



Ruth Stricker's
the Marsh Monthly

Volume 23, Issue 12

December 2008



Balance Bylines

By Ruth Stricker

“What slice of the sun does your building have? The Marsh does indeed have its own special slice of the sun. It also has a slice of me—a slice I will always remember with pride and satisfaction. Ruth, the experience we shared in giving form to your dreams has been rich with meaning... overall it has been a high in my professional career.” Bruce Abrahamson

It is with great sadness and gratitude that we acknowledge Bruce Abrahamson's death last month. As a partner with Hammel, Green and Abrahamson, Inc., Bruce was one of the leading figures in Minnesota architecture. The recipient of more than 60 design awards, some of his accomplishments include The Minnesota History Center, The Piper Tower, The Minneapolis Clinic of Psychiatry and Neurology, The Siebens

Education Building at The Mayo Clinic, the downtown St. Paul skyway system and The Marsh!

Winston Churchill is credited with saying, “We shape our buildings and afterward the buildings shape us.” We often marvel of how each space in our building speaks to what happens there- from the tranquility of the Meditation Tower to the energy in our Training Center. Bruce's modesty, integrity, passion and good humor brought a lot of fun to us- it was pure joy to work with him. Famous for his bow ties, novel belt buckles and tweed jackets, Bruce and his wife Vickie often returned to The Marsh after its completion.

In 1995, after his retirement from HGA, Bruce was awarded a residency at the prestigious American Academy in Rome which gave him a chance to reflect on the next chapter of his life, his values and his goals. He returned to pen and ink sketching after many years and upon his return, I asked him to do sketches of twelve architectural designs found in and around our Marsh buildings. They are now hanging in our exhibit hall and I hope you have fun recognizing the location of each one... our tribute to a great man.

A Holiday Memo...

“May you live in interesting times” is an ancient Chinese proverb which is so appropriate for what we are feeling this month. The troubled economy is forcing us to scale back to the basics in our shopping and entertaining. We are experiencing stress and sadness and hearing many stories of loss. Yes, there has been a change in our lives but it is good to remember that what hasn't changed is the true meaning of the holidays we celebrate with their spiritual significance and meaningful rituals. The reality is that we are entertaining both hope and despair. May we celebrate the hope and gracefully live with despair.

We are all scanning our resources and looking for “livingness”- a sense of the moment, a sense of certainty and security, perhaps a sense of control. These qualities, however, are not an effort of will... but of letting go to become our own hero, drawing on our inner resources and resilience.

As we focus on shaping positive and happy lives while living with uncertainty, let us recall the goodness that this time can bring. We are prompted to review our values which have been overshadowed with the commercialism of the holidays. Values of gathering family and friends together, feeling the warmth of giving and sharing and giving ourselves love so we can express it to others. Now is the time to know that less can be more and that we have each other. Now is the time to choose peace over conflict and to appreciate that we live “in interesting times.”

We invite you to bring your gratefulness or gracefulness, your fullness or your emptiness to The Marsh. It is a heart to heart place which supports you wherever you are. And... we look forward to seeing you at our Open House on December 11th. It is good to gather... *With holiday love,*

Ruth Stricker

To each of you, we wish you love, warmth, peace and community at this holiday season and in all the seasons of your life... The Marsh Staff



Member Holiday Party

This year, our annual holiday party is about “celebrating what’s right in our corner of the world.”

It is a good time to remember the true meaning of the holidays... feeling the warmth of giving and sharing. Join us **Thursday, December 11** for this special evening:

✧ *Delicious dinner prepared by Chef David Owen Jones and his team*

✧ *Festive musical entertainment by Benny Weinbeck*

✧ *Heart warming fellowship*

Three dinner seatings: 5:30 p.m., 6:15 p.m. and 7:00 p.m.

Complimentary valet parking and coat check is available. Make a reservation for your seating preference at the Front Desk or by calling 952-935-2202. Non-member guests are welcome at a \$10 fee per non-member (limit one guest per membership).

Feel the Warmth of Giving

This year, we anticipate a great demand for food and toys in our community. Please bring a toy, food item or cash donation to The Marsh sometime between December 1 and December 19.

We will be stocking the Interfaith Outreach and Community Partners (IOCP) food shelves and the toys collected will be donated to Toys for Tots. IOCP serves over 1,500 families and individuals in our community.



Lunch with Santa

Bring your children/grandchildren to The Marsh for lunch, a holiday craft, a visit from Santa and some warm holiday cheer! Each child will have their photo taken with Santa and receive a special gift from Santa’s bag of goodies.

