

January 2010

# One Degree

A monthly newsletter to get you one degree closer

## FITNESS corner

with Christopher Rice,  
Fitness Operations Team Leader

### January Group Fitness Launch

Mark your calendars – Saturday, January 16th will be the next Les Mills Group Fitness Launch! Three times a year Adventure 212° hosts a launch event to promote the new music and choreography for every Les Mills class. Selected food and drink from Bistro 212° will be available for all launch participants between classes. Participants will be entered into prize drawings to win water bottles, t-shirts, massages from Spa 212° and more! Each class attended during the launch results in one entry to the prize drawing. The more classes you attend, the more you can win! Sign-ups for the launch begin Monday, January 4th, 2010 at the Floor Monitor desk located in the main fitness area. Space is LIMITED so please sign-up if you plan to attend!

The launch schedule is:

8:00 a.m. – RPM

8:00 a.m. – BodyVive

9:10 a.m. – BodyPump

10:20 a.m. – BodyFlow

#### NOTE:

RPM and BodyVive  
are offered at the  
same time

### RESULTS Weight Loss Program Wraps Up

Way back in the first week of October Adventure 212° began its first targeted weight loss program: RESULTS. The RESULTS program incorporated 10 weeks of small group personal training, wellness coaching, and nutritional consultations. The program concluded during the second week of December with AMAZING results! The four program participants lost a total of 39 pounds and increased their upper and lower body strength by an average of 36%! Personal Trainers Kevin Kirschbaum and Eric Greening trained the group two times per week for the duration of the program.

If YOU are interested in a weight loss program that works, Adventure 212° will begin another RESULTS program in mid-January. Information sessions will be held on:

- Monday, January 11th at 7:00pm in the Adventure 212° conference room
- Wednesday, January 13th at 7:00pm in the Adventure 212° conference room.

Sign-up at the Floor Monitor desk in the main fitness area to reserve your spot! Due to the length of this program we are only able to offer it a couple time a year so do not miss out. Ask yourself, "Do I want RESULTS" this year?



### Personal Training Client Success Story

I was looking to start a new journey in my life, and I had heard about Adventure 212°. I was seeking guidance from a trainer due to an injury that had occurred months earlier, and I was looking to take a new step towards a healthier lifestyle. When I met with Eric for the first time, he was so different than the trainer from my previous facility; he listened to my needs and goals and devised a plan for me. He tackled any challenge placed in front of him. I have learned so much about myself through working with Eric - he challenges me physically, mentally and keeps me accountable toward my goals. Also, working with Eric I have learned how important exercise is in combination with nutrition, and how these benefits will affect the rest of my life. When I want to give up, Eric motivates me to find my potential within myself to keep going. He has helped me realize that anything is possible, that all I need to do is believe in myself. – Lisa Gilkay

If you are interested in Personal Training please contact Eric Greening at 715-343-0212 extension 222 or [egreening@adventure212.com](mailto:egreening@adventure212.com).

### Personal Training Client Success Story

In January of 2008, I took a wilderness helicopter ski trip for the first time to British Columbia. The skiing was defined as wilderness due to the diverse terrain one was expected to experience.

The altitude combined with level of skiing difficulty required training prior to the trip. I spoke with Kevin Kirschbaum several times regarding specific training for the ski trip. Kevin developed a two month training program for my ski vacation to British Columbia. The training program he developed made a major difference in my aerobic and strength conditioning which ultimately made the experience more enjoyable. I still continue to work with Kevin and look forward to more skiing this winter. Thanks Kevin! – Rick Rettler

Kevin Kirschbaum is an Adventure 212° Personal Trainer that offers a specialized ski and snowboard training program to prevent injuries. Kevin can be contacted at [kkirschbaum@adventure212.com](mailto:kkirschbaum@adventure212.com) or 715-343-0212 ext 263.

[adventure212.com](http://adventure212.com) • 715-343-0212



# NUTRITIONAL COUNSELING

with Sarah Agena, Registered Dietitian and Corporate Wellness Manager

## Top 10 Ways To Win At Weight Loss

### 1. SET REALISTIC GOALS WITH WELL-DESERVED REWARDS!

- Start with small goals that can be achieved within a short time frame. This will help keep you motivated and allow less room for failure. Don't forget to give yourself a reward for reaching your goals!

### 2. EXERCISE, EXERCISE, EXERCISE!

- Exercise is the best way to jump-start your road to weight loss. You will see results more quickly and feel better about yourself.

