

One Degree

A monthly newsletter to get you one degree closer

Summer Hours for Child Care and Adventure Zone

Child Care and Adventure Zone hours will change this summer in order to accommodate earlier summer group fitness classes and earlier member visits, in addition to the very low Sunday gym attendance. Based on a Child Care survey conducted with our members, opening the Child Care earlier in the summer would be a benefit. With that information Adventure Zone and Child Care hours will align for the summer and will be shifted up by 30 minutes to allow parents to attend the new 8:30 a.m. group fitness classes.

Child Care and Adventure Zone Summer Hours:

Monday-Friday	8:15 a.m. – 7:00 p.m.
Saturday	8:00 a.m. – 1:00 p.m.
Sunday	CLOSED

With Sunday having very low club attendance and Adventure 212 still wanting to accommodate families, parents and children will be able to enjoy the gym together during all hours we are open (9:00 a.m. – 5:00 p.m.) as long as youth under 14 are always accompanied by an adult.

Summer hours begin on Monday, June 7th.

Member Spotlight

Congratulations to our members Judy Thies, Kris Mrozek, and Rae Stevens who completed the Rock 'n Roll half marathon in Nashville, TN in April. (The fourth person is Ann Burant, sister of Kris.) There were over 32,000 participants in the race. They shared that because of impending bad weather, a number of the full marathon participants were diverted to the half marathon route. The ladies managed to finish just as they were advising people to take cover. Awesome work!



FITNESS corner

with Christopher Rice,
Fitness Operations Team Leader

Group Fitness Changes This Summer

This summer the Group Fitness program will undergo a few changes to the class schedule and the types of classes we teach:

- BodyVive will be removed from the Group Fitness schedule in early June. Adventure 212 pays monthly licensing fees to offer this class and the average attendance is not high enough to retain the class. As fall approaches we will explore other class options to replace BodyVive.
- BodyFlow classes will increase as two more instructors are scheduled to be certified in early June.
- The yoga offerings may shrink as we are losing a key instructor that teaches the morning classes. We are currently searching for additional yoga instructors to fill the gaps.
- We are exploring more options for pool classes this summer in hopes of bringing on a new type of aquatics class in late summer to early fall.
- A Les Mills launch event will take place in July featuring one class per day on July 12, 13, and 14 at approximately 6:00 p.m. Pending acceptable weather conditions we will offer the launch classes outside in the green space between Adventure 212 and Little Scholars.
- Overall, the summer Group Fitness schedule will shrink to approximately 50 classes per week. Some classes will move to 8:30 a.m. as we focus on the early and mid-morning time slots.
- The summer Group Fitness schedule will begin Monday, June 14.

NUTRITIONAL counseling

with Sarah Agena, Registered Dietitian and
Corporate Wellness Manager

Weight Loss Success with Food Journaling

The key to weight loss success is right at your fingertips, literally. Several studies have shown that people who keep food journals are more likely to be successful in losing weight and keeping it off than those that don't. You don't need anything fancy to log your food, just a plain old note pad or a Word document on your computer. If you're a little more technologically inclined there are many food journaling sites found on the web that can help you track your progress.

Food Journaling...

- Allows you to monitor your caloric intake – it's as simple as calories in, calories out.
 - Helps you identify eating patterns such as not eating enough throughout the day only to overeat in the evening.
 - Encourages you to focus on your food choices. Most people make bad food choices out of habit.
 - It can help cut down on mindless eating. Tracking the food we consume forces us to take responsibility for our food choices and how much we eat.
- Helps you control the urge to binge. Knowing you are going to have to write down what you eat can stop you from reaching for the bag of M&M's.
 - Allows you to track your progress. It's great motivation to look back and see that you are eating better today than you did days, weeks or years ago.
 - Helps you be sure you are getting enough of each food group. It is important to eat a balanced diet. A food diary can provide clues as to what foods you have been neglecting or the foods you need to add to your diet.
 - Assists you in acknowledging the reality of how much you eat. People typically don't realize how much they eat in a day and underestimate total caloric intake.
 - Provides awareness of liquid calories. Liquid calories can add up fast and most people forget that a lot of things they drink are very calorie dense.
 - Reinforces your commitment to be accountable.