Friday, December 19, noon - 1:15 p.m. *Members’ children \$15, Non-members’ children \$17. Please sign-up in advance at the Front Desk by Monday, December 15.*

Student Break Memberships

Student memberships are available for either one week or one month over the holidays. Students with parents or guardians who are Marsh Members are eligible for these special Marsh memberships.

For more information, please stop by the membership office or call 952-930-8510.



12 DAYS OF FITNESS

DECEMBER 1 - 31



There is no better gift for a friend than the gift of your time - except perhaps time together exercising... which offers double the benefit! The Marsh’s 12 Days of Fitness program provides the perfect opportunity to share your home-away-from home (The Marsh) with a loved one. It will also help keep you motivated and on track during this busy season.

You may pick up your card on the first day you participate, anytime between December 1 and December 19. *Check out our class offerings*

at www.themarsh.com/schedule.html. Complimentary to Members and \$35 (\$180 value) for Non-members.

Customized Gift Certificates

Giving a Marsh Gift Card allows your loved ones to use it wherever it meets their needs... a spa service, a favorite sweater or gift from the shop, a Marsh membership, personal training session, studio or pool class, dinner, Kids Club services, an overnight get away... These meaningful, thoughtful, and timely gifts are available in any denomination for any area of The Marsh.



Pick up our menu of services at the Gift Certificate Table and customize your own package.

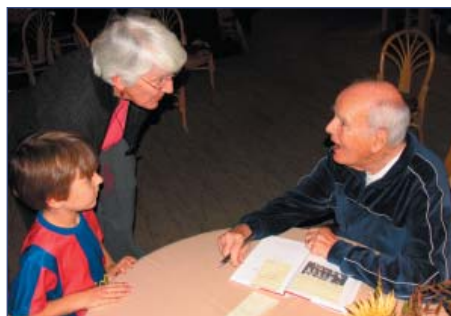
Smart Entertaining for the Holidays

In times of change, people reach out to their families and communities seeking tradition and comfort... especially during the holidays. Creating a special evening can be accomplished sensibly and without a great deal of investment of time or money.

Join Executive Chef David Owen Jones and Retail Director Arlene Robitshek
Wednesday, December 3, 6:30 - 8:00 p.m.
for this program, which will cover:

- Fun and frugal entertaining
- Hints for putting together your shopping list
- Traditional meals with an organic flair
- Beautiful decorations without much fuss

Everyone will sample the food and beverages and go home with a few recipes.
Members \$20, Non-members \$30. Please register in advance at the Front Desk.



Back by Popular Demand The Birth of Target Book Signing

We are so fortunate that Bruce Dayton has agreed to return to The Marsh on **Thursday, December 18, 6:00 - 7:00 p.m.** to sign his new book, *The Birth of Target*, offered

exclusively at The Marsh. *The Birth of Target*, tells the story of how the five Dayton brothers turned a family run business into the premier national retail-growth company that eventually became the Target Corporation. A "must read" if you enjoy local history or discovering how the Dayton brothers' business principles and practices provided a timeless blueprint for the ethical, successful operation of family owned companies everywhere. Stop by before or after dinner.

Pastabilities is available Thursday, from 5:00 – 8:00 p.m. each week. This popular pasta bar, allows you to create your own pasta dish.

LIFE TRANSITION SERIES WITH RICHARD LEIDER: Saving and Savoring the World

Our culture offers little guidance on finding our way in the second half of life. This session will help you find a clear picture of what you are meant to do during the second half.

Join Richard Leider, best - selling author and one of the countries' Top Five Most Respected Executive Coaches (*Forbes Magazine*), for this small group, interactive coaching experiential.

Wednesday, January 7. Continental Breakfast and Networking:
7:30 a.m. - 8:00 a.m. Program: 8:00 a.m. – 10:00 a.m. Members \$125,
Non-members \$150, includes coaching materials and breakfast.

Save the Date...

