

May 2010

One Degree

A monthly newsletter to get you one degree closer

Moms and Daughters - Celebrate Mother's Day at Adventure 212!

May is here and that means Mother's Day! This means it's time to celebrate the ladies in your life that have chosen to take on the role of "MOM". If you're looking for a great event to honor Mom and give her some quality girl time with her daughter, check out this upcoming event!

Adventure 212 is hosting an event that Moms and Daughters will not want to miss! On Saturday, May 8 at 9:00 a.m., moms and daughters will be pampered and treated to a delicious brunch served by Bistro 212. They will relax, unwind and take part in activities and games, as well as have the chance to win great prizes. Each pair will have their photo taken together as well.

All daughters over the age of 5 and their moms are welcome and will have a great day celebrating and spending some quality "girl time" together. The cost of this event is just \$25/Mother - Daughter pair and \$5 for each additional daughter. Girls under the age of 5 can hang out in our child care, where they will make mom a take-home craft to honor her this Mother's Day (regular child care fees plus \$5/child apply to the craft activity.)

Contact Jen Oswald at joswald@adventure212.com for more details or to register!

You may also contact the front desk to sign up! See you there!

Short-term Student Memberships

Adventure 212 has memberships to keep students of all ages busy for the summer! Adventure Zone memberships are for kids age 7 to 13 and cost \$79 when the parent is an Adventure 212 member or \$95 when the parent is not a member. A regular student membership is for high school, technical school or college students aged 14+ and costs \$174.99. All summer student memberships run for 3 months with a May or June start date. Stop by the front desk for more details or to sign up.

New Option for Senior Matinee & Lunch Hour Members

Senior Matinee and Lunch Hour members now have the option to utilize club services outside of their allotted hours for a small fee. Senior Matinee members can obtain a day pass for a \$3 fee and Lunch Hour members can obtain a day pass for a \$6 fee. We hope this option helps you make the most of everything Adventure 212 has to offer!

SHAPE UP FOR SUMMER IS BACK!

Shape Up for Summer is designed to renew your motivation when longer days and nicer weather tempt you to abandon your exercise routine. Participants receive a BINGO card then win prizes when they get BINGO. BINGOs are achieved by earning stamps for using different club services. For example, you can earn stamps by attending a group fitness class, getting a massage or ordering an entrée from the Bistro. The more BINGOs you earn the more you win! Prizes increase in value for the number of BINGOs earned and each BINGO will get you 1 entry into the grand prize drawing for a package of Adventure 212 goods and services worth nearly \$500!

Shape up for summer is FREE for members and also available for non-members! For \$109, anyone can sign up for this 7-week program. If you sign up and recruit three non-member friends or family members to participate with you, you will receive a free month of membership! So bring some friends and get in shape for summer together!

The program starts May 17th and runs through July 2nd. Every participant must attend a kickoff session before the start of the program. Stop by the front desk for kickoff session times and sign up information.

what's COOKING

with Lanie DeMars, Bistro 212° Team Leader

Check Out Our New Menu!

Each season brings a new menu to the Bistro here at Adventure 212 Fitness. We rolled out our new Spring menu on April 19th...and here's a description of some of our new flavors!

BREAKFAST

Our breakfast menu features an **ASPARAGUS MUSHROOM SCRAMBLE**, topped with parmesan cheese. We have our **MEDITERRANEAN STARTER**, which serves two organic eggs scrambled with spinach, served on two, thick, tomato slices and feta cheese. Our **LEMON POPPYSEED WAFFLES**, my new favorite, is topped with a thick blueberry sauce and whipped cream. Also new to our menu is a side of **LOCAL BREAKFAST SAUSAGE** or **VEGGIE LINKS!**

