



Adventure 212 Fitness will be holding its first annual Corporate Fitness Challenge on October 16, 2010.

SEPTEMBER 2010



One Degree

Monthly Newsletter

First Annual Corporate Fitness Challenge Coming Soon!

SARAH AGENA-WRIGHT, CORPORATE WELLNESS MANAGER

The Corporate Fitness Challenge is a one day health and fitness challenge for local organizations, businesses and corporations who will participate in a variety of activities that are designed to encourage a more healthful lifestyle. Each participating organization develops a common bond as employees improve personal skills and share common experiences. By

the end of the challenge, a team unity develops and a proud representation of the business emerges.

The emphasis of the challenge is on participation of all segments of a company or organization. All employees and spouses 16 years of age or older and all levels of fitness and athletic ability are encouraged to participate. *Continued on page 2...*

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If weight loss is your goal do not be fooled by the "fat burning myth!" Crank up those treadmills and ellipticals a little more and make overall calorie expenditure your goal.

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Try Rainessence Reiki Therapy, one of the most relaxing, energizing, and healing experiences around. Ten essential oils are dropped onto the spine like raindrops.

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What if I gave you some tricks and ideas for "fast" foods you can make at home—so YOU control the fat, sodium and portions?

The Fat Burning Zone Myth

CHRISTOPHER RICE,
FITNESS OPERATIONS TEAM LEADER

As a fitness professional I often hear the term “fat burning zone” used quite a bit by many gym-goers. For those of you not familiar with the “fat burning zone” it refers to a range of exercise heart rates that stimulate the body to burn a larger proportion of fat during exercise. Typically, the “fat burning zone” represents approximately 60% of your maximum heart rate. For example, if your maximum heart rate was 200 beats per minute then 60% of it would represent 120 beats per minute.

A significant amount of research supports the fact that lower exercise intensities stimulate the body to use larger proportions of fat than other fuel sources. However, even though a larger proportion of fat is utilized during exercise at a low intensity, overall weight loss is derived from a long-term caloric deficit in the body. Therefore to achieve peak weight loss the goal is to burn off as many calories as possible during exercise, regardless of the “fat burning zone.” In fact, exercising at intensities much higher than the “fat burning zone” help stimulate the metabolism and results in calorie expenditure after exercise ceases (this process is referred to Excess Post-Exercise Oxygen Consumption).

If weight loss is your goal do not be fooled by the “fat burning myth!” Crank up those treadmills and ellipticals a little more and make overall calorie expenditure your goal.



IF YOU WANT TO MAKE
CHANGES ON THE ROAD TO
FITNESS AND HEALTH, THIS
CHALLENGE IS FOR YOU!

...continued from page 1

Corporate Fitness Challenge

EVENT IDEAS:

- Endurance Challenge
- Basketball Shoot Out
- Tire Flipping Relay
- Scavenger Hunt
- Volleyball
- Tug of War
- Trivia
- Kickball

WHY PARTICIPATE?

Being successful in business requires organization, leadership, determination, and team work. The Corporate Fitness Challenge will help companies develop these skills plus many more. This event will provide area businesses the opportunity to:

- Promote healthy lifestyles
- Establish leadership roles in business
- Develop a common bond between employees as they share in this experience
- Enhance existing corporate fitness programs
- Promote friendly competition
- Provide company exposure to the community
- Improve personal skills
- Boost employee morale

The Adventure 212 Fitness Corporate Challenge serves as common grounds for small and large companies; as well as governmental, educational and professional organizations, to meet in friendly competition.

For more information about this event, or to sign up your company, please contact Sarah Agena-Wright, Corporate Wellness Manager at 715-343-0212 or sagena@adventure212.com.

O'Dell Irish Dancers come to Central Wisconsin

Who would've thought that dancing without moving your arms could be so much fun?! Some people call it "Riverdancing," but if you travel to Ireland, you'll hear them call it Irish stepdancing.

With the abundance of Irish heritage in Wisconsin, it was shocking to find out that NO dance schools in Central Wisconsin offered this form of dance. Well, it's time to break out the ghillies and hardshoes! Don't know what that means, but still interested? Read on.