Unwind Your Mind

Mindfulness Based Stress Reduction (MBSR), teaches individuals how to intentionally deal and cope with stress, pain, illness, and the demands of everyday life. Informational meetings: **Saturday, January 3, 9:30 a.m. and Wednesday, January 7, 6:30 p.m.**

• **Rehabdominals** - This exercise series will teach you exercise techniques that target the lower abdominals and show you how to engage the abdominal muscles during your workouts and in everyday activities. **Wednesdays, January 7, 14 and 21, 1:00 - 2:00 p.m.**

Lead a Simpler Life... Get Organized

Bill Bliesath, a.k.a., *The Organizing Guy*, will help you de-clutter your house and organize your photos. Join him for one or both of these programs:

- **De-clutter for Your Peace of Mind:** Learn specific organizing techniques to simplify your life. This two session series meets **Saturdays, January 10 and 24, 10:00 a.m. - 12:00 p.m.**
- **Organizing Photos for Life:** In this seminar, Bill will cover the "whys and hows" to best organize your photo collections. This two session series meets **Saturdays, January 10 and 24, 1:00 - 3:00 p.m.**

Developing a Positive Attitude

Ruth has been a great supporter of Lyle Wildes and the work that he has done with inmates at the Duluth Federal Prison around Positive Attitude Development. Lyle will be at The Marsh **Thursday, January 15, 6:30 p.m.** where he will share his story of transformation, introduce us to his new workbook and the program that he will be presenting at The Marsh beginning in February. *This session is complimentary to all; however it is important to register in advance at the Front Desk or by calling 952-935-2202.*



What is Pilates?

Join Pilates instructor Courtney Klocke for an informative workshop that will answer all your questions about Pilates. **Thursday, January 29, 12:30 p.m. and Wednesday, February 4, 6:00 p.m.**



Explore Ayurveda An Early Morning Yoga Experiential

Shake off our night's sleep and loosen stiff muscles and joints as we prepare to greet each day with yoga. Guest yoga instructor, Tricia Sletten will lead us in a week of yoga, inspired by the philosophy and practice of Ayurveda.

Join us **Monday, December 15 – Friday, December 19, 6:15 – 7:45 a.m.** for this special yoga series. All sessions will include guided meditation, pranayama (controlled breathing practices), an element of the day, and savasana (rest) where the mind and body can absorb and assimilate the work we've done.

We will focus on one element of the day based on the Ayurveda system of the five elements: earth, fire, water, air and space. Our experiential will include:

- **Monday, December 15** - *Grounding, connecting to the earth element*
- **Tuesday, December 16** - *Nurturing your intuition, bathing in the water element*
- **Wednesday, December 17** - *Fire in your belly, stoking the fire element*
- **Thursday, December 18** - *Listening to the intelligence of your breath, trusting the air element*
- **Friday, December 19** - *Restoring balance, spaciousness in mind, body, spirit*

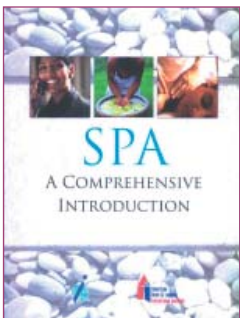
Tricia Sletten is a certified yoga instructor, Thai yoga therapist, and student of Ayurveda. Studying yoga since 1995, Tricia eventually found her way to the Kripalu Center for Yoga and Health where she completed her 200-hour Kripalu yoga teacher training certification. *Members \$100, Non-members \$125. Please register in advance by calling The Marsh, 952-935-2202.*

Winter Solstice Self-Care with Yoga

Join guest instructor, Tricia Sletten, certified yoga instructor, Thai yoga therapist, and student of Ayurveda for this special two-hour workshop during which we'll honor and celebrate the Winter Solstice. Take advantage of this auspicious time in nature to reflect on how you care for yourself by:

- Learning how to maintain balance in mind, body, and spirit through ayurvedic practices
- Practicing a variety of approaches to yoga, pranayama (breathing practices), meditation, and mantra

Sunday, December 21, 3:00 p.m. - 5:00 p.m. *Members \$30; Non-members \$40. Please register in advance at the Front Desk or by calling 952-935-2202.*



Last month, several of our staff joined Ruth for the ISPA conference in Las Vegas Nevada. One of the highlights for us was when *SPA: A Comprehensive Introduction* was introduced to the attendees. Written by Elizabeth Johnson and Bridgette Redman, this book will be used as a text book for universities around the country. We are excited that Ruth was featured as a pioneer in the spa industry.



Desk Pilates Workshop

We have become increasingly sedentary in our work, home and leisure activities. Stress, prolonged sitting and standing, awkward positioning, and

repetitive activities have negatively affected our posture, our movements and our strength.

Desk Pilates is an invitation to bring the benefits of a little movement into each day... to be mindful of our breathing, to explore mind-body connections, to increase our awareness of posture and positioning, and to playfully emphasize strength and flexibility throughout our daily activities - even while we're sitting at our desk.

Join Angela Kneale, Marsh Pilates Instructor, Occupational Therapist and author of *Desk Pilates: Living Pilates Every Day* (and several other books) for this experiential workshop.