SPAconnection

Mary Schultz, Spa 212 Manager

Greetings from the Spa!

Summer is finally here and we at Spa 212 want OUR members to know how much we value YOU! For the month of June, members of Adventure 212 will be able to get unlimited spa services (with value of \$50.00 or more) at 30% off the normal price! What a great way to start the summer!

Come in and try one, two, or all of our wonderful services! Spa 212 offers a variety of massages, body treatments, facials and waxing.

Some of our newer services include:

- Ashiatsu
- Chemical Peels
- Thai massage
- 4-hands massage
- Rainessence Reiki Therapy
- Reflexology
- Spray Tanning

Check out our new services and pricing!

No other discounts or coupons may be applied. Gift cards and Spa bucks will be accepted.

Services available by appointment only. Make your appointment today!

Adventure 212 Summer Camps are filling up fast!

Let us improve the health of your child's mind, body, and spirit with fun, energizing activities throughout the summer! We have camps available for youth of all ages!

Space is limited – reserve your child's spot now! Sign up today at the front desk!

what's COOKING

with Lanie DeMars, Bistro 212° Team Leader

Meet Our Staff

This month, I'd like to take a moment to introduce some Bistro MVP's: our staff! Some of you come every day to the bistro for your coffee, breakfast burrito, or your club sandwich—and haven't been formally introduced to the person/people helping you out behind the counter. Shame on us! I'd like to take this opportunity to put a name with the face, and tell you a little bit about each of our staffers, from my point of view...

Becky: Becky is the gal you'll see here the most. She graduated from UWSP with a degree in nutrition, and is our Bistro Supervisor. Becky does an AMAZING job with keeping our kitchen in top shape, and in training our newbies. Speaking of which, Becky will be having a "newbie" of her own, in August, with her husband, Derek. Congratulations to you both! Only 16 more years til baby can start in the Bistro...I'll save a chef coat for him.



Carmen: Carmen has been with 212 almost since it opened. She ROCKS the kitchen during lunch hours and the early afternoons. She is truly a talented and caring chef here, and comes up with some DELICIOUS entrees. If she looks familiar, it's because Carmen also rocks the massage table in the Spa. Visit her there, too...



Amanda: Amanda has been with the club since it opened. Most of you regulars will know Amanda...if not by her smile, then by her soups, muffins and breads. Amanda is a TALENTED young cook as well, and she just finished her teaching degree at UWSP. She'll be starting a teaching job in fall, but we hope she comes back often to visit... and maybe guest chef!

Josh: Josh has been with the Bistro for a long time, too! He knows the menu inside and out, and is the COOLEST cucumber under pressure. I always know he can handle ANY situation. I guess that goes with the territory when you are the oldest of 9 children! You might know his brother, Eli. (In fact, you might get them confused.) Josh is a great basketball player, and hopes to play b-ball at UWSP in a year or so. Go Pointers!



Eli: Eli is our youngest staffer, but ironically, also our biggest! Apparently, age means nothing as far as stature OR kitchen skills. He's one of the BEST people we have at putting together delicious food, really quickly during our busy times. Also, he's following in Josh's basketball-playing-footsteps. He won our employee "HORSE" tournament last month. (I'm glad we were in different brackets!)



Lindsey: Lindsey is another one of our youthful staffers. She comes from good genes (she's Amanda's little sister)—and those Pavelski girls can BAKE! In fact, Lindsey made the BEST blueberry muffin I've ever had in my life. You'll recognize her for her smile and her laugh—and I bet you \$1 you'll never see her without either! When she's not here, find her in the pyramid of skiers on the Chain ski team, or swimming laps with her school's team.



Kendra: Kendra might look familiar too... she works as a marketing intern here in addition to the Bistro. A recent grad of UWSP (as in, a couple weeks ago) Kendra is one of the world's friendliest and most fun people, and she has given us so many FABULOUS ideas on things to add to the Bistro and everyone's experience here. Like the Muscle Milk? Kendra's idea. The posters? Most likely Kendra's creations. Keep 'em coming, Kendra. We LOVE the way you think!



