

WELLNESS connection

with Bridget Daly, Wellness Coach

What is Wellness to You?

What is wellness exactly? What does it mean? Wellness can mean different things to different people. To me, wellness is not only eating healthy and exercising regularly, but having a positive outlook on life and making time for fun.

What is your definition of wellness? The key to building wellness into your life is pinpointing your reason for your definition. Figuring out why wellness is important to you is what will drive you to make it a top priority in your life.

Keep in mind that your reason has to go deeper than something like, "to lose X amount of pounds". Tying emotion or life experiences to your reasons for wellness can make it easier to stick with through the years. For example, I strive for wellness to avoid disease and sickness. Sounds generic but it goes deeper than that because I want to be alive long enough to see my (future) grandkids and be a positive influence in their life. That still might sound simple enough considering that today

we are able to live longer than past generations, but the emotional aspect tied in is the fact that I grew up without either of my Grandpa's in my life. I don't want to miss out on my (future) grandchildren's lives. That provides enough motivation for me to carry out my definition of wellness.

No one is perfect; so expect delays or roadblocks on your journey. I experience it every now and then but I remind myself of my motivation for building wellness into my life and that gets me right back into it. You may even change your definition of wellness as time goes on.

So what does wellness mean to you? Take some time to define wellness and establish your reasons for making it a lifelong journey.

CHILD CARE connection

with Anne Zaske,
Childcare Supervisor

Preschool Bullying

Yes, unfortunately, bullying does exist in preschool. Child care settings often provide children with their first ongoing social experiences. These settings are also where many children observe and/or experience forms of bullying behavior. Preschool bullies come in all ages and sizes, but boys and girls tend to bully differently. Boys tend to use physical bullying and girls tend to use emotional/verbal bullying. However, both forms of bullying are equally detrimental to a child's self esteem.

Your child might be bullied if she:

- Complains of stomach aches for no reason
- Is suddenly scared to go to the preschool
- Talks about a child doing "mean" things
- Is unusually whiny or clingy
- Avoids eye contact when talking about preschool

If you suspect your child is being bullied at preschool, communication is the key. Talk with your child, listen to his stories and feelings non-judgementally and assure him that you will help put a stop to the bullying. Talk with your child's teacher, confirm facts and make a plan that includes notification of all parent's involved, appropriate consequences and ways to encourage appropriate behavior. Take measures to protect your little one by voicing your concerns, making visits to the school, and giving your youngster the tools he needs to avoid bullying for years to come.

SPAconnection

with Ginger Dempsy, Spa 212
Licensed Massage Therapist

Sudden Lower Back Pain and Therapeutic Massage

Many people will experience sudden, and often times extreme, lumbar (lower back) pain throughout their daily lives. This pain will come on while performing a normal day-to-day activity such as raking, mowing the lawn, gardening, shoveling, sitting with poor posture, lifting incorrectly, etc. This pain is most likely caused by muscle strain or fatigue. It can be brought on by many things, including being in a set position for too long or moving in the wrong direction. Frequently, this type of pain will be very severe, even temporarily debilitating.

What has happened when this occurs, and what can you do about it?

Typically, one of two things probably took place:

- You may have strained some of your lower back muscles. This is described as a soft tissue strain.
- You may have shifted your vertebral discs or hips.

If a soft tissue strain occurred, then a therapeutic massage may lessen the duration of your pain. If your vertebral discs or hips have moved, it is advised that you see a chiropractor for an adjustment.

Often with lower back strain, one or more of the following muscles or muscle groups is affected: erector spinae, gluteals, abdominal, iliopsoas, obliques, or rotators. These muscles become over stressed, inflamed, and sometimes spasm.

When you come for a therapeutic massage appointment, one of the best things to do during the appointment is communicate with the therapist. Let them know what happened, where exactly you are feeling the pain in your back, and what level of pain you are currently in. This will help the therapist get a better understanding of where you are at and how to proceed with your treatment.

After a therapeutic session, you may experience slight muscle soreness within 24 hours. If this occurs, it is advised that you rest and apply an ice pack to the sore area. The therapist may suggest additional massage treatments until the pain has subsided. Everyone's recovery period will differ.

If are experiencing lower back pain, book an appointment with a massage therapist today, and see the difference it can make!

