

February 2010

One Degree

A monthly newsletter to get you one degree closer

National Make-A-Blanket Day Sew-A-Thon February 20, 2010 11am - 5pm

On Saturday February 20th from 11:00 a.m. to 5:00 p.m. Adventure 212° and Project Linus will be working to provide new, handmade children's blankets for our community. This is a great family-friendly fun event that will help provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets lovingly created by volunteer "blanketeers".

"Last year over 70 blankets were made and donated to the area hospitals, foster care and Camp Hope for grieving children. This year, we're hoping to make 100 blankets with the help of local volunteers and a new sponsor in Adventure 212°," says Project Linus Coordinator Jen Selwyn.

This year, Project Linus is also expanding the ways the community can help by creating an avenue for those who may not have time to actually make the blankets, but still want to help support the effort by donating the supplies to make a blanket through a purchase of a 'Linus Donation Card'.

There are many ways you can help:

- Join us at Adventure 212° on Saturday February 20th and make a blanket, while enjoying the company of others like you who want to make a difference in a child's life and have fun working together!
- Donate new kid-friendly polar fleece fabric
- Financially help the effort by purchasing a Linus Donation Card for \$10 or \$20 (blankets cost approximately \$20 to make)
- Make blankets at home and bring them in to Adventure 212° on or before February 20th and place in the drop box. For blanket guidelines go to the chapter webpage at www.orgsites.com/wi/projectlinus-portagewoodco/.
- Get the Word Out! Tell others you know that may enjoy making the quilts or supporting the effort financially about the event!

If you have questions about the event or if you would like more information, contact:

Jen Selwyn at 544-0142 or email at PortagWood.WI@projectlinus.org

Michelle Peariso at 343-0212 or email at mpeariso@adventure212.com

Project Linus
Providing Security Through Blankets
Portage/Wood Counties, WI Chapter



NUTRITIONAL COUNSELING

with Sarah Agena, Registered Dietitian and Corporate Wellness Manager

Love Your Heart

A healthy diet and lifestyle are the best weapons you have to fight heart disease. Making small changes in what you eat now can make a huge difference in the long run. As you make daily food choices, base your eating pattern on these American Heart Association recommendations:

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free or skim, 1%, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Choose and prepare foods with little or no salt. Aim to eat less than 2,300 mg of sodium per day (or less than 1,500 mg if you are in a higher risk group for high blood pressure).
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.
- Follow the above recommendations when you eat out, and keep an eye on portion sizes.



PHYSICAL THERAPY

The Knee: A Victim of Circumstance

As we assess the causes of knee pain in the physical therapy clinic, patients are often surprised at how much time we spend looking at the hip, foot, and ankle. The joints above and below the knee often have the greatest influence on how the knee functions. Even if the muscles that move the knee are extremely strong, they often will not have enough mechanical advantage to overcome some forces caused by the foot or hip. The following paragraphs will discuss this phenomenon in more detail.

In order to understand how the foot influences the knee, you can stand in front of the mirror and watch the knee as you force the arch of your foot to go down. You will notice that your kneecap rotates in toward the other knee. This rotation is natural and a certain amount of it should occur with every step you take. However, if the arch of your foot falls too much when you step down on it, your knee can rotate excessively. This can cause knee ligaments, tendons, and cartilage to break down over time.

The hip joint can also force the knee to rotate excessively inward. However, it will cause this rotation for different reasons than the foot. The hip is a ball and socket joint that

connects the thigh to the pelvis. Surrounding the hip are many muscles that are extremely important for movement. Athletes and runners, are often familiar with the following muscles: gluteals (especially the gluteus maximus and medius), IT band, and hip flexors. A combination of weakness or tightness in these muscles can significantly change the mechanics of the hip. This, in turn, will indirectly affect how the knee moves.

The following are some common knee conditions that may actually result from forces caused at the hip and foot:

- Patellofemoral syndrome (kneecap pain)
- IT band syndrome (Inflammation of IT band tendon as it crosses the knee)
- Patellar tendinitis (inflammation of tendon in front of knee)
- Meniscal (cartilage) injury

At Point Forward Physical Therapy, we have three clinicians with comprehensive understanding of the knee and mechanics that can affect it. If you have knee pain, we would be glad to assess your movement patterns and create a program that addresses the causes of your specific pain.



Point Forward
Physical Therapy Ltd.

"Moving you in the right direction"

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mind-body CONNECTION

with Jen Oswald, Wellness Coach and
Program Coordinator

What the World Needs Now is Love...

Have you noticed that stores are covered in valentines, boxes of chocolates, flowers and greeting cards? It's that time of year! Valentine's Day is just around the corner. And whether or not you celebrate this seemingly superfluous holiday, it is a good time to give your relationship a little extra attention. With the busyness of our lives, it is easy to put those closest to us on the back burner, taking for granted that they will always be there. They get our bad moods and short tempers. They wait while we work long hours and chase dreams. And yet, they rarely receive the thanks they deserve. That's what Valentine's Day should be about.

