a limited time offer, so grab it while it's hot! We have everything from shorts, tanks, sweatshirts, running/biking gear, and even yoga pants. Men and women's clothing is available.

Clothing racks will be located near the lobby and Bistro area, and we have additional inventory as well. If you can't find the size or color that you're looking for, ask a front desk attendant for assistance.

CHILD CARE connection

BY TARA TEPP

Teething Babies

Teething is a very exciting moment for a parent but also can be a very stressful time. When a child is sick or something is hurting them, they are unable to tell us what it is that is bothering them. When a baby is in pain, her/his only way of communicating is by crying and screaming. So what are the symptoms of a teething baby? Here are some things to look for:

- Swollen, red and sometimes even bruised gums.
- Little white dots could be forming on the gums.
- Baby drools more than usual, which causes them to swallow the drool in turn leading to loose stools in diaper and even diaper rash.
- Red Cheek(s)
- Wanting to put everything and anything in his/her mouth.

What makes this difficult is that some babies experience all of these symptoms, while others experience few to none. Here are some tips for parents, since teething can be a stressful time:

- Give the baby something cold like a teething ring or a wet wash cloth.
- Use baby Orajel on gums and, if baby lets you, try to massage the gums.
- Use Tylenol or baby Motrin (talk to your doctor about any questions concerning infant medicine)
- Help the baby calm down by putting on music or singing softly into his/her ear.
- Try to distract the baby with games and toys to help take his/her mind of the teething.
- Since teething can be hard on a parent, sometimes a parent needs to de-stress. If it gets to that point, it is okay to set the baby in a safe place while you take a step outside and take a few deep breaths before returning to the baby.

Remember teething can be very hard on both parents and a baby, but hopefully these tips will help soothe both of you in the teething process!



I Didn't Know THAT Had That Many Calories!

BRITTANY POLZIN – CORPORATE WELLNESS & FITNESS INTERN

The majority of individuals all over the United States claim that time is their biggest conflict when it comes to preparing healthy meals at home. This leaves the fast food and restaurant industry booming with business! However, when ordering a meal through the drive-thru or inside from a menu, it is hard to determine which meals are a healthy choice without the nutritional information. Our judgment of what may sound healthy can unfortunately be mistaken most of

the time with a non-healthy choice. But have no fear! Many fast food places and restaurants are now providing websites with nutritional facts for each meal. Next time you eat out, take the time to browse the web so you can plan for a healthy choice!

Take a peek at these meals that have a surprisingly high amount of calories. No wonder our recommended calorie intake of 2,000 calories per day sneaks up on us!

FAST FOOD/ RESTAURANT	APPETIZER	MEAL	SIDE	DESSERT	BEVERAGE
BREAKFAST					
Starbucks		Raspberry Scone = 500 calories			Grande(16oz.) Java Chip Frappuccino Blended (w/ whipped cream) = 430 calories
Arby's		Starbucks Sausage Egg & Cheese Wrap = 740 calories			
McDonalds		Sausage Biscuit w/ Egg = 570 calories	1 Hash Brown = 150 calories		Medium Vanilla Iced Coffee = 190 calories
LUNCH					
Noodles		Pesto Cavatappi (Regular) = 910 calories Thai Curry Soup (Regular) = 480 calories	Flatbread = 210 calories		
Arby's		Classic Italian Toasted Sub = 590 calories	Curly Fries (small) = 410 calories		Medium Mountain Dew = 280 calories
McDonalds		Angus Bacon & Cheese Sandwich = 790 calories Quarter Pounder w/Cheese = 510 calories	French Fries (small) = 230 calories		Medium Sprite = 210 calories
Culvers		Chicken Cashew w/ Flaming Chicken Salad w/ Ranch Dressing = 673 calories 6-piece Butterfly Jumbo Shrimp = 1,320 calories	Onion Rings = 630 calories Crinkle Cut Fries (Regular) = 385 calories		
Jimmy Johns		Blimpie Special Vegetarian (12") = 1,186 calories		Raisin Oatmeal Cookie = 420 calories	Lemonade (small) = 242 calories
DINNER					
Olive Garden	Caprese Flatbread = 600 calories Garden-Fresh Salad w/dressing = 350 calories	Garlic-Herb Chicken w/ Broccoli = 960 calories		Slice of the White Chocolate Raspberry Cheesecake = 890 calories	Berry Acqua Fresca = 390 calories
Applebee's	Veggie Patch Pizza = 950 calories	Regular Grilled Shrimp & Spinach Salad = 1050 calories			
Culvers		North Atlantic Cod Fillet Sandwich = 663 calories	Side of coleslaw = 385 calories	Banana Split (2 Scoops) = 1,084 calories	

Going on a movie date? 1 medium popcorn and 1 regular medium soda = 1,160 calories!

what's COOKING

WITH LANIE DEMARS,
ADVENTURE 212 BISTRO
TEAM LEADER



BONUS:

Order \$50 worth of food
on our seasonal catering
menu, and get

**\$15 FREE
SPA BUCKS!!**

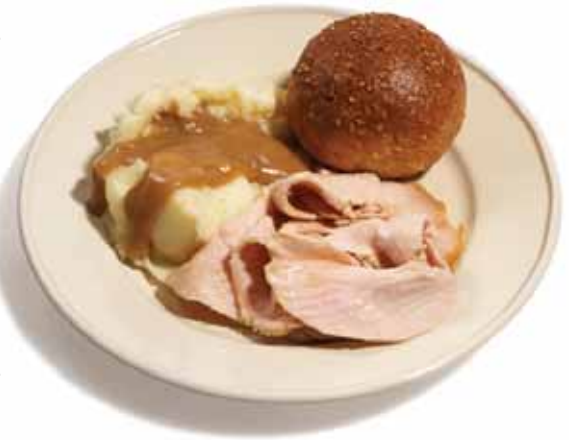
Bistro Specials in November:

