

what's COOKING

with Lanie DeMars, Bistro 212° Team Leader

Spring is springing (or has already sprung), and “green, local and fresh” are my newfound passions. We are working on blending flavors for some really unique and delicious salads and sandwiches. What’s really exciting is that we will be using a lot of local produce and we’re planning on growing our own garden.

Garden plans are still in the works. We know that we’ll be doing lots of pots—basil, cilantro, oregano, tomatoes and peppers on the patio. We will probably plant some other flowers in the mix for some color—purples, blues, greens and pinks. Can you imagine how lovely that will be for a summer lunch with friends? Lavender lemonade and a fresh vegetable salad on the patio...teeming with flowers and vegetable filled pots. What fun!

Ok, ok. Truth time. I have to admit, my thumbs are so brown they’re nearly black. Luckily, I’m surrounded by co-workers and friends who garden, and are graciously willing to lend a hand in the planning and growing of our crop. Thank goodness. They’ve taught me the ins and outs of composting, and I’m convinced we can save tons (literally!) from our local landfills each year by doing this easy fix. We’ll save all of our vegetable scraps, egg shells, coffee grounds (but NO meat), and keep it in our compost bucket. We’ll give it a turn once in a while, and before you know it, we’ll have the best stuff on earth to add to our soil! Then, next year, we can grow an actual garden in the back of the building where the sun shines all day.

I know what you’re thinking. This little Bistro gets some busy lunches, and we do a fair amount of catering—how are a few pots of tomatoes and basil going to feed the masses? Well, I know it’s not much in the grand scheme of things, but it’s a start. And we’re lucky to be located in a community with so many other options! Downtown Stevens Point has a beautiful Farmer’s Market. We’ll pick up fresh vegetables for our sides, greens for our salads, and maybe even some flowers for our tables. We’ll also be signing up for a CSA (Community Supported Agriculture) or two. Have you heard of these? The idea is simple and wonderful—you and I buy a membership in a local farm, which helps sustain the farm economically, and then they give us a big basket of fresh produce each week during their growing season. Most will even deliver it right into town, so you don’t have to drive out to the farm each time. Every farm is different as far as what they grow—vegetables, herbs, flowers, etc. Our area has lots of great options...and there’s even an upcoming open house at the library to learn more about them! The event is April 21st, from 6-9 pm in the Stevens Point Library Pinery Room. Hope to see you there!



BISTRO 212 APRIL SPECIALS

LEMON BARS: Shortbread crust topped with homemade lemon curd, and a sprinkle of powdered sugar. These look beautiful on a tray, or make a tasty afternoon snack. We’ll be making these all month long! Cost: \$1.75/bar

DEVILED EGG SMOOSH-WICH: Funny name, but seriously good. This is our take on an egg-salad sandwich...we smooch three deviled eggs onto bread (toasted if you want), and serve it with lettuce, tomato and onion. Cost: \$6.25

ASPARAGUS HAM PANINI: Baked and sliced ham atop Italian bread with grainy mustard, asparagus, a sprinkle of parmesan cheese and roasted red peppers. Served hot. Cost: \$6.95

FLUFFELLA: Not for the meek. This is Nutella, marshmallow fluff, sliced bananas and pretzels on our local, organic wheat bread, made into a Panini. Breakfast? Lunch? Dessert? You decide. Cost: \$6.25

DRINK SPECIALS

\$1: BEVY of BEVIES: All month long, when you purchase breakfast, lunch or dinner in the Bistro, add a 12 oz beverage (lemonade or iced tea) to your lunch for only \$1.00. We’ve got all sorts of flavors, including lavender, raspberry, lime and grape!

LATTES OF THE MONTH

MARSHMALLOW MADNESS: A magical marshmallow and caramel latte with espresso and steamed milk. The best parts of the Easter basket, in one cup!

ICED MINT ORANGE MOCHA: Orange, Peppermint and Chocolate sauce with espresso and milk, over ice. Refreshing!

ICED COCONUT LATTE: Chill, island style. Coconut with espresso, ice and milk.

CHOCOLATE CHERRY FRAPPE: Blended iced coffee: rich, satisfying, indulgent.

BERRY CHAI: Sweet and spicy, featuring black tea blended with special spices and infused with four types of berries. Enjoy this hot or iced.

Cost: \$3.50/12 oz. & \$4.00/16 oz.