Looking to Hollywood's example of relationships, it's not surprising that we continue to struggle in this area. Massive weddings are quickly followed by messy divorces. Relationships that have spanned decades suddenly end for the sake of publicity. The media does little to lift up healthy relationships and set examples for us to emulate. This makes the arena of romance all the more confusing and difficult to navigate.

Perhaps it's time we look to someone else for the example. Do your parents or grandparents have a relationship you respect? Close friends or family members? You know those people in your life that seem to have gotten it right? They rarely fight and when they do, they do it respectfully. You rarely hear them speak harshly of their partner. Their communication is always open and honest. They allow each other to be their own people, while maintaining the integrity of the couple. If you have someone like that in your life, spend more time with them. Find out how they do it and how they've managed to be successful.

The following are some tips for strong relationships:

1. There should be no "plan B". Couples that don't think in terms of "what if" tend to be more invested in maintaining the couple. They don't have one foot out the door.
2. Communication is key. Open and honest communication is necessary to keep the integrity of the relationship and ensure both parties are always on the same page.

3. Each person needs to take care of themselves to be able to bring their best to the relationship. This means not giving everything you are to the other person and not sacrificing who you are to fit a mold or please another. That said, relationships also take sacrifice and compromise to be successful. With an open heart and mind and strong communication skills, those compromises are easier to navigate.

Whether you are engaged, married, in a committed relationship or looking for love, keep these tips in mind.

Did you know that February 7-14 is National Marriage Week? The organization thinkmarriage.org works year-round to support and celebrate marriage. They provide programs and date night opportunities for couples that enhance communication and other positive relationship building skills. If you visit their website, www.thinkmarriage.org and go to their store, you can order a free Love Letter Kit. It includes materials and tips for writing the perfect love letter to that special someone. You can also find information on couples' events happening in the area.

Other ideas for you and your sweetie:

1. Learn something new together. Did you know Adventure 212° offers ballroom dance?
2. Have a servant's heart. Do something for the other that they don't see coming!
3. Say "thank you". Simply showing a little gratitude can be a huge boost to your partner.
4. Cook and eat dinner together. When was the last time that happened?
5. Workout together. The boost in endorphins will do wonders for your...well....you know.

Also, keep your eye out for other couples' events to be happening right here at Adventure 212°.

Happy Valentine's Day!

SPAconnection

Rain Essence Reiki Therapy

If you are looking to just get away from everything and regain your center, this is the treatment for you!

Think energizing and healing while rain drops of pure essential oil are applied on your spine and back. Fingertip sweeping motions are used while working the oil into the skin affecting your central nervous system. Additional massage techniques and Reiki are used throughout the session to relax you, release toxins and re-align your Chakras bringing peace and healing to your body. The oils that are used during this treatment are known to have many wonderful properties such as: antibacterial, anti-inflammatory, decongestant, expectorant, and they also aid in detoxification and stimulation of the circulatory system. These oils will also soften and nourish your skin. This technique originated in Tibet thousands of years ago and is used by the Lakota and Hopi Native Americans to this day.

This treatment is done with the receiver prone (face down) for the whole session. The effect of the oils may continue



to work into the body for 5-7 days after the treatment. This treatment is not suitable for all so please contact the front desk or Teresa with any questions or concerns.

Rain Essence Reiki Therapy February Special – 60 minutes for \$55.00

Call or stop in at the front desk today to make your appointment. 343-0212

– Teresa Gutke, Spa 212° Therapist

Got Stress?

Stress is a normal part of life. Many of the things we put our bodies through will create mental, physical or emotional stress. Stress can be a positive thing by telling us when we are in danger or need to change our actions. Stress becomes negative when we face continuous challenges and don't give ourselves any time to relax. When this occurs it can lead to a symptom called distress. Distress can cause physical symptoms including: headaches, upset stomach, high blood pressure, chest pain and problems sleeping.

Stress can also lead to gained weight, especially in the stomach. When stress occurs our metabolism slows down and more of the food consumed is stored as fat. Stress hormones also increase in the stomach region when we are stressed which cause weight gain in that area of the body.

There are many different ways to manage stress. Exercising is a great way to release stress hormones making you feel better and lose the weight that you may have gained. Massage is also another great way to reduce stress. It will put you into a deep relaxation that



you may not be able to enter into on your own. Massage will release tension mentally, physically, and emotionally. Start the year off right by making exercise and massage a part of your life to be a healthier you.

– Lorie Jensen, Spa 212° Therapist

FITNESS corner

with Christopher Rice,
Fitness Operations Team Leader

How Do I Lose Weight Right Here....

