

Infogram

Spring 2016

THERAPY & FITNESS
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Inside this issue:

- News from the Fitness Center 1
- Meditation: A simple, fast way to reduce stress 2
- 21 Key strategies to Lasting Weight Loss 3
- Fitness center information 4
- Recipe 4



ASPIRUS
Passion for excellence. Compassion for people.

News from the Fitness Center

Fitness Challenges

We've been busy over the past few months offering a variety of supplemental programs and challenges FREE to our members.

January—Jump-rope & water

February—Leap Into Healthy
67 members signed-up for the challenge and 38 completed the entire 29 days.

March—Indoor Ironman
59 members participated. The first female to complete the challenge was done in just 4 days, finishing on March 4th. The first male was finished on March 9th—congrats to both.

April—Meditation Challenge
It's time for spring cleaning! Not our homes, but our minds and moods. Join April's 30 day Meditation Challenge.

Thank you for your participation. Stay tuned for upcoming challenges.

Online membership portal

Access your membership details online, make a payment, etc. Ask the front desk for details.

Member Survey

We appreciate you completing our member survey and for your feedback and suggestions. Survey results are available for viewing at Aspirus Therapy & Fitness.

Highlights of recent changes and enhancements are coming to your mailbox! Watch for information highlighting the changes we've made over the past few years.

Spring Fitness Classes

Spring fitness class schedule updates are now available. Make sure to check out the new offerings and review class times.

Summer Break?

If you're interested in freezing your account for the summer, remember to let us know before.

Zumba Sunday's

Effective April 1st, Zumba will no longer be offered Sunday mornings at 7am. Reminder that the gym does not open until 8am.



Larissa Roiger, LMT joined Aspirus Therapy & Fitness in February.

As a licensed massage therapist, Larissa has experience with various massage therapy techniques and treatments.

Her special areas of interest include prenatal and postnatal massage, deep tissue and trigger point therapy, Swedish massage, and relaxation.

Contact our front desk or call 715.748.8112 to schedule a massage today!

10% OFF

Fitness members receive
10% off massage
services!

“My workout is my meditation.” –Kyle MacLachlan

Meditation: A simple, fast way to reduce stress



If stress has you anxious, tense and worried, consider trying meditation. Spending even a few minutes in meditation can restore your calm and inner peace. It's simple and inexpensive, and doesn't require special equipment. And you can practice meditation wherever you are—whether you're out for a walk, riding the bus, waiting at the doctor's office or even in the middle of a difficult business meeting.

Benefits of Meditation:

Meditation can give you a sense of calm, peace and balance that benefits both your emotional well-being and your overall health.

When you meditate, you clear away the information overload that builds up every day and contributes to your stress. The emotional benefits of meditation can include:

- Gaining a new perspective on stressful situations
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions

What Do I Do While I Meditate?

Nothing. That's the point of

meditation. You don't *have* to do anything. You can (see below), but it's perfectly acceptable to just sit and do and think and be....nothing. It's perfectly normal to start all “zen-ed out” and then have stray thoughts come flying into your brain. Just acknowledge them and allow yourself to let them go.

Repeat a mantra or calming word, thought or phrase to prevent distracting thoughts. The most common mantra is “om” but you can choose anything.

Mindfulness meditation is based on being mindful, or having an increased awareness and acceptance of living in the present moment. You focus on what you experience during meditation, such as the flow of your breath.

Tai chi is a form of gentle Chinese martial arts. In tai chi, you perform a self-paced series of postures or movements in a slow, graceful manner while practicing deep breathing.

Yoga is a series of postures and controlled breathing exercises to promote a more flexible body and a calm mind. As you move through poses that require balance and concentration, you're encouraged to focus less on your busy day and more on the moment.

Interested in trying meditation or Yoga? Jump into the new fitness classroom and use Fitness on Demand's Yoga and Meditation program! It's a quick and easy video to de-stress for the day, and leaves you feeling calm and relaxed.

Sources: Mayo Clinic and www.livestrong.com



21 Key Strategies to Lasting Weight Loss—By: Dr. Ann Kulze

Avoid the Great White Hazards. Restrict white flour products, white rice, white potatoes, and sweets. Choose “multigrain”, whole wheat, brown rice, or soba pastas.