- **Seasonal catering menu:**
spend \$50, get \$15 in Spa bucks
- **Mondays:**
Sample nights in the bistro!
Swing in for a sample of our
feature of the day...and a
special price on that entrée!
- **November 20th**
(DEER HUNTER WIDOW'S WEEKEND):
Come visit us at Chocolate Fest,
we'll be bringing some food
specials to complement all
the chocolate!
- **November 26th:**
BLACK FRIDAY:
Break up a long day of shopping
with a lunch break, and bring your
girlfriend to the best kept secret
in Stevens Point. Buy one entrée;
get one free with the purchase of
two beverages.
(Valid for in-house dining only)

Thanksgiving and Christmas Catering Menu

This holiday season, Adventure 212 Bistro will be offering ways to make your family gathering less stressful and even more delicious! Back again by popular demand, our holiday pre-order menu will be open for ordering on November 1st through December 23rd. This menu includes all sorts of holiday favorites: hors d'oeuvres like pesto puff pastries, cheese platters, pear/walnut/blue cheese spread, breads, salads, sides galore (mashed potatoes, sweet potatoes, apple sausage dressing), and delicious desserts like deep dish apple pie, carrot cake, cheesecakes and pumpkin pie. The goodness of homemade and none of the work!

instructions, and nothing requires more than just being popped in the oven (right in the container we serve it in)! If you have a special serving tray or dish you would like us to use, just drop it off when you place your order. (Just make sure it's oven proof for the warmed dishes.)



Ordering is simple, just call in to the Bistro or place your order in person. Place your order 2-3 days before you would like to pick it up – whenever that may be for your family. Your order can either be pre-paid or reserved with a credit card number. When you pick it up, your food will be freshly made and chilled. Every item comes with heating

See our complete Seasonal Catering Menu online or in our store, and please ask if you have any questions, or if you have special dietary requests. Also, please note that we are closed on Thanksgiving day and Christmas day, so those orders need to be picked up the day before those holidays.



One Degree

Monthly Calendar

Mark Your Calendar:

Spa Monthly Specials

Athlete Special for high school and college athletes: Receive a discounted sports massage just by showing your student ID! 30-minute massage for \$25.00 and 60-minute massage for \$50.00

Check out our Widows' Week specials from November 22-27!

Set aside some time for yourself and enjoy Adventure 212 Spa Hunter's Widows' Week Specials from Monday, November 22-Saturday, November 27! (*services must be received on the day of the special and cannot be reserved for a future date)

Bistro Monthly Specials

Order \$50.00 worth of food from the Bistro's seasonal menu and receive \$15.00 in Adventure 212 Spa bucks!

2 Tuesday, November 2

Eating Disorder Support Group 6:30 p.m.

*Open for ages 18 and older. Group will meet in the Adventure 212 Fitness meeting room. No

need to sign up.

12 Friday, November 12

Child Care Date Night
5:00-7:00 p.m. Cost:
\$10.00/first child,
\$8.00/each addtl. child

Enjoy a night away while the kids play at Adventure 212 Fitness! Dinner is available for the kids too for only \$4.00 more or bring in your child's dinner for no additional charge! (*Open to members only)

Toys for Tots donations begin!

Adventure 212 Fitness will again be a drop off location for new, unwrapped toys which will be distributed to needy children in our community.

13 Saturday, Nov. 13 13 Sunday, Nov. 14

Membership Appreciation Weekend

Bring your friends and family into the club for FREE and enjoy specials from the Spa and Bistro!

20 Saturday, Nov. 20 9:00 a.m. - 3:00 p.m.

The Festival of Chocolate at the Jensen Center in Amherst

A can't miss day for chocolate lovers! Enjoy a cocoa bar, chocolate samples, chair massage, arts & crafts fair, a chocolate bake-off, cooking classes, fitness adventures, and more! All in one place, all in one day! General Admission: \$11 in advance and \$13 at the door.

22 Monday, Nov. 22

60-minute basic facial for just \$55 with FREE product.

23 Tuesday, November 23

30-minute salt scrub and 30-minute massage with FREE hand or foot paraffin treatment for just \$45.

24 Wednesday, Nov. 24

Adventure 212 Fitness will close at 4:00 p.m. for the Thanksgiving holiday.

24 Wednesday, Nov. 24

75-minute relaxation massage for \$55

25 Thursday, Nov. 25

Adventure 212 Fitness will be closed for the Thanksgiving holiday.

Happy Thanksgiving!

26 Friday, November 26

Bring a friend to receive a 75-minute couple's massage for \$120

26 Friday, Nov. 26 6:00 a.m. - 1:00 p.m.

Black Friday Childcare Available

Have some holiday shopping to do and no one to watch the kids? Drop them off at Adventure 212 Fitness for Black Friday Childcare! Limit of 15 children at one time! Reserve your child's spot today!

Adventure 212 Fitness Member Cost: \$4/hour for first child + \$3/hour for each additional child

Adventure 212 Fitness Non-Member Cost: \$6/hour for first child + \$5/hour for each additional child

Lunch will be served at 11:30 a.m. Cost: \$4/child

27 Saturday, Nov. 27

SILVER SATURDAY— all services received in the Spa are 40% off TODAY ONLY!