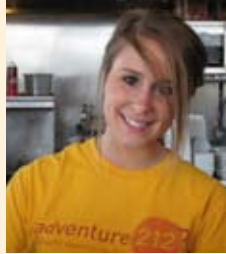
Danielle: Danielle is a student of Health Promotion and Wellness at UWSP. She is smart, funny, entertaining, and a genuinely GOOD person... the kind of person you WISH your kids would hang out with. One thing you might not know about this 115 pound young woman is that she could most likely beat you in an arm wrestling competition. She practices what she preaches—and she is strong! We adore having her in the Bistro, and you'll see her helping out elsewhere in the club this summer, too.



what's COOKING

Continued

Malinda: Malinda is another teaching student here at UWSP. You'll recognize her for her ENERGY and ENTHUSIASM for, well, everything! This girl is a student, works two jobs, runs nonstop, is helping her sister plan her wedding, AND she has great hair—I'm not sure when she sleeps! You'll find her whipping around the Bistro, making us all laugh or helping customers, who quickly turn into friends.



Sarah: Sarah is our newest MVP, and probably our most CREATIVE! She has a ton of GREAT IDEAS on new menu items, gardening tips and general nutrition. She's caught on really well to what we're trying to do here, as far as serving local and organic. She's also a mom to three adorable kids...welcome, Sarah, we are thrilled you're here!

James: James will be back this summer—we're so excited! He has just finished his sophomore year of college, and we can't wait to have him back. He's the KING of big events, and we're looking forward to him returning in early June.



Levi: Levi is the world's best dishwasher! He is always making us laugh, and is a really GREAT team player. Special project needs to be done? Levi is your man. When you can't find him here in the Bistro, you'll also find Levi housekeeping around the club or shooting hoops in the gym for fun. Levi is our resident Kobe Bryant fan, and the HORSE tournament was his idea. Thanks, Levi!



Well, that's everyone. And that's probably enough of me talking about us. What do you think of us? Tell us about your favorite Bistro Staffer and what makes them special, we'd love to hear your stories!

ADVENTURE 212 BISTRO SPECIALS: JUNE

SUN-KISSED CARAMEL LATTE: A touch of orange mixed with caramel: iced or hot. A fun way to start your day while you check your email or the paper.

ICED FLAVORED LATTE: We have caramel, hazelnut, raspberry, and a hundred other flavors. Try it over ice with a little whipped cream for an indulgent treat.

ISLAND TIME LEMONADE: Mango lemonade, served over ice. This is a nice twist on lemonade—utterly refreshing. Enjoy one on our sunny patio while you catch up on your reading.

SIZZLING SUMMER SMOOTHIE SPECIAL: All 12 oz smoothies \$2.50, and all 16 oz smoothies \$3.50 the entire month of June. Take advantage of this offer while it lasts!!

mind-body CONNECTION

with Jen Oswald, Wellness Coach and Program Coordinator

Celebrate Summer as a Family

Summer is almost upon us and school will be out soon. The dynamics of the family change when kids are suddenly home for those hours that they are normally in school and it is important to be proactive in making adjustments to accommodate that. The best thing you can do for kids during the summer is to keep them busy. Too much down time is a recipe for trouble!

In addition, the issues kids deal with during the school year can easily follow them home for summer break. In fact, they can get worse, because of the increase in unsupervised time they have during the day. Bullying is prevalent in schools, at all ages. It is not safe to assume that since school is out, your child is safe. Bullies are becoming more and more tech savvy and can reach your child wherever they are.

Here are some tips to help your child and your family stay safe and enjoy the summer season:

1. Have activities planned for your child. Enroll them in area programs such as summer school, camps or summer league sports. Purchase a pass to the public pool or surprise them with their own Adventure Zone summer membership.

2. Eat meals together as a family whenever possible. If your kids are over the age of thirteen, they may not think this is so great, but research shows the more meals families eat together, the fewer discipline problems children have.

3. Limit exposure to TV, internet, facebook and text messaging. Bullies and predators have become highly skilled in using these methods to access youth. They are being used as weapons and can no longer be assumed safe for children. If your child has access to these, exert your right as a parent to check them periodically and put up blocks if necessary.