Fill up on fiber. To get more fiber in your diet, focus on eating beans, fruits and vegetables, high-fiber whole-grain cereals, and physically intact whole grains (quinoa, barley, bulgur, etc)

Pump up the volume. “Volumize” your meals and snacks with as many high-fiber, high-water fruits and veggies as possible (berries, cherries, plums, grapes, melon, cabbage, kale, broccoli, cauliflower, carrots, celery, etc).

Give your plate your full attention. Reserve eating just for eating. Sit down to eat your meals. Before you begin to eat, take a few seconds to calm and center your body and mind. Be conscious of portion control. Eat with a positive and joyful attitude. Never go back for seconds for at least 20 minutes after your first bite. When you are done eating, make a mental note that you are comfortably sated (full).

Restrict your intake of fructose (sugar). Limit your intake of dessert foods and sweets, steer clear of sugary cereals, be aware of the processed foods that come with high amounts of added fructose.

Indulge in dark chocolate. Include a prudent portion up to one ounce of dark chocolate daily and choose the highest percent cacao you will enjoy.

Keep meals and snacks flavor-simple. Whole, fresh, unprocessed foods will always be your very best choice. 8.

Dump all sugary beverages. Avoid soda and sugar drinks.

Dig the power of protein. Eat protein at every meal (15 grams).



Never skip breakfast! For optimal results make sure your breakfast includes some protein, and fiber-rich carbohydrates.

Don't go crazy...go nuts! Include a moderate handful (about 1 ounce) of nuts in your diet each day.

Get your beauty rest. Strive to get at least 7 hours of restful sleep a night. Limit light and noise like TV, phone, computer etc.

Downsize your dinnerware. Retire your supersized, modern dishes, and replace them with smaller versions.

Make room for exercise. Choose a form of exercise you like and that fits your lifestyle.

Find strength in salad. Enjoy a salad as a pre-meal appetizer. Use dark leafy greens and use any olive-oil based vinaigrette.

Always pre-plate your meal. Even pre-plate your snacks. Before it crosses your lips have it on a plate.

Drink your vegetables. Having a hard time getting in your veggies—drink them!

Beware of highly palatable foods.

As humans our taste buds have highly developed and powerful affinity for sugar, salt, and fat. Avoid fast food, high sugar and high fat foods.

Take smaller bites. Make a conscious, concerted effort to take smaller bites of food.

Keep it simple. Limit dining out, avoid buffet lines and all-you-can-eat cafeterias, strive to prepare and eat most of your foods from home.

Slow down and enjoy! Spend at least 20 minutes eating each meal. Take the time to chew every bite, reserve eating for eating, and develop the habit of purposely putting your fork down and removing your hands from it between each bite. Remember speed eating equals overeating!

Source: Dr. Ann's Weigh Less for Life book

Meet Our Fitness Instructors

LAURA

SHERRY

JILL

PAULA

MARNEY

ANNE

KRISTA

CANDICE



Phone: 715-748-8112

Open 7 days a week; except holidays.

Mon-Thurs.....5am-10pm

Friday.....5am-9pm

Saturday.....7am-5pm

Sunday.....8am-5pm

Visit our website: www.aspirus.org/FitnessMedford

Find us on Facebook: www.facebook.com/AspirusHealth

Spring Recipe: Kale, Apple, and Carrot Salad

Ingredients

Cider Vinaigrette:

- 1 small shallot, chopped
- 1/4 C. cider vinegar
- 3 T. extra-virgin olive oil
- 2 T. apple cider
- 1 1/2 T. whole grain mustard
- 2 tsp. pure maple syrup
- 1/2 tsp. salt (optional)
- Ground pepper to taste

Salad:

- 10 C. (1-2 bunches) chopped Kale
- 2 sweet-tart apples cut into matchsticks
- 3 C. matchstick cut carrots
- 1 C. matchstick cut radishes
- 3/4 C. flat leaf parsley leaves, coarsely chopped



Instructions

1. To prepare vinaigrette: puree all vinaigrette ingredients in a blender or mini food processor until smooth and creamy. It is also fine to chop and blend ingredients by hand.
2. To prepare salad: Toss all salad ingredients in a large bowl. Drizzle with the dressing. Toss to coat.

Nutrition: (Serves 12)

Per serving: 95 calories, 4g fat, 13g carbohydrate, 3g protein, 3g fiber, 175mg sodium, 421 mg potassium.