FITNESS corner

with Christopher Rice,
Fitness Operations Team Leader

Timely Training #1: How to maximize your workout with minimal time

When you wake up in the morning you promise yourself that TODAY will be the day you get a full 60 minutes to workout at the gym. No matter what happens, you WILL get your 60 minutes of exercise....until something happens. Then something else happens...and something else...and so on. Pretty soon your 60 minutes of gym time has deflated to a mere 30 or 35 minutes....and that's if you don't shower or stretch. Such obstacles occur daily and many are out of our control (getting stuck behind the world's slowest train on Water Street). However, with a few minor tweaks you can successfully squeeze your 60-minute workout into 30 or 35 minutes by combining resistance training movements. For example:

- The dumbbell lunge, dumbbell curl, and dumbbell overhead press are all great movements. Unfortunately, performing all three movements separately takes up precious time. By combining the three movements into a dumbbell lunge, curl, and press you can save a lot of time and perform an exercise that is very metabolically demanding. While holding the dumbbells at your sides step out into a deep lunge position. When your body

reaches the bottom of the lunge curl the dumbbells up to chest level and then press over your head. Allow the dumbbells to return to starting position while still holding a deep lunge. Push yourself back up to a standing position and then repeat with the opposite leg.

- The dumbbell incline press and dumbbell curl can be combined into a curl and incline press. Simply lie on the bench and hold the dumbbells at your sides. Curl the dumbbells up to chest level and then press them over your body. Since the weight you can press is considerably more than the weight you can curl it may be necessary to perform two or three presses for every one curl.

The above examples are just a couple of the exercises that can be combined to save time and make the most out of your time in the gym. By being creative and thinking in terms of numerous movements at once, instead of one movement at a time, you can create a workout that allows 60 minutes of movements in nearly half the time.

SPA connection

Tami Nicewander, Spa 212 Esthetician

Chemical Peels

Have you heard that Spa 212 is now offering chemical peels? Chemical peels are a great, effective way to rejuvenate your skin. They are designed and formulated to help remove the dead skin cells on the surface of your skin.

Have you noticed that the sun has caused brown spots or pigmentation on your skin? Do you experience acne or fine lines? Peels can assist in improving these areas of concern.

There are many different peeling agents out there today. They can range from a mild lactic acid to a deep Jessner Peel. One does not have to experience a "peeling" of their skin to obtain results. Using a series of mild to medium peels can often achieve what is desired.

What is important is the preparation that is necessary prior to having a chemical peel. It is strongly recommended to have a consultation before scheduling a peel. This allows

the skin and skin care to be evaluated so the best course of action can be determined.

Being realistic about expectations and what one is willing to do for the best positive results is important to recognize. For example, is everyone willing to wear sun block every day and protect their skin from the sun? The answer, I have found, is no. For these individuals, chemical peels may not be the treatment that would best treat their concerns.

If you take great care of your skin and want to take it to the next level or if you want to address a specific skin concern, a chemical peel may be the answer for you.

April Special: Receive a FREE 20-minute consultation and pay only \$45 for your first chemical peel! Check with the front desk for consultation times.

NUTRITIONAL counseling

with Sarah Agena, Registered Dietitian and
Corporate Wellness Manager

The Truth About Trans Fats

What are Trans Fats?

Trans fats are formed from liquid vegetable oils during a process called hydrogenation. This process helps products stay fresh longer without tasting bad.

Why Should I be Concerned about Trans Fats?

Studies show that trans fat raises the level of LDL cholesterol (the "bad" cholesterol) in the blood. Too much trans fat may also reduce the level of HDL cholesterol (the "good" cholesterol) in the blood. These two cholesterol changes in your blood may increase your chances of getting heart disease.

Spotting Trans Fats in Foods

Despite the FDA's ruling on trans fat labeling, consumers need to be aware of potential loopholes. The FDA allows manufacturers to round down a trans fat level of below 0.5 grams and list it as zero on the label. Consumers need to watch for "partially hydrogenated" or "hydrogenated" oil on the ingredient list as a clue to trans fat content in products.

Should I Lower the Amount of Trans Fat in My Diet?

Yes! The negative effects of trans fat on blood lipids start as low as 0.5% of daily energy intake.

Sources of Trans Fats

- Fried foods
- Fast foods
- Stick margarine
- Vegetable shortening
- Peanut butter
- Most packaged, processed, commercial baked goods and snack foods (pies, donuts, cakes, cake mixes, Bisquick and other mixes, cookies, snacks, crackers, chips, candy)

The Bottom Line...

Following the Food Guide Pyramid will help you choose a healthy diet: more whole grain foods, vegetables and fruit. Eating more of these foods will lower your total fat intake. This can reduce your risk of heart disease, diabetes and some cancers, as well as help you manage your weight.

HR connection

with Chris Kluck

Good Day Everyone!

Over the past several months, I have continued to receive feedback from our clients and the response has been fantastic. As promised, here is a small sampling of the comments that I have received.