LUNCH

Our lunch menu has a lot of new features. The **VEGETARIAN'S DREAM** is a wheat wrap, stuffed with artichoke hearts, tomatoes, basil pesto spinach and mozzarella—served cold or hot! Our **CHICKEN BACON RANCH WRAP** is the creation of Kendra and Lindsey and is a jalapeno wrap filled with chopped chicken, apple wood bacon, cheddar, lettuce, tomato and ranch. Our **MUSHROOM CAPRESE** is Carmen's idea, and it's a grilled portabella cap, topped with tomatoes, mozzarella, and pesto on a tomato foccacia roll. Our new **ASPARAGUS HAM PANINI** is baked and sliced ham atop Italian bread, with grainy mustard, asparagus, parmesan cheese and roasted red peppers. Our new **CLASSIC ROAST BEEF** is a house roasted beef on marble rye, with horseradish mayo, cheddar, lettuce, tomato and red onion. **FARMER'S MARKET QUESADILLA** is filled with onions, peppers and today's picks from our farmers. We stuff it with Monterey jack cheese, and serve it with sour cream and our pineapple salsa. Finally, the **BRUSCHETTA CHICKEN WRAP** is a whole wheat wrap stuffed with grilled chicken, house made Bruschetta, a sprinkle of parmesan and spinach.

In salads, our **STRAWBERRY KIWI SALAD** is just like it sounds only we add toasted walnuts, red onion and a house made lemon poppy seed dressing. **RUBY RED SHRIMP SALAD** combines citrusy grapefruit with a slightly spicy sautéed shrimp, over greens with lemon poppy seed vinaigrette.

As always, you can build your own sandwich, wrap, salad, quesadilla or pizza—we now have a list of all ingredients posted by our register. And our side list has expanded. Your

sandwich purchase comes with a side of either sweet potato fries or Italian pasta salad, but now you can substitute a green salad, marinated vegetable salad, fruit salad or a cup of our daily soup for just \$1.00.

SMOOTHIES

Sarah has been working diligently on creating some AWESOME new flavors of smoothies and lattes for us all to enjoy. A few have been added to our permanent menu—although all are good—look for her if you ever want to try something totally new!

Our new **VEGGIE SMOOTHIE** is made with carrots, apples, avocados, cucumbers and a touch of lemonade. I know what you're thinking, but it is seriously tasty. This is my new favorite way to meet my food pyramid goals.

Also, in a dessert line of smoothies, we are featuring a **PINEAPPLE UPSIDE DOWN CAKE SMOOTHIE**. It's our pineapple puree with some cherry flavor, a sprinkle of brown sugar and pecans. You'll swear you are eating a piece of (really cold) Pineapple Upside Down cake. The flavor is wonderful, very refreshing—and if you want to take it up a notch health wise, you could add any one of our 10 supplements, including vanilla whey protein powder.

COMING SOON – PICNIC PRE-ORDERS!

Do you ever buy potato salad or pasta salad from the deli? I admit, when I'm short on time, I do, and every time it's the last thing left eaten—because it's usually TERRIBLE! If only it tasted good—like it was homemade! But purchasing these items makes having a nice summer barbeque so much easier and so much more fun! We will be offering a summer picnic pre-order menu all summer long. It will include our Bistro favorites, like Red Potato salad—with just the right amount of mayo and mustard, Italian Pasta Salad, Marinated Vegetable Salad, Guacamole, and lots of other favorites. Items can be ordered at any time for pick up the next day. The idea is our yummy home-style foods in convenient take-out containers! We'll be feeding you well, and making your life easier. Look for the menu in June!

FITNESS corner

with Christopher Rice,
Fitness Operations Team Leader

Timely Training #2: How to maximize your workout with minimal time

Cardio vs. strength. For many of us, this is the question when we arrive at the gym early in the morning or after a long day of work. In a perfect world, we would have time to get BOTH a great cardio and strength workout in the small amount of time we are allotted each day to exercise. Unfortunately, despite my best efforts, I have not found a way to stop time while I exercise...so we are still left with same choice; cardio vs. strength.

