

Adventure 212 Bistro is celebrating the holidays with you! Check out our December Bistro specials!



One Degree

DECEMBER 2010

Monthly Newsletter

Winter is here!

The winter season has now arrived, and therefore, the season of salting and sanding the icy spots is here too! This salt/sand causes havoc on the fitness equipment by wearing out belts and rusting components. To help alleviate this problem, we kindly ask that you bring in a pair of shoes dedicated to inside use that you may wear throughout the facility. This will help us maintain the equipment for years to come.

Please also keep in mind that this problem also spans into the lockers. If you would, please place your street shoes below the benches instead of in the lockers so that we can keep the lockers clean for all members. Also, because now is the time where we bring out our large winter jackets, and the lockers only have a limited amount of space, please know that there are coat racks throughout the facility for your use. Thanks for your help through another Wisconsin winter!

Adventure 212 Fitness Holiday Hours

- Friday, December 24
Closed at 4:00 p.m.
- Saturday, December 25
Club Closed
Merry Christmas!
- Friday, December 31
Closed at 4:00 p.m.
- Saturday, January 1
Club Closed
Happy 2011!

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Adventure 212 Fitness will introduce a pass system to attend classes beginning Monday, December 6.

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The restaurant and fast food industries are full of business these days! Keep our handy insert as a reference and eat healthy all season long!

Grab a Pass for Class!

CHRISTOPHER RICE,
FITNESS OPERATIONS TEAM LEADER

To regulate Group Fitness class attendance, Adventure 212 Fitness will introduce a pass system to attend classes beginning Monday, December 6. The system will ensure each class does not exceed its maximum capacity of users based on equipment or room restrictions. This is how the system will work:

- All passes can be picked up from the floor monitor desk located in the main fitness area.
- Passes may be picked up in person up to 2 hours before the start of class. 5:30 AM classes can pick up a pass beginning at 5:00 AM.
- One pass, per class, per person.
- Members may retrieve two passes for concurrent classes (5:00pm BodyPump and 6:05pm BodyFlow, for example).
- One pass per time period only.
- Passes will be retrieved by the Group Fitness instructor right before the start of class.
- No pass = no class.
- Passes may not be reserved over the phone, email, or by other means.

As we approach the cold, winter months and class attendance increases, we will do everything we can to offer more classes during busy periods in the club.



Group Fitness Updates

A couple of updates to the Group Fitness schedule:

- All Levels Yoga on Saturday mornings at 9:30am will no longer be offered. Our wonderful instructor, Roxi, is no longer teaching at Adventure 212 Fitness. We appreciate everything Roxi has done for the club and our members over the past year and wish her the best of luck!
- Another Yoga instructor, Kim, is graduating college and will be moving on in December. As a result beginning Monday, December 13th the following classes will be removed from the schedule:
 - o Tuesday, 6:35am Yoga Basics
 - o Tuesday, 6:30pm Yoga Basics
 - o Thursday, 7:30am Active Yoga
- Updated schedules will be sent out via email to members that have signed-up for the Group Fitness email distribution list (sign-up sheets are in every studio) and also available at the front desk.

Housekeeping News

Adventure 212 Fitness is doing our best to "Go Green" and still be able to provide towels to our members. Therefore, we have purchased smaller towels so that fewer loads of laundry are done throughout the day, which will decrease our detergent and energy impact on the environment.

Additionally, we will soon have a new towel station that will be located outside the locker rooms. This is to better serve you with fresh towels, as well as help us maintain a clean locker room environment by having the dirty towels placed in a contained bin on the strength training floor.

CHILD CARE connection: Fighting the Flu

DENELLE HELGESON, CHILD CARE SUPERVISOR



It is that time of year again when we are all stuck inside due to the weather and the odds of spreading germs increases. According to the Control for Disease Control here are some reminders to lower your chances for catching those icky bugs:

- The CDC states that the best way to protect yourself is to get the flu vaccine. This year's vaccine protects against the 2009 H1N1 and 2 other vaccines (an H3N2 virus and the influenza B virus). Make sure to consult with your doctor about any concerns or questions you may have about any vaccine.
- Good Healthy Habits
- Stay home when you are sick: This will lower the chances of others catching your illness.
- Cover your mouth and nose: Use your elbow for coughing and always use a facial tissue when sneezing.

- Clean your hands: Washing your hands after using the restroom is important, but you can also increase the frequency of washing your hands throughout the day to help lower the chances of spreading germs.

- Avoid touching your eyes, nose or mouth: It is believed that the flu virus is spread through tiny droplets made when people with the flu cough, sneeze or talk. These droplets can land on people that are nearby. It is also important to remember that your eyes, nose and mouth are perfect areas for germs to enter the body due to mucus membranes that allow germs to sneak by.

When dealing with the flu it is important to remember to drink plenty of fluids, get plenty of sleep, remember to eat nutritional foods (i.e. chicken soup for protein and fluids) and keep on an eye on your fever. Remember that your doctor/nurse is a great resource for any questions or concerns.