I will not divulge the names of anyone who has sent me their comments, but it is clear the positive changes continue to be made.

Our Facility:

- I have been to military fitness clubs through the world; this is the best club I have ever seen. Well done!
- The fitness center is so beautiful (and as an artist I love beauty).

Our People:

- I appreciate all the effort every person puts into their job – the smiles, the encouragement, it is all worth the membership each month.
- This is how you keep customers coming back, it is not just the beauty of the building, but it is the outstanding customer service you receive when you are here.
- Alyssa at the front desk is ALWAYS friendly and she remembers my name no matter how often I come here.
- Sharon does an amazing job of keeping the women's locker room neat & clean. She kneels on the counter tops and cleans the tops of the frames and mirrors. I don't even do that in my own home. She is a hardworking prideful woman. Thank you for hiring her.
- I am continually amazed by the people who keep the locker rooms and the facility clean. Great job everyone!

Well, that's it for this month. Please remember, comments that are good, bad, or any questions are always welcome.

Thanks and have a safe month.

MARK YOUR CALENDARS

SPA SPECIALS THROUGHOUT THE MONTH OF APRIL

- With every \$30 wax service, receive a FREE facial wax of your choice
- For every service you receive in April, pick out an Easter egg and receive a free gift or discount off your next service!

SUNDAY, APRIL 4

Club Closed. Happy Easter!

SATURDAY, APRIL 10

Fit Kids Challenge, 10:00 a.m. – 12:00 p.m.

Use interactive, cardiovascular games in the Adventure Zone (never ending climbing wall, DDR, game bikes) and group games in the open gym like kickball, trench ball and more! Bring fitness clothes and tennis shoes to participate!

Spa Facial Express, 8:00 a.m. – 5:00 p.m.

Enjoy a 30-minute facial and receive 30-days of product for only \$35!

WEDNESDAY, APRIL 14

Spa Night, 5:30-8:30 p.m. Cost: \$85/person

Enjoy a mini massage (Hot Stone or Swedish), a mini facial, and a hand or foot treatment (scrub, paraffin, and lotion application)!

Services are 20 minutes each. Food and beverage from Bistro 212 will also be provided.

Space is limited to the first 7 participants! Book your spot now!

SATURDAY, APRIL 17 & SUNDAY, APRIL 18

Membership Appreciation Weekend

Bring your friends and family into the club for FREE and enjoy specials from Spa 212 and Bistro 212! Watch flyers around the club for more information!

MONDAY, APRIL 19 – FRIDAY, APRIL 23

It's TV Turnoff week! Turn off your TV this week and instead spend time playing board games, going for a walk or bike ride outside, or read a book!

FRIDAY, APRIL 23

Child Care Date Night, 5:00-8:00 p.m.

Cost: \$10.00/1st child, \$8.00/each additional child

Enjoy a night away while the kids play at Adventure 212°! Dinner is available for the kids for only \$4.00 more! (*Open to members only)

WEDNESDAY, APRIL 28

Walk at Lunch Day

Bring your tennis shoes to work today! Step away from your desk and take a walk during your lunch break! Even if it's 15 minutes, you found a way to fit in some extra physical activity throughout the day! Plus, you'll feel rejuvenated and ready to take on your afternoon!

Girls just want to have fun!

School is out for a half day and you are looking for something new to do... Come to Adventure 212 and spend the afternoon with us! Girl Scouts of the Northwestern Great Lakes and Adventure 212 have partnered together to bring you a safe, fun environment to spend your half day off from school! Girls do not need to be a Girl Scout to attend this event.



Contact:
Please call 715.423.6360, ext. 5013 or email rswedberg@gsnwgl.org to reserve your daughter's spot.

Deadline to RSVP is April 9, 2010.

www.gsnwgl.org
888.747.6945

date: Tuesday, April 13, 2010

time: Check-in will start at 12:30 p.m. and go to 1 p.m.
Programming will run 1 – 4 p.m.
(Adventure Zone free time before and after)

grades: 2-7

cost: \$20/participant. For insurance purposes, there is an additional \$12 fee for girls who are not yet Girl Scouts. They will be a registered Girl Scout through September 30, 2010. Financial assistance is available for the \$12 fee.

activities: Rock wall climbing, Dance Dance Revolution, Adventure Zone games, beach ball volleyball, a fun craft, games, and more!

Please note:

- Girls should eat lunch BEFORE arriving; a healthy snack will be provided during this event.
- Dress in comfortable clothes & shoes. We will have fun and stay very active!
- Please allow 10 minutes to drop off of your daughter at this event, as additional paperwork will need to be completed at the registration table. Parents must escort girls into the facility at drop off. You may not drop your daughter at the door and leave.