My name is Jenny Clark, and I'm proud to bring the first school of Irish dance to Central Wisconsin, right here at Adventure 212 Fitness! I'm a Milwaukee native who's been dancing competitively since I was 13 years old. I had the privilege of dancing with two of the biggest schools in Milwaukee, Cashel Dennehy and Glencastle Irish Dancers. I travelled all over the Midwest to compete, but found myself becoming a bit disgruntled with competing. It became about politics, expensive costumes and fake tanner as opposed to having fun. I decided to continue dancing solely to perfect my own craft and to perform. I taught with the Milwaukee and Wauwatosa Rec Departments. After moving to Seattle and back, we settled in La Crosse where I led the Irish dance program at Amanda's Academy of Dance. The program grew from 7 dancers to 30 in just two years.

My husband and I work in radio and do a morning show together, and unfortunately, radio is a career that involves quite a bit of moving around. We've finally landed in Stevens Point, and this seemed to be a great place to follow my dream and start my own Irish dance school. I'm excited to bring the O'Dell Irish Dancers to Central Wisconsin! We are a performance-based and recreational Irish dance school. No pressure, no experience needed. We focus on family, friends and having fun!

We offer classes for ALL ages and abilities, from child to adult, beginner to advanced. Classes will be held at Adventure 212 every Tuesday and Thursday from 3:45-4:45 pm. Adventure 212 members receive a tuition discount! \$30/month per dancer for members,

\$40/month for non-members. Your first class is always free! Come try it out! Family discounts also available. Students will be offered the opportunity to perform around the area at festivals, schools, churches, parades, etc. Dancers will wear traditional Irish costumes and shoes. Private lessons are available as well. Tell your friends, family and bring them to class!

Check out our website (www.odellirishdancers.com) for additional information. And feel free to contact us with any questions or concerns!

Classes begin on Tuesday, September 14th.
You can register online as well!

The email is info@odellirishdancers.com.



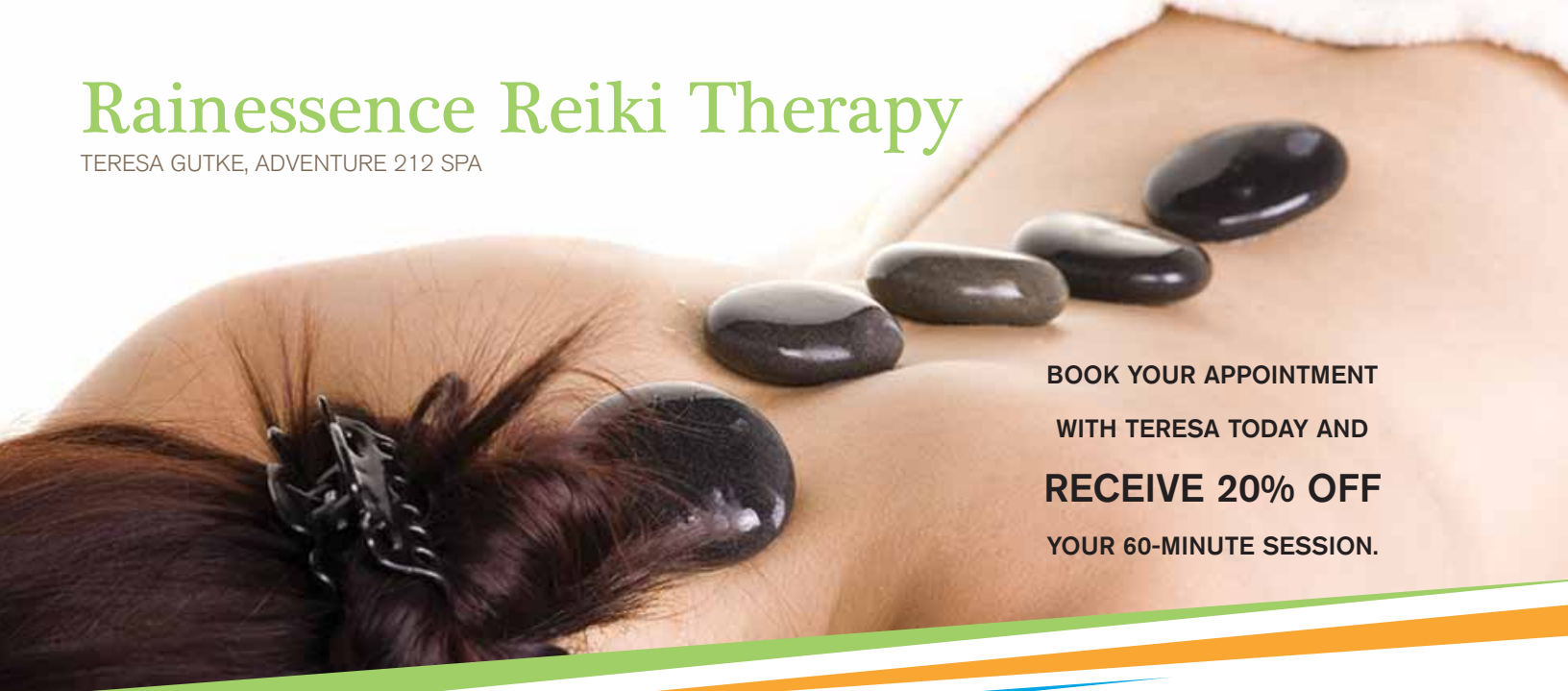
Jenny Clark
pictured with her
"Irish Dancers"

