



Adventure 212 is  
**CLOSED**  
on July 4th

JULY 2011



# One Degree

Monthly Newsletter

## Summer Les Mills Launch

Once every three months we debut the new music and choreography for our Les Mills classes: BodyPump, BodyFlow, and RPM. We call this event the Les Mills "launch." This quarter our launch will be held outside if the weather permits and on 3 consecutive days during the week of July 18th on the following days:

- **Body Pump** on Monday, July 18th at 5:00PM
- **Body Flow** on Tuesday, July 19th at 5:00PM
- **RPM** on Wednesday, July 20th at 5:00PM



The launch is a sign-up event and free to value members only. Sign-ups are taken approximately 2 weeks prior at the Floor Monitor desk located in the main fitness area. During the launch we will provide free granola bars and smoothies from Bistro 212. This event is

always a lot of fun and your attendance is greatly appreciated! We hope to see you there!

### Inside:

**2** **Games for Outside Summer Fun**

Sometimes it's tough to get the kids motivated to move from the television. Here are a few game ideas to get them moving AND having some fun!

**3** **Adventure 212 Spa's Summer Specials**

Get summer-ready with Adventure 212 Spa. Book your spa treatment today and take advantage of our July Spa Specials.

**4** **Adventure 212 Bistro offers great summer fare**

This month the Adventure 212 Bistro is offering specials to keep both your stomach and your wallet happy! Check every day for our new specials.

# Games for Outside Summer Fun

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Summer is HERE and everyone wants to be outside! Here are some game ideas to enjoy the summer sun:

- **Don't Drop the Ball:** Have players form pairs. Provide each pair with a soft, flexible ball. Challenge partners to work together to hold the ball without using their hands. Let partners experiment with holding the ball in the different ways, such as pressed between their foreheads, arms, backs or knees. Then encourage the players to discover how they can move while still holding the ball between them. Can they squat, sit, walk or jump?
- **Chase the Dragon's Tail:** Have players line up, with each player holding on to the hips or shoulders of the player in front of them. Explain that the first player in line is the head of the dragon, while the last person is the dragon's tail. Invite the head to try to tag the tail. Encourage all the players to hold on tight. The line must not break. When the head tags the tail, have the head move to the end of the line to become the new tail. Begin a new round with the next player in line as the dragon's head.
- **Name Game:** Have players stand in a circle. Ask them to call out their names one by one and make a movement at the same time. The whole group immediately repeats the name and the movement.
- **Dance Stories:** One at a time have children get in front of the group and perform their own story with their own dance moves.



We hope you have fun trying out these new games!



## PICK 2!

CHOOSE TWO AMAZING SERVICES FOR JUST \$55

## Adventure 212 Spa Summer Special!!!

Choose two amazing services for just \$55

- 30 min express facial
- 30 min relaxation massage (Deep tissue add \$7)
- 20 min Derasound Target treatment
- 30 min Back treatment
- 30 min hand or foot treatment (salt scrub, massage and paraffin)
- Brow, Chin and lip wax
- Bikini wax

\*\*\*UPGRADE YOUR FACIAL, OR MASSAGE TO AN HOUR TREATMENT FOR \$25\*\*\*



# Kids Can Say The Darnedest Things.....

JOSH MURRAY – ADVENTURE 212 FITNESS MEMBER

*I've been a member of Adventure 212 Fitness since December 2010. I was asked to share a snippet of my weight loss story for this July newsletter. I agreed to do so mostly so I could take an opportunity to share my appreciation for this facility and the staff that have helped me in working towards my fitness and dietary goals. But first allow me to share with you what eventually became my inspiration.*

## Meet Kimmarie

Kimmarie Giebel is a licensed massage therapist, who attended the Boulder College of Massage Therapy in Boulder, Colorado. She received her Associate of Occupational Studies degree in Sports and Orthopedic Massage in March 2009. While living in Boulder, she worked with athletes at various levels of training; rehabilitation after an injury, off-season work, and in-season needs. She also enjoys working with clients who have had recent injuries or chronic pain issues. Kimmarie enjoys playing volleyball, biking, hiking, rock climbing, and many other outdoor activities in her free time. She attends the University of Wisconsin-Stevens Point pursuing a bachelor's degree in Communication and Business Administration. She takes much passion in the massage work that she does and looks forward to working with people in various stages of life to find balance and support in their bodies to transfer into their daily activities.