Calories Burned > Calories Consumed = Weight Loss

### 3. PORTION CONTROL

- Lose 1-2 lbs/week with 500 fewer calories daily.
- Begin using a food scale or measuring cups until you are comfortable eyeballing appropriate portion sizes.
- When eating out, divide your food in half and place in a container as soon as the meal is brought to your table. You will feel less tempted to over-eat.
- Use smaller plates (salad or dessert size). Fill plate with ¼ protein, ¼ whole grain starch, and ½ vegetable or fruit.

### 4. REMEMBER TO COUNT CALORIE COUNTAINING BEVERAGES!

- Many people forget to count calories that are in liquid form. A 20-ounce juice drink packs >300 calories. These are empty, non-nutrient calories.
- Try diet sodas, crystal light or sugar-free iced tea, or better yet WATER!

### 5. DRINK PLENTY OF WATER!

- Drinking water will help keep you full. Sometimes hunger is your body's way of telling you that you are thirsty.



### 6. KEEP A FOOD DIARY!

- This will help you and your Wellness Coach find the sources of extra calories or if you are missing important nutrients in your diet.
- You may be less likely to over eat if you know you have to write it down.

### 7. AVOID FAD DIETS!

- A diet should be a lifestyle change, not a quick fix. This is how you will achieve weight maintenance.

### 8. EAT MORE FIBER!

- High fiber foods, such as fruits, vegetables, and whole grains tend to be low in calories and provide bulk to help you feel full.

### 9. SURROUND YOURSELF WITH PEOPLE WHO ENCOURAGE AND SUPPORT YOU!

- Telling others your goals may help you stick to them or attend a weight loss group with people who may be experiencing the same temptations as you.

### 10. A SMALL SET BACK DOES NOT MEAN YOU HAVE FAILED!

- Nobody is perfect! Giving into an occasional temptation does not mean you have failed. Don't give up; jump back the next day!

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!



# mind-body CONNECTION

with Jen Oswald, Wellness Coach and  
Program Coordinator

## Coming Soon...New Program Options for 2010!

I hope you all enjoyed your holidays and were able to share time with family and friends. The New Year is here and with that comes opportunity for growth and change. You've probably set some resolutions and dreamed of the things you are going to do this year. Maybe you want to lose a few pounds. Maybe you want to be more disciplined with your money. Maybe you want to simplify. Whatever your goals are for this year, let Adventure 212° help you along the way with one of our quality programs!

Coming in 2010, you will have the opportunity to take part in a series of professional and personal development programs. Programs of this nature cover information and ideas in areas other than just physical fitness, but are a great compliment to your health goals and strategies.

Some exciting new topics include:

- \* **How to de-clutter your home, office AND mind**
- \* **How to increase personal accountability and reach your goals NOW!**
- \* **Sleep strategies to finally catch some zzzz's**
- \* **Creating the Body Your Soul Desires (Program created by Dr. Karen Wolfe)**

These are just a few of the new programs you will see this year. If you have ideas for topics you would like to see, please don't hesitate to contact me at [joswald@adventure212.com](mailto:joswald@adventure212.com). I am always open to new ideas!

Until then, I hope you have a fantastic 2010. Let's make it a year to remember!

## what's COOKING

with Lanie DeMars, Bistro 212° Team Leader

### Bistro 212° Now Open During Evening Hours

Happy New Year! The New Year means big changes in your favorite little Bistro in Stevens Point! To better serve our customers and members (drum roll please) - we will be staying open through the evening hours. Beginning in January, our new store hours will be Monday-Friday, 5:30 am - 7:30 pm. Saturday's hours will remain the same, 7:00 am - 3:30 pm, and we will remain closed on Sundays. With the same healthy and delicious menu options as our lunch menu, you'll be able to take home wraps, salads, sandwiches and soups to feed your crew in between school, workouts and basketball practice!

You probably noticed the little changes we've made in the layout of the Bistro. We've got some more tables to sit at and our register has moved away from the hot ovens (and closer to the door that most of you come through!). These, and other behind-the-scenes changes, are to make us better able to serve you quickly, so you can get back to your day. We're always trying to make things better and more convenient for you - and as always, if you have suggestions, please let us know!

Come visit us in January, where we serve healthy delicious food that fits into your healthy lifestyle as we start the New Year. Did you know that it's national soup month? To warm you up from winter in Wisconsin, our special of the month is a FREE cup of soup with our "Pick Two" combo. This way you can sample all sorts of Bistro 212° selections!

The Coffee Bar's drink of the month is a Sweet Chocolate Winter Mocha, made with rich cocoa powder. Sweeter than a regular mocha, you'll love it topped with whipped cream. For a real treat, try it with a gingerbread or chocolate chip cookie!

And the Smoothie Bar's smoothie of the month is the famous Green Machine...the pineapple and banana flavors are reminiscent of tropical getaways, while the supplements ensure you are getting a full serving of vegetables!

Hope to see you soon!