4. Plan a family vacation! It doesn't have to break the bank. In fact, you can spend the day at the river or go camping. Whatever you decide to do, the important piece is that everyone in the family gives their undivided attention to each other. That means no laptop, no blackberry. Just your family and a day together. Kids need to know they are a priority and that they are valued as members of the family.

Summer is meant to be a time of relaxation and rejuvenation. Take time to regroup as a family. Reconnect and enjoy each other. August will be here before you know it!

CHILD CARE connection

with Anne Zaske,
Childcare Supervisor

It is summer, and that means safety! This summer kids will be active and having fun while going to the playground, swimming, hiking and biking. With these activities comes the risk of injuries. However, by following some basic safety advice, many of these injuries can be prevented. Here are a few tips for making summer safer for your children:

- **Playground:** Most kids are hurt on playgrounds when they fall. Keep children under five on equipment that is no more than five feet high. Make sure the playground has a deep, soft surface. Always supervise their play.
- **Swimming:** The highest risk for drowning is for children under the age of five; they can drown

quickly and silently. Keep your children within arm's reach when in the water and ALWAYS have them wear a lifejacket. If you have a backyard pool, it should have a four sided, four foot high fence with a self-latching gate.

- **Hiking:** Stay on marked trails and stay together. In traffic areas, children under age nine should cross with an adult or older responsible child. And drivers—please slow down!
- **Biking:** INSIST on a helmet! Children under ten years old should not be riding in the streets. Teach bike riding safety. Ride together as a family.

Enjoy the summer safely!

MARK YOUR CALENDARS

SPA SPECIALS THROUGHOUT THE MONTH OF JUNE

- Purchase Dermalogica Microfoliant and get two products free! Only \$50! (an \$80.50 value)
- Members get 30% off unlimited Spa services (value of \$50 or more)
- 'Toes in the Water' Foot Soak special featuring soak, salt scrub, paraffin treatment and lotion application. 45 minutes for \$40!

WEDNESDAY, JUNE 2

Mile Markers Running/Walking Group begins and meets every Wednesday during the summer! See you at 5:30 a.m. at Iverson Park! Contact Chris Rice with any questions.

SATURDAY, JUNE 5

Join us at Walk Wisconsin for the Quarter, Half, or Full Walking Marathon! Pfiﬀner Pioneer Park

Visit www.walkwisconsin.com for more details!

MONDAY, JUNE 7

Bistro 'Cheese to Please' Cooking Class, 6:00-8:00 p.m.

Put on by UWSP Continuing Education. Register at www.uwsp.edu. Cost: \$29.00

MONDAY, JUNE 14

212 Degrees of Fun Camp begins and runs through August 20.

Open to youth ages 7-13

MONDAY, JUNE 14- FRIDAY, JUNE 18

Young Adventurers Travel the World Summer Camp 8:30-11:30 a.m. daily

Open to children ages 2-6

TUESDAY, JUNE 15

Girls Volleyball Camp, Coed Basketball Camp, and Boys Flag Football Begins

Open to youth ages 7-13

FRIDAY, JUNE 18

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, JUNE 19 AND SUNDAY, JUNE 20

Member Appreciation Weekend

Come to Adventure 212 and enjoy a weekend full of discounts and great company!

MONDAY, JUNE 21-FRIDAY JUNE 25

Young Adventurers Community People Summer Camp 8:30-11:30 a.m. daily

Open to children ages 2-6

WEDNESDAY, JUNE 23

Be Yourself University – Food as Fuel Session

1:00-4:00 p.m.

Open to girls ages 7-13

MONDAY, JUNE 28-FRIDAY JULY 2

Young Adventurers into the Outdoors Summer Camp 8:30-11:30 a.m. daily

Open to children ages 2-6

WEDNESDAY, JUNE 30

Be Yourself University – Food as Fuel Session

1:00-4:00 p.m.

Open to girls ages 7-13

SUNDAY, JULY 4

Adventure 212 will be closed in observance of Independence Day

For more information about any of our summer camps, visit our website (www.adventure212.com) or stop by the front desk!