Classes will be held at
Adventure 212 every
Tuesday & Thursday
from 3:45-4:45 pm.



Rainessence Reiki Therapy

TERESA GUTKE, ADVENTURE 212 SPA



**BOOK YOUR APPOINTMENT
WITH TERESA TODAY AND
RECEIVE 20% OFF
YOUR 60-MINUTE SESSION.**

I welcome you to try Rainessence Reiki Therapy, one of the most relaxing, energizing, and healing experiences around. Ten essential oils are dropped onto the spine like raindrops. The oils applied provide many properties that include softening and nourishing of the skin as well as bringing about structural and electrical alignment. Finger tip sweeping along with additional techniques are used to purify, balance and release toxins. Hot stones and Reiki are also used to penetrate the oils into the Central Nervous System and to energize and re-align the Chakras allowing healing energy to channel where it is needed in the physical body. I hope you take the time to try this treatment. I believe you will be richly rewarded with greater peace and relaxation.

TESTIMONIALS FROM RAINESSENCE REIKI THERAPY CLIENTS:

There are many components to staying healthy. We commonly pay attention to our physical, mental, emotional and spiritual wealth. I have found that keeping healthy on an energetic level is just as important. Teresa understands how all of these systems work together. Her Rainessence Reiki Therapy sessions soothe the body while she expertly and compassionately reads and helps to repair the flow of energy that is part of our living systems. I highly recommend her work.

-Deb B.

I would like to share this incredible experience of the Rainessence Reiki Therapy treatment at Adventure 212 Spa. I have had the pleasure of having it numerous times, and I plan to continue to do so. This treatment combines Reiki, essential oils, and hot stones. I'm a Reiki master, so I very much believe in the energizing, relaxing and healing powers of Reiki. I have also had essential oil treatments and hot stones, but both separately. To incorporate all three in one experience is a brilliant idea. They all compliment one another. One does not need a specific ailment to enjoy the treatment. It heals and aids the entire being on all levels, physically, emotionally and spiritually. I highly recommend it. Teresa is an expert at what she does. She is sensitive to one's needs and will cater the experience to what an individual requests. If one tries it, it will be enjoyable.

-Nancy Zavadsky

NEW TO THE SERVICE?

Book your appointment with Teresa today and receive 20% off your 60-minute session.

QUESTIONS?

Call 343-0212 or stop by the front desk for assistance.

what's COOKING

WITH LANIE DEMARS,
ADVENTURE 212 BISTRO
TEAM LEADER



SEPTEMBER Bistro Specials:

- Dessert of the month: Apple Bars
- Caramel Apples available starting in September!
- Pumpkin Pie Lattes available now!
- **LADIES LUNCH LIVES!**
Back by popular demand, Ladies lunch will continue on Thursdays, from 11 am to 2 pm (includes your choice of 1/2 sandwich or salad, soup, side dish and small dessert for only \$6.00!!)

Family Meals: Fast Food Done Right

LANIE DEMARS, ADVENTURE 212 BISTRO MANAGER

As much as I love summer vacations; basking in the sun, swimming in the river, and wakeboarding with my friends...it's hard to compete with back to school for fun times of the year. The leaves are starting to change color, the evening air gets a little crisper, and the promise of what the school year will bring is so exhilarating! (Not to mention that you even get to go shopping for new school clothes!) From mom's and dad's perspective, the start of school correlates to less time in the evening for cooking and eating together as a family. Kids have football practice, swimming class and dance lessons (sometimes all in the same night!) and with all the running around, car seats often pinch hit for the kitchen table. But we all know that in order to keep our families healthy, we should limit our consumption of fast foods...right? What if I gave you some tricks and ideas for "fast" foods you can make at home—so YOU control the fat, sodium and portions? It doesn't take a ton of time, just a little bit of planning. Here are some step-by-step ideas to make the planning go smoothly.