Warm Wishes,

Lanie

# CHILD CARE connection

with Anne Zaske, Childcare Supervisor

## It's a new year, just breathe...

Deep breathing involves learning to slow the breathing and use the diaphragm. With deep breathing the body takes in more oxygen and releases more carbon dioxide. This leads to a lowering of blood pressure, slowing of the heart rate, and relaxation of the muscles. Deep breathing can be extremely effective in handling depression, anxiety, and stress-related disorders. However, if you do not inhale enough oxygen or exhale enough carbon dioxide, the consequences could be mental fog, fatigue and decreased tissue function.

Take breaths that are long and slow – this gives the body the ability to absorb more of the inhaled oxygen. Breathe in slowly and deeply through your nose, counting to six



and expanding your belly. Exhale slowly through your mouth, counting to eight and tensing your abdominal muscles. Feel the relaxation!

Deep breathing is essential to keep the mind and body in a positive relationship. So, simply breathe...deeply and often.

# SPA connection

Ginger Dempsy, Spa 212° Therapist

## Plantar Fasciitis and Reflexology

Have you ever woken up in the morning and your feet are achy? Or completed a long run and afterwards the bottoms of your feet throb? After a long day of wearing a certain pair of shoes, are your feet extremely sore? If so, you may be experiencing plantar fasciitis. Plantar fasciitis is a common condition where one has pain on the heel of their foot. This pain is caused by tiny tears in the plantar fascia ligament which attaches to the heel bone. These tears cause inflammation and the individual may have symptoms of painful aching, stiffness, burning or stabbing on the bottom of the foot. Some of the causes of plantar fasciitis include: standing for long periods, excess physical activity, arthritis, extra weight and ill-fitting shoes. All of these can cause more stress and pressure on the heel of the foot and surrounding muscle tissue.

If you are experiencing this kind of pain in your one or both of your feet, it is best to first see your doctor or podiatrist, as they can diagnose what may be causing the pain and why. Then they will recommend different methods of treatment.

One of those methods is reflexology. This treatment approach can help an individual deal with the pain of plantar fasciitis. Reflexology has long been used as a way to treat ailments of the body through stimulating reflex



points located throughout the bottom of the foot. Foot reflexology is beneficial in treating plantar fasciitis because it increases blood flow, circulation and stimulation to the muscle tissue and ligaments causing them to relax. It also provides a stretch to the area and loosens the tightened and inflamed fascia. Those who get regular reflexology treatments can experience less pain in the foot, heel and lower leg.

Reflexology sessions are not only beneficial for plantar fasciitis, but your entire body as well. Book your appointment today!

# MARK YOUR CALENDARS

## SPA SPECIALS THROUGHOUT THE MONTH OF JANUARY

- 75-minute Reflexology Treatment with Foot Soak – \$65.00
- 60-minute Hot Stone Massage – \$65.00
- 90-minute Hot Stone/Ashiatsu Combo Massage – \$85.00

## MONDAY, DECEMBER 28-SATURDAY, JANUARY 9 MISSION MAINTAIN WEIGH OUTS

Please see a floor monitor to complete your weigh-out. Winners will be announced on Tuesday, January 12.

## THURSDAY, DECEMBER 31

The locker rooms will be closed for repairs and will reopen on Saturday, January 2. The pool and hot tub areas will also be closed and will reopen on Sunday, January 3. Thank you for your cooperation!

Adventure 212° will close at 4:00 p.m. for the New Year's Holiday.

## FRIDAY, JANUARY 1

Adventure 212° will be closed for the New Year's holiday. We wish you and yours a very happy and healthy 2010!

## SATURDAY, JANUARY 2

The pool and hot tub area will remain closed for repair, and will reopen on Sunday, January 3. Thank you for your cooperation and patience during these very important repairs!

## TUESDAY, JANUARY 12

### **Pilates Movement: Going Beyond Exercise** **7-8:30 p.m.**

This Pilates seminar will address the basic principles of body alignment, breath, and how the body must work in coordination to be able to move most efficiently. This is important whether you are trying to sit in a desk without discomfort and pain, or trying to cut time off your physical performance in any athletic event. Free and open to the public!

## SATURDAY, JANUARY 16

### **Les Mills Group Fitness Launch**

Try out the new RPM, BodyFlow, BodyVive, and BodyPump classes! Sign-ups will begin at the floor monitor desk January 4th.

## SATURDAY, JANUARY 16 & SUNDAY, JANUARY 17

### **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!

## SATURDAY, JANUARY 23

Come watch the 212° STORM Elite Cheer Team as they participate in a competition at SPASH! Watch for flyers around the club with times and more information!

## FRIDAY, JANUARY 29

### **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)