Tuesday, December 9, 12:00 – 1:00 p.m.

Cost of this workshop includes the book Desk Pilates (valued at \$10.95): Members \$25, Non-members \$35.00. Space is limited; please register in advance at the Front Desk.

Pilates Open Door

- **Monday, December 1, 10:00 a.m.**
- **Wednesday, December 10, 7:00 p.m.**
- **Saturday, December 20, 12:00 p.m.**

Pilates, appropriate for all ages and abilities, is designed to work the deepest muscles of the body to help improve our overall health and wellness. *Join us for Pilates Open Door and schedule a complimentary private Pilates session. Call Carol for more information, 952-935-2202 ext. 8524. Complimentary to all.*



ISPA attendees - Liz Anema, Colleen Hagerman, Ruth Stricker, Brent Bauer, M.D., Arlene Robitshek, and Gretchen Pearson

In the Pools...

We encourage you to take a few moments out of your busy holiday schedule to take care of yourself. Please join us this holiday season and treat yourself to any of our restorative programs.



Therapy Pool Open House

The therapy pool is a beneficial place for anyone, especially those that suffer from chronic pain, fibromyalgia, and arthritis. We are hosting an open house in the therapy pool inviting those with questions regarding how they can use the warm water environment to improve overall health and wellness. Join Aquatics Director, Jillian Markus, on **Tuesday, December 9, 1:00 - 3:00 p.m.** You are welcome to come with your questions anytime during the two hour period. *Complimentary to Members, Non-members \$20.*

Quieting your Mind and Body

Join Marsh Watsu practitioner, Suzanne Rubenbauer and flutist, Laila Hollenbeck in our 94 degree therapy pool surrounded by candles and peaceful flute music. They will guide you through relaxing movements and meditation. **Thursday, December 18, 7:00 p.m.** *Members \$20, Non-members \$30. Space is limited, register in advance at the Front Desk.*

Water Fusion

Please join Aquatics Director, Jillian Markus as she guides you through an experience that combines the principles of Pilates and yoga in our warm water therapy pool. This special introductory class will be held on **Wednesday, December 10, 7:00 p.m., Tuesday, December 16, 8:00 a.m. and Monday, December 29, 7:00 p.m.** *Complimentary to Members, Non-members \$20. Please register at the Front Desk.*

Ache Less over the Holidays

The hustle and bustle of the holiday season makes it harder to set aside time to take care of yourself, but we are here to help. We have designed a special program for our warm water therapy pool that focuses on increasing your joint range of motion while gently strengthening your muscles. Join Marsh Aquatics Director, Jillian Markus, **Monday, December 15, noon.** *Members \$30, Non-members \$45 (includes instruction book).*

Heart Rate Monitors

A Tool for Improving Health and Fitness As Well As Reducing Stress

Heart rate monitors are not a new invention; athletes have used them as a training tool for decades. However, new information suggests that these monitors may pay big dividends for non-athletes as well. A heart rate monitor is a simple device consisting of a comfortable chest strap which picks up your heart rate (with EKG accuracy) and then transmits it to a wrist watch which displays it. Monitors are used for two major reasons:

1. *Monitoring your heart rate tells you how hard you are exercising. Research confirms that in order to “cash in” on many of the health and longevity benefits associated with exercise that we must work-out at a specific intensity. Exercise that is too easy and/or too intense will not be as beneficial.*
2. *Monitoring your heart rate is a very useful form of biofeedback (learning to connect mind and body). Knowing your heart rate tells you how much stress your body is under and how well you are dealing with it. Use the monitor when you are trying to relax, meditate, etc. to insure that you are truly relaxing your body and reducing the harmful effects of stress and anxiety.*

Join Marsh Health Services Director, Joel French, Ph.D., for an informative workshop on the use of heart rate monitors, **Wednesday, December 10, 11:00 a.m. and 6:30 p.m.** *Complimentary to Members; Non-members \$20. Please register in advance at the Front Desk.*



Massage... It's Back to the Basics

Given the state of the economy, you may think a trip to the spa may be an extravagant indulgence that you cannot afford. But the benefits of massage should outweigh any guilty feelings you may have about taking an hour or two out of your day to take care of yourself.

Most of our clients have massage because the numerous health benefits they experience. Many studies have proven that massage reduces levels of the stress hormone cortisol while boosting the feel-good hormones serotonin and dopamine. These reactions can reduce blood pressure and help relieve pain and PMS symptoms. It can also mean less stress, anxiety and depression.