*Kimmarie specializes in Deep Tissue and Sports Massage*

Sports massage is an up and coming technique that is used by everyone from pro athletes to weekend worriers, to people who simply take pride in hard work and conditioning at the gym. This massage includes the common massage techniques of warming and flushing of the tissues, and general relaxation. Sports massage also may include stretching on the table, the pin and stretch method (used to create an increase range of motion), trigger point therapy and cross fiber friction. These modalities can aid in the realignment of scar tissue, and myofascial release. Sports massage also benefits individuals who have acute or chronic pain. This type of massage can be intense and sometimes painful, but the results are well worth it!

Last September one of my son's classmates directed an embarrassing comment about me to his entire class. It was only the second day of kindergarten and the kids were not yet familiar with each other or their parents. When I stopped in to pick up my son, a fellow student asked him, "Is that your dad?" Before my son could answer and without hesitation another student looked out from his locker and piped up, "Well... I know that's not my Dad! My Dad's NOT FAT!"

That was my "aha" moment. It lasted only a second, maybe less, but in that split-second it hit me. That kid's candid observation was most likely how the outside world saw me. He just was uninhibited enough to blurt it out! I left my son's school that day MORTIFIED.

Not long after "the comment," and at the urging of my wife, I saw a doctor. He asked me to make changes to my diet and "get in some exercise." I changed my diet in November of last year and shortly after became a member at 212. My wife and I joined at the same time and she being a bit more motivated than me, decided it best suit her to start BODY FLOW. I needed a full-on "kick in the can" so I sought out personal training teamed with a nutritional program designed to work with my strength training and redefine my relationship with food.

When I started this "journey" I weighed 216 pounds. At my health assessment meeting, we determined that for my height and age I should be between 155 and 165lbs. We thought that a bit lean – so my goal was set for 180 pounds. I achieved that goal in April and now have a new goal for myself of 170 pounds (which I am closing in on). To keep myself motivated I continue to work out with Cody, check in with Sarah for nutritional check-ins and I fit in RPM class on Tuesdays/Thursdays.

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*I can't thank the Adventure 212 staff assigned to me enough for their encouragement and expertise. I'd also like to thank my son's classmate. His spontaneous reaction to my body habitus may very well have saved my life!*

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# what's COOKING

AT THE ADVENTURE 212 BISTRO



## Summer Bistro Specials

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*Greetings from Adventure 212 Bistro! This month the Bistro would like to highlight our daily specials. We want to offer the best of the best at an affordable price to keep your wallet full and your hunger healthfully satisfied. We offer a different special everyday; so please stop in and check out our NEW summer menu and the GREAT deals we are offering.*

### Monday: Double Punch Day!

The Bistro offers punch cards for smoothies, lattes, coffees, breakfast entrees and lunch entrees. Earn 9 punches on either beverage or entrée punch card and receive your 10th for free. All purchases made on Mondays will be rewarded with a second punch; buy one get one free!

### Tuesday: Create Your Own Flatbread Day!

Flatbreads are an EXCELLENT alternative to pizza. Create your own version of a tasty flatbread choosing your sauce, cheese, vegetables and/or meat for \$6.00 (tax included). The bistro will also feature a specific flatbread variety such as Barbecue Chicken, Chicken Bacon Ranch and Veggie Lovers.



### Wednesday: EXTREME Meal Deal!

Stop into the Bistro and take advantage of designing your lunch. Choose any half sandwich, side, dessert and beverage for \$7.00 (tax included).

Sides include:

- All natural Terra vegetable chips
- Fresh spring rolls
- Mixed green salad
- Cup of soup
- Fresh fruit salad

Beverages include: Lemonade, Ice tea, Coffee, or Arnold Palmers

### Thursday: All You Can Eat Soup & Salad

We offer mixed green salad and a choice between 3 fresh, Bistro-made soups all day for just \$6.00 (tax included).

### Friday: Members' Day

Adventure 212 Members will receive a free non-bottled beverage of choice for free with ANY purchase (smoothies are NOT included).

Call Adventure 212 Bistro 715-343-0212 to cater your next event.