MIND-BODYconnection

with Jen Oswald, MS, Wellness Coach and
Program Coordinator

Eating Disorder Support Group is back!

Adventure 212 Fitness has sponsored a local Eating Disorder Support group in the past. However, due to conflicting schedules and low turnout, we put the program on hold. Starting in September, due to an increase in demands, we are bringing the group back.

Jen Oswald, MS and Jessica McCaffrey are partnering to bring this support group to Central Wisconsin and are thrilled to have the opportunity to help individuals in our community deal with issues such as anorexia, bulimia and overeating. This group is appropriate for individuals who are in recovery from these issues or feel they may be in danger of developing an eating disorder. The group is not a replacement for treatment and should not be used as a substitute for medical or psychiatric treatment, but rather is a safe place to socialize and connect with others who can relate.

If you know of someone age 18 and up who could benefit from the group, please encourage them to contact us at joswald@adventure212.com or jmccaffrey@adventure212.com.

Beginning in September, the group will meet the first Tuesday of every month at 6:30 p.m. in the Adventure 212 Fitness meeting room. No sign up or registration is necessary. Participants may just show up. Please help to spread the word about this very important resource.

what's COOKING

with Lanie DeMars, Bistro 212° Team Leader

We have been busy, busy, busy in the Bistro! Parties and events galore to cater, busy lunches, and I've considered changing our name to "Smoothie City"...they've been so popular this summer! Our calendar is full this month too, as we have all sorts of new specials and deals coming up for you in August.

As time crunches when school starts, we will offer some exciting new dinner entrees AND ways to eliminate the wait time for food in the Bistro. We've got Thursday lunch specials that will blow your mind and even a FREE drink on Mondays for members. We've also opened up our calendar for Christmas party booking, and are offering 15% off the total purchase that evening, when you book in the month of August. Enjoy your summer—see you soon!

LADIES LUNCH

Back by popular demand...Ladies Lunch has been added to our August specials! So just like July, all August long, every THURSDAY is Ladies Lunch. Bring your mom, your sister and your gal pals and meet for lunch in the Bistro. It's an incredible value: for only \$6.00, choose ½ sandwich/salad and soup, a side choice AND a small dessert! Add lemonade or iced tea for just \$1.00. Enjoy lunch in the cool Bistro, or outside on the patio under the umbrellas!

MEMBERS MONDAY: FLASH FOR FREEBIES

Our other new special, JUST FOR MEMBERS, is Member's Monday. Flash us your membership card at the Bistro register, and get your brewed coffee, lemonade or iced tea FREE with your purchase of breakfast or lunch. My favorite lunch in summer is our Pecan Chicken Salad (mixed greens topped with warm grilled chicken, candied pecans, dried cranberries and parmesan cheese...served with balsamic vinaigrette) and an iced tea with lemon out on the patio.

DINNER SPECIALS

You asked and we listened...we know you're hungry for hearty food after your evening workout. Starting in August, look for our dinner specials Monday-Thursday in the Bistro. Carmen, our creative and talented Bistro chef, will be choosing a daily special that will be easy to eat either in the Bistro or to take home. She's already come up with some yummy ideas—baked ziti with Italian sausage, Turkey Tetrazini, and Roasted Vegetable Quiche with salad.



To make life easier on you, the front desk will have a simple order form if you'd like to order dinner when you check in to the club. Just let the front desk staffer know which special (or regular menu item) you'd like, and what time you'll pick it up—we'll get it set while you're working out, so you can grab and go. Alternatively, just stop by the Bistro when you're done with your work out and place your order then.

AUGUST DESSERT OF THE MONTH

Blackberry Crumb Bars...a portable version of a blackberry crumble. A moist cake, topped with tart fruit and a crunchy crumble topping. Available in the Bistro deli cooler, all month long, for just \$1.75.

TAILGATING

Football season is upon us (pre-season at least), and tailgating we will go! Take a look at our catering menu for party fare that's better than homemade. Check out our website for the latest menu and specials... www.adventure212.com and select Bistro Catering menu.

BOOK YOUR CHRISTMAS PARTY IN THE BISTRO DURING THE MONTH OF AUGUST AND RECEIVE 15% OFF THE ENTIRE PURCHASE.

See or email Lanie for more details or to request your date. ldemars@adventure212.com; 715-343-0212. (Requires \$100 deposit, which will be a credit applied to the party purchase.)

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