A question I am often asked by members is "how can I lose weight right here," as a body part or area of the body is showcased. Problem areas typically include the midsection, back of the arms, thighs, and the backside. Despite the claims made on television commercials selling a new trinket for \$19.99 (plus shipping and handling of course) no form of exercise, machine, or routine can reduce fat from a specific area of the body.

In order to lose weight (fat) the body must be placed in a caloric deficit by the end of the day. Through proper diet, exercise, or combination of both (best strategy), more energy must be expended than consumed. When the body is consistently placed in a state of caloric deficit it will tap into its energy reserves (fat) to sustain normal metabolic activity. This is a very, very basic explanation of how weight loss occurs. However, when the body taps into its fat reserves to sustain normal metabolic activity no form of exercise or emphasis will dictate where the body metabolizes fat from. Performing 1,000 crunches will NOT result in fat loss from the abdominal area. Executing 1,000 triceps extensions will NOT result in fat loss from the back of the arms. Buying that trinket you saw on TV that promised a firmer midsection in only 4 minutes a

Group Fitness Launch Sees Record Numbers

On Saturday, January 16th Adventure 212° promoted the release of the new music and choreography for our four Les Mills Group Fitness classes (BodyVive, BodyPump, RPM, BodyFlow) with a launch event. We debuted the new music and choreography by offering all four classes on the same day with free smoothie samples, granola bars, and prize drawings. The January launch event brought in the highest number of participants EVER--nearly double the attendance of our previous launch in September! BodyPump and RPM completely filled up and we had a great turnout for BodyFlow too.

Our next launch will be around April or May and we hope to have another great turnout. To ensure we are meeting the needs of our members with events such as these we will adopt the following strategies:

- Priority given to current members until 3 days prior to the event. Non-members purchasing day passes to attend may sign up beginning the Wednesday before the launch.

day, 3 days a week probably will not work either. The body metabolizes fat from the most efficient source regardless of the form of exercise being executed.

So what does work then? A combination of a balanced diet and proper exercise will get you on the right track very quickly. If weight loss is your goal then your exercise routine should be adjusted to maximize the amount of calories you burn during your time in the gym. Shorter rest periods during your resistance training will sustain an elevated heart rate and burn more calories. An effective strategy is to begin with 60 seconds rest between exercises and reduce your rest by 5 seconds per week. When you approach 25 to 30 second rest periods it is time to change your routine and start back at 60 seconds again. To get the most out of your cardiovascular training try attending one of our 64 FREE Group Fitness classes. BodyPump, Spin, RPM, Step, and Kickboxing are all great cardiovascular options that WILL burn lots of calories, especially if you are new to the class. If you still feel like you need some extra help to remove those last few holiday pounds Adventure 212° has an excellent group of Personal Trainers that can design a program specifically for you. Personal Training sessions may be booked at the Adventure 212° front desk.

- Two sections of BodyPump. BodyPump filled up very quickly during our January launch so we will offer two sections to accommodate twice as many participants. Two sections will also allow us to accept more same-day sign-ups and spread out the participants so we have a little more room to work with.
- Continue to offer BodyFlow in the Cardio room to accommodate more participants during the launch. Although the ambience of the Mind/Body room lends itself well to the class, participation upwards of 12 members starts to get tight.

Please keep an eye out in the club and on your emails toward the middle of April for information about our next launch event! Sign-ups will take place at the floor monitor desk located in the main fitness area.

MARK YOUR CALENDARS

SPA SPECIALS THROUGHOUT THE MONTH OF FEBRUARY

- With every \$20.00 Dermalogica purchase, receive a FREE gift!
- Rain Essence Reiki Therapy Service for only \$55.00 (60 minutes)
- Spa Valentine's Day Special (February 8th -20th) 75- Minute Couples massage for the price of a 60-minute couples massage (\$130)

SATURDAY, FEBRUARY 20

National Make a Blanket Day, 11:00 a.m. - 5:00 p.m. in Cardio Studio to benefit Project Linus

Bring the whole family and make blankets for children who are ill, traumatized, or otherwise in need. If you are unable to attend, please read the newsletter article for more details on how you can help.

SATURDAY, FEBRUARY 20 & SUNDAY, FEBRUARY 21

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, FEBRUARY 22

"Finding Balance" Personal Development Program Begins

Do you feel like your life has gotten too complicated? Too bogged down with your daily routine to embrace the change you want? Are your finances, relationships or work performance suffering because of it? This program is for you! In this group setting you will find out how to better manage stress, simplify your surroundings and find balance now! The cost is \$125/person which includes: four weekly meetings, constant access to a personal coach, copy of book, handouts and materials. The group will meet Monday nights 2/22, 3/1, 3/8, 3/15 at 6:30p.m. Contact Jen Oswald for more details!

FRIDAY, FEBRUARY 26

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