Starting December 1, 2010
there will be new hours in Child Care:

- **Monday – Thursday:** 8:15 am to 1:00 pm and 3:30 pm to 8:00 pm
- **Friday:** 8:15 am to 1:00 pm and 3:30 pm to 7:00 pm
- **Saturday:** 8:00 am to 1:00 pm
- **Sunday:** CLOSED

On days where there isn't any public or private school, child care will be open Monday thru Thursday 8:15 am to 8:00 pm and Friday 8:15 am to 7:00 pm.

If you have any questions, please see Denelle in Child Care!



CHECK OUT OUR
**DECEMBER
SPA SPECIALS**

MASSAGES & FACIALS

Meet Our New Spa Therapists



Kelly is a professionally-trained skin therapist. She earned her esthetician license in Madison after completing the Esthetics Program at Empire Beauty School in 2009. Kelly enjoys all aspects of being a skin therapist. Her primary goal is to increase clients' knowledge on their skin health by providing a thorough skin treatment during their service, and recommending a skincare regimen for them at home. Kelly also has extensive

experience in facial and body waxing.

Kelly's services include:

- Facials
- Body Waxing
- Paraffin Treatments
- Mud & Herbal Wraps
- Hand & Foot Treatments
- Chemical Peels
- Body Treatments
- Back Skin Care



Messina received her training for massage at Health Touch Spa in Wausau and has been practicing for over 8 years. Messina decided to pursue massage because of her passion for the complementary healing arts and her overall genuine compassion for others. Messina dedicates her efforts towards helping others enhance their lives through balance in the body, mind and spirit.

Messina's services include:

- Relaxation/Swedish Massage
- Deep Tissue/Therapeutic Massage
- Reiki
- Couple's Massage
- Hot Stone Massage
- Hand & Foot Treatments
- Foot Reflexology
- Pre-Natal Massage
- Salt Scrubs

December Spa 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.

- **Enjoy a 30-minute Massage** with a 10-minute Foot Soak and Hot Chocolate for \$30!
- **Book a 30-minute Facial** for only \$30!



what's COOKING

BECKY KONKOL, ADVENTURE 212
BISTRO TEAM LEADER

Bistro Specials in December:

▪ Mocha Mondays/

Double Punch Days:

12 oz/\$2.00 16 oz/\$2.50

Dec. 6: Peppermint Stick Mocha
Dec. 13: Cherry Chai Latte
Dec. 20: Spiced Hazelnut Mocha
Dec. 27: Gingerbread White Mocha

▪ Becky's Favorite Hot Chocolate (Regular or Spiced) with Homemade Marshmallows

All month long enjoy my favorite
hot chocolate with marshmallows
12 oz/\$1.00 16 oz/\$1.50

▪ Holiday Catering Menu

Extended! Don't forget about
our holiday catering menu! We
have decided to extend the menu
through to January 31st so that
we can better accommodate your
late holiday gatherings.



In seed time learn, in harvest time teach, in winter enjoy.

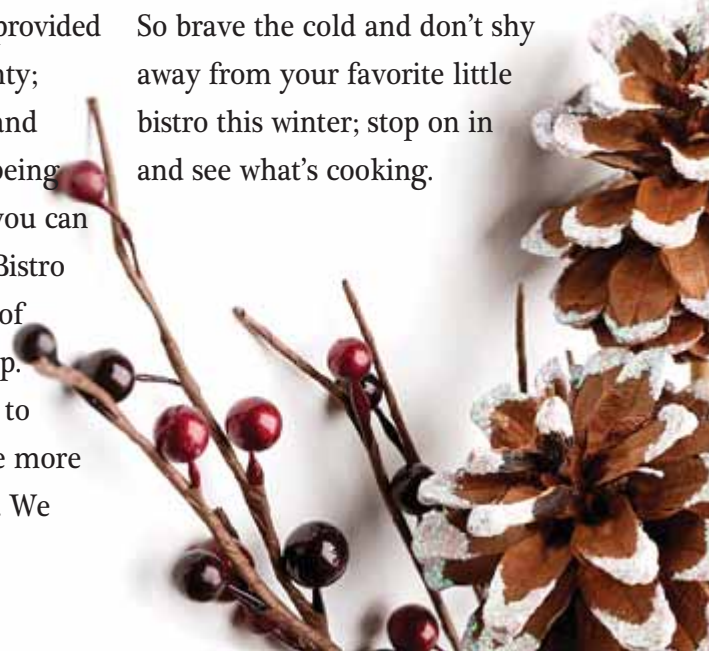
– William Blake

Winter is a time for calm, reflection and good food. As the days and nights turn colder and I am greeted in the morning by frost and snow; I cannot help but smile. Call me crazy, but surely I am not the only one who loves these first few weeks of winter. To me there is nothing better than curling up with a cozy blanket and a warm cup of my favorite hot chocolate in front of our fireplace.