How about this – instead of reserving the full 60 minutes for only cardio or only strength, try to combine the two. You will be amazed at what a great workout you can accomplish by mixing intervals of cardio work into your resistance training routine. For example:

- Choose three resistance exercises that focus on different muscle groups – like the bench press, lat pull, and leg curl.
- Perform one set of each, allowing minimal rest time between each exercise.
- After the last exercise, perform 2-3 minutes of high intensity cardio exercise. High intensity exercise should get your heart rate above 80% of your estimated maximum toward the end of the interval. Some examples include: high-incline treadmill walking, sprinting, high level cycling, rowing, and jumping rope.

- After the cardio interval is complete, perform another set of each exercise (bench press, lat pull, and leg curl) and repeat the cardio interval.
- Change the type of cardio interval you perform every 3-4 weeks to keep the body guessing. For example, if you performed high-incline treadmill walks for 4 weeks, change to high intensity bike sprints for the next 4 weeks.
- Mix-up the resistance exercises you perform every 3-4 weeks to keep the body guessing. If you have been mainly working on machines, try changing to free weights or cable-based exercises.

The method described above can be very effective in keeping the heart rate elevated throughout the entire workout. Further, you have limitless options to explore between different and cardio exercises, keeping your workout different every time!



CHILD CARE connection

with Anne Zaske,
Childcare Supervisor

Spring – a time of sunshine and creativity! Celebrate it with your children! Here are a few ways to foster a love of nature and celebrate this spring-time season with your kids:

- Throw open the windows
- Dust off the bikes and go for a ride (don't forget the helmets)
- The birds are on their way back – build a bird house together!
- Have a picnic
- Create a kite together and have a high-flying adventure

- Hike through the nearest wildlife area
- Head over to the play ground
- Get out the bubbles and sidewalk chalk
- Plant a garden and give your child a special plant to care for
- Sit on the grass and let your minds travel with a good book
- Don't forget the Popsicles

Spring – it is a time to wake-up! Now is the time to renew, recharge, and freshen up as a family!

NUTRITIONAL counseling

with Sarah Agena, Registered Dietitian and
Corporate Wellness Manager

Nutrition Success Story

Last December, a friend of mine told me that Adventure 212 had hired a dietician to work with its members. My first thought was what a good idea! Adventure 212 has so many great things for the fitness aspect of healthy living. It made sense to have someone who could advise members on healthy eating, diet, and other questions about nutrition.

I contacted her the next day and it was one of the best things I have ever done for myself. I have always been an active person; someone who always watches what they eat. But yet the weight seems to creep back on. Sarah has helped me to understand how many calories I need to intake. She has also given me great advice on healthier choices, and different things I can do that will help me

achieve my ultimate weight loss goals. It's amazing how just a few changes have made a difference in my energy levels, and how I feel overall.

We all know that losing weight is not an easy thing to do, but with Sarah's help, I am getting close to achieving my weight loss goals, and I know that they are within reach. I highly recommend Sarah to anyone who has struggled or is currently struggling with weight loss. She has been a huge support mentally and emotionally. Sarah has been there when I am struggling, or to tell me when I am doing a great job. The one-on-one support has been so important for my weight loss success. I promise she will help you too!

SPAconnection

Nikki Verpoorten

What is a Deep Tissue Massage?

Deep Tissue Massage targets the deep tissue structure of the fascia and muscles, referred to as connective tissue. Of the many types of massage, Deep Tissue focuses on the release of muscle tension and chronic knots or adhesions. It can also help to break up and eliminate scar tissue from previous injuries. Stressed muscles commonly block nutrients and oxygen from getting to where they need to go, causing inflammation that allow toxins to build up in your muscle tissue.