- 1) Figure out what you'll be making for dinner the day before—so you can make sure you have ingredients on hand. Then, start it in the morning before you leave for work. We all know that by 5:30 pm, if you haven't started dinner yet, you're most likely going to end up at a drive-thru window, forking over good cash for yucky food. If you're really on your game, you can plan the whole week's dinners on the weekend, so we can just do one big grocery shopping trip and save time there.
- 2) If you know your family will be running around in the evenings and will need to eat on the go, invest in a nice re-usable container for each family member. Color code them if you like (your kids might get into that), and make sure they're clean and ready to go when you're prepping for the next day's meal. Don't forget utensils and napkins, and something to pack a glass of milk for your kids. Pack them all in a large re-usable bag (like a grocery sack), so it's easy to pack in and take out of the car with you.
- 3) When you're planning your menu, remember the food pyramid. My pediatrician told me to shoot for the plate to be 2/3 vegetables and fruit, the rest protein and complex carbs (brown rice, whole grain pasta, etc).

- 4) Think about these cooking methods for fast and easy weeknight suppers... Crockpot. Casseroles. Stews. Chili. (Anything you can make ahead and just warm up quickly on your way out the door.)
- 5) Have a little cooler of snacks in the car for when kids are hungry (or "staaaaaaaaaaaaarving" as my kids are prone to say) and dinner is more than 15 minutes away. Cheese sticks, apples, whole grain crackers, nuts or trail mix and re-usable water bottles are good choices.

Need some ideas for quick (and packable) dinners?

- 1) **CHICKEN A LA KING:** Full of peas and carrots (made in the crockpot) over a biscuit, served with melon chunks and strawberries.
- 2) **ASIAN BEEF WITH MANDARIN ORANGES:** Lots of peppers and vegetables with rice (crockpot), watermelon wedges for dessert.
- 3) **SHEPARD'S PIE:** Made with ground turkey, corn, green beans, leftover mashed potatoes and a bit of cheese, served with apple slices.



- 4) **SLOPPY JOES:** Crockpot – try it with ground turkey on whole grain buns with a tossed salad and carrot sticks. ***NOTE:** Okay, perhaps not in the car with this one, but it can be eaten quickly before you need to leave the house, or as a mini-picnic before the big game.

- 5) **CHICKEN AND WILD RICE CASSEROLE:** Bake it the night before if you know you'll be in a big hurry! With raw green beans and tomato slices.

For more great and quick dinner ideas, check out a couple of my favorite websites...

<http://family.go.com/food>

www.familycrockpotrecipes.com

<http://www.momswhothink.com/recipes/recipes.html>

Call Adventure 212 Fitness!

SEPTEMBER 2010



One Degree

Monthly Calendar

Mark Your Calendar:

Fridays in September are FREE!

Bring your family and your friends in to experience everything you LOVE about Adventure 212 Fitness! Free day passes are available every Friday in September!

Spa Monthly Specials

Athlete Special for high school and college athletes: Receive a discounted sports massage just by showing your student ID! 30-minute massage for \$25.00 and 60-minute massage for \$50.00

30-minute Back Treatments for \$30 in September! Book your appointment at the front desk or call 715-343-0212.

Ladies Lunch is Back at the Bistro!

Ladies Lunch will continue on Thursdays, from 11 am to 2 pm (includes your choice of 1/2 sandwich or salad, soup, side dish and small dessert for only \$6.00!!)

6 Monday, September 6
Adventure 212 Fitness will be closed in observance of Labor Day. Have a safe and healthy holiday!

7 Tuesday, September 7
Eating Disorder Support Group 6:30 p.m.
*Open for ages 18 and older.
Group will meet in the Adventure 212 Fitness meeting room. No need to sign up.

7 Tuesday, September 7 – Sunday, September 12
Back to School Spa Special
Purchase any massage or facial package (set of 5 or 10) and receive 30% off.

11 Saturday, September 11
Facial Express
Receive a 30-minute facial and 30 days of product for just \$35. Book your appointment at the front desk or call 715-343-0212.

14 Tuesday, September 14
Irish Dance classes begin on Tuesdays and Thursdays at 3:45 p.m.
Email info@odellirishdancers.com for more information! Open to kids and adults!

18 Saturday, September 18 – Sunday, September 19
Membership Appreciation Weekend
Bring your friends and family into the club for FREE and enjoy specials from the Spa and Bistro!