Here at Adventure 212 Bistro we are celebrating the winter season as well. Our CSA memberships have provided us with a wonderful fall bounty; squash, leeks, garlic, carrots and so much more. They are all being prepared for storage so that you can enjoy them all winter long. Bistro 212 also has a great selection of hot beverages to warm you up. We have a variety of hot teas to choose from and, if you crave more caffeine, try one of our lattes. We

have a number of great flavors including sugar free varieties. Just ask our staff for a list or for any suggestions.

Every week in December we will be featuring a different latte or mocha. Stop in on our Mocha Mondays and try the latte of the week for a great price and get double punches on your latte/smoothie punch card! If you're not a coffee drinker we will be featuring my favorite hot chocolate with homemade marshmallows all month long. So brave the cold and don't shy away from your favorite little bistro this winter; stop on in and see what's cooking.



Dining Out and Consuming Less Calories

BRITTANY POLZIN – CORPORATE WELLNESS & FITNESS INTERN

The restaurant and fast food industries are full of business these days! However, when dining out, it is hard to know whether or not we are making good decisions when only judging by the name of each meal. For instance, the Veggie Patch Pizza from Applebee's and the Garlic Herb Chicken con Broccoli entrée from Olive Garden both sound healthy, but in reality, the Veggie Patch Pizza is 950 calories and the Garlic Herb Chicken con Broccoli entrée is 960 calories!

Both combined equals 1910 calories, which almost covers our daily recommended intake of 2,000 calories.

Being unaware of how to choose our meals sensibly throughout the day can easily lead to excess calorie intake and cause weight gain. How can we avoid weight gain and make sensible eating choices when dining out?

Check out these better fast food and restaurant choices.

Instead of:	Try:
<p>Applebee's Veggie Patch Pizza at 950 Calories</p> <p>Regular Grilled Shrimp and Spinach Salad for 1050 calories</p> <p>Sizzling Skillet Fajitas – Steak for 1360 calories</p>	<p>Applebee's Grilled Shrimp and Island Rice served with vegetables for 380 calories</p> <p>Weight Watchers Cajun Lime Tilapia for 310 calories</p> <p>Weight Watchers Garlic Herb Chicken for 370 calories</p>
<p>Starbucks Grande Java Chip Frappuccino with whipped cream at 430 calories</p> <p>Raspberry Scone for 500 calories</p>	<p>Any Tall Skinny Flavored Lattes at 90 calories (skinny means made with nonfat milk, sugar free syrup and without whipped cream). Grande at 130 calories, Venti at 160 calories.</p> <p>Starbuck's Perfect Oatmeal for 140 calories</p>
<p>McDonalds Angus Bacon and Cheese Sandwich at 790 calories</p> <p>Sausage Biscuit with Egg at 570 calories</p> <p>Large Fries at 500 calories</p>	<p>McDonalds Hamburger at 250 calories</p> <p>Fruit and Yogurt Parfait at 160 calories</p> <p>Egg McMuffin for 300 calories</p> <p>Small Fries at 230 calories</p>
<p>Premium Crispy Chicken Club Sandwich at 630 calories</p>	<p>Ranch Grilled Chicken Snack Wrap for 270 calories</p>
<p>Culvers 6-piece Butterfly Jumbo Shrimp at 1,320 calories</p> <p>Onion Rings for 630 calories</p> <p>Side of Coleslaw for 385 calories</p>	<p>Classic Caesar Salad with Flaming Chicken for 340 calories (but be careful of your dressing choice) Try the Reduced Calorie Raspberry Vinaigrette at 45 calories for the whole packet or the Sesame Ginger Dressing at 70 calories for the whole packet.</p> <p>Mashed Potatoes for 120 calories</p> <p>Green Beans for 130 calories</p>

Instead of:	Try:
Jimmy Johns Blimpie Special Vegetarian (12") for 1,186 calories	8" Turkey Tom without mayonnaise for 321.9 calories
Noodles Pesto Cavatappi (Regular) for 910 calories Thai Curry Soup (Regular) for 480 calories	Small Bangkok Curry = 250 calories Small Caesar Salad = 160 calories Small Chicken Noodle Soup = 150 calories
Olive Garden's Garlic-Herb Chicken con Broccoli for 960 calories Slice of the White Chocolate Raspberry Cheesecake for 890 calories Berry Acqua Fresca for 390 calories	Venetian Apricot Chicken for 380 calories Strawberry and White Chocolate Cream Cake for 210 calories Water for 0 calories; if you want some flavor try the Bellini Peach-Raspberry Iced Tea for 70 calories
Arby's Classic Italian Toasted Sub for 590 calories Small Curly Fries for 410 calories Medium Mountain Dew for 280 calories	Chopped Farmhouse Roasted Chicken Salad for 250 calories (watch the dressing) Salad dressings at Arby's are over 100 calories. Try dipping your fork into dressing then into your salad, you will be surprised how much dressing you will not use, and you'll save calories! Diet Soda or Water for 0 calories or Small Tropicana Light Lemonade for 10 calories



If you want to learn more about making sensible choices when dining out, many restaurants and fast-food places have access to nutrition information on their websites. The next time you know where you'll be dining at, check out the website and decide on a healthy choice before heading out the door!