During Swedish massage, usually the therapist will only use their hand and forearm. However, with a Deep Tissue Massage elbows, fingers, and tools may be used for optimal penetration of the muscle. The speed of the strokes will be slower than a classic massage as well. If you tell the therapist where your trouble spots are (everyone has one or two) before the massage starts, during the massage the therapist will apply pressure and hold it for a few minutes before moving on to provide extra relief.

There may be some soreness after a deep tissue massage; however, the soreness should go away within a day. The massage should not hurt but will be a little more uncomfortable than a classic massage. If you feel the pressure is too hard, tell the therapist. Do not act tough if the massage causes severe pain or the pressure is too hard, as it may do more damage than good.

A good way to recover from a Deep Tissue Massage is by soaking in a warm bath with Epsom salt. This soaking is recommended because it will help get more of the toxins out of your body (Epsom salt draws the toxins out into the water). Your muscles need some rest after one of these massages, even if you feel no soreness. So do not plan any hard activities following your deep tissue massage.

Some people believe that if you just push hard enough, a knot can be worked out in one session, but this is not the case. For built-up tension and chronic knots or adhesions, deep tissue massage is just one part of the treatment. If you do not exercise, correct your posture, and relax along with Deep Tissue Massage you may not get the full benefits from your massage.

Remember, when getting a Deep Tissue Massage it is important to breathe deeply during your session and while relaxing afterwards. Oxygenating the muscles will help the massage do its work and ease any discomfort that you may feel. And as always, drink plenty of water after any massage to flush the toxins out of the body.

MARK YOUR CALENDARS

SPA SPECIALS THROUGHOUT THE MONTH OF MAY

- Gift Cards 20% off May 1-9th with a free gift for Mother's Day (minimum purchase of \$40.00)

SATURDAY, MAY 8TH

Start! Heart Walk (Piffner Park), 9:00a.m.

Walking is part of a heart-healthy lifestyle. The 2010 Portage & South Wood County Start! Heart Walk on Saturday, May 8th is a "mission in action." The goal of Start! Heart Walk is to create opportunities for people to improve their health by walking and simultaneously raise funds to help fight heart disease and stroke. Walkers can organize teams at the companies where they work or with family and friends. Walkers ask others to support their walk effort by sponsoring them with a donation to the American Heart Association.

For more information, contact:

Cheryl Fahrner

(715)252-9950

Cheryl.Fahrner@heart.org

Or visit www.americanheart.org

SATURDAY, MAY 8TH

Mother/Daughter Event, 9:00-11:00 a.m.

Cost: \$25/Mother-Daughter pair and \$5 for each additional daughter

Adventure 212 is hosting an event that Moms and Daughters will not want to miss! On Saturday, May 8th at 9:00 a.m., moms and daughters will be pampered and treated to a delicious brunch served by Bistro 212. They will relax, unwind and take part in activities and games, as well as have the chance to win great prizes. Each pair will have their photo taken together as well.

MONDAY, MAY 10TH

Adventure 212 "Mile Markers" Walking and Running Club information session, 6:15 p.m.

Join us in the Adventure 212 meeting room to learn more about our walking and running club! "Mile Markers" will be meeting every Wednesday in the summer at 5:30 a.m. at Iverson Park starting June 2nd. Come to this informational session to get signed up for your t-shirt!

T-shirt Cost: \$15/Member

\$20/Non-member

FRIDAY, MAY 14TH

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)

SATURDAY, MAY 15TH & SUNDAY, MAY 16TH

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, MAY 22ND

Healthy Happenings Event, 10:00 a.m.- 1:00 p.m.

Bring the whole family and come join us for a few hours of family fun and safety!

The fun includes: car seat checks & installation, bike helmet sales, bouncy house, petting zoo, kids activities & healthy snacks, blood pressure checks and bone density testing for adults, fire truck and smoke house, live reading of Brecker Bunny by author Hilary Bilbrey, fingerprinting, free information, and MUCH MORE!

MONDAY, MAY 31ST

CLUB CLOSED – Happy Memorial Day!