Sometimes it is difficult to be good to yourself, but the overall health and wellness benefits make it all worthwhile. *Call The Marsh Spa to schedule a massage, 952-930-8565.*

Healthy Food on a Shoestring Budget

This month we are launching a new program entitled *Table Topics*. Each month one of our professionals will select a topic to discuss over lunch in the Moon Terrace. Marsh Registered Dietitian Kim Plessel, MS, RD, LD, will be discussing Healthy Food on a Shoestring Budget.

Tuesday, December 9, 12:00 – 1:00 p.m. *Please register in advance at the Front Desk. The cost is dependent on what you order for lunch.*

Re-evaluate Your Exercise Program

It's that time again... Your Marsh membership includes a complimentary programming appointment with one of our personal trainers in the training center or pool each year. This appointment allows us to evaluate your exercise routines and to make sure they are in alignment with your current goals. It also provides you with the opportunity to explore different activities throughout The Marsh. Call Joel, 952-930-8512 to schedule your annual program appointment.

Holiday Entertaining at The Marsh

No stress, no mess this holiday. Entertaining work colleagues, family and friends can be as simple as calling Betsy Ellwanger our Conference and Catering Director at The Marsh. We have several rooms available, from an informal lounge to our elegant Dragon Room featuring a dragon tapestry.

Call Betsy Ellwanger at 952-930-8537 for more information and to reserve your event date.

Let's Talk Books - Reader's Choice

Bring along your favorite read of 2008 and give a brief review. All books will be noted and a great reading list will be produced for your reading pleasure. This is always a favorite and fun time together. Bring a friend. **Tuesday, December 9, 7:00 p.m.** Member Lounge and **Tuesday, December 16, 1:00 p.m.** East Studio

Please Pardon the Inconvenience

Last month, in our efforts to improve the air quality of The Marsh, we hired a professional contractor to clean our air vents and ducts. Unfortunately, an accident necessitated removal of all the Shop merchandise. We know many of you are anxious for The Shop to reopen. Hopefully it will be restocked and ready for your holiday shopping before the Holiday Party. We thank you for your understanding and patience in the meantime.

Welcome New Members...

Courtney Caswell	Steve Hochhalter	Grant Peterson
Jackie Daniels	Lori Johnson	Monte Pettersen
Sunny Frantzich	Kimberly Jurek	Bill Priesmeyer
William Frantzich	Ann Minder	Jill Tigner
Bonnie Gillis	Linda Miulligan	Sandra Wold
Betsy Hedding	Melanie Ohnstad	Susan Woodwick

December and January Guest Days
Saturday, December 13 and Monday, December 29
Saturday, January 17 and Wednesday, January 21



Nostalgic 5K

Over 40 runners and walkers participated in our 2nd Annual Marsh Nostalgic 5K. Congratulations to Marsh Member Philip Noyed who crossed the finish line first and thanks to all who participated in this event.

Kids Korner...

Swim Lessons

Our experienced swim instructors will customize lessons to your child's needs and learning style. Swim lessons may be scheduled on **Tuesday, Thursday and/or Sunday** afternoons, **January 4 - March 12**. Please register by December 28. Small group lessons (3-4 children), private and semi-private lessons available. Call Jillian at 952-930-8511 for more information.

Members' Corner

- **Snow Emergency Procedures** - We know that snow is just around the corner. If you have questions about whether or not The Marsh is open, call the Front Desk after 5:30 a.m.
- **Phone Etiquette** - Please remember that The Marsh is a cell phone free environment. However, text messaging and checking voice mails is acceptable. We simply ask that we all refrain from carrying on conversations or leaving messages on our phones and that your ringers are set on vibrate.
- Due to the popularity of our Water Workout class on Saturdays at 9:30 a.m. the lap pool will be closed for lap swimming from 9:30 - 10:15 a.m.

Holiday Hours...

Christmas Eve

Building : 5:30 a.m. - 4:00 p.m.
Spa: 8:00 a.m. - 3:00 p.m.
Restaurant: 7:00 a.m. - 2:00 p.m.
Shop: 8:00 a.m. - 3:00 p.m.
Kids Club: 8:00 a.m. - 3:00 p.m.

Christmas Day

Building : noon - 4:00 p.m.
Spa, Restaurant, Shop and Kids Club are closed

New Year's Eve

Building : 5:30 a.m. - 6:00 p.m.
Spa: 8:00 a.m. - 3:00 p.m.
Restaurant: 7:00 a.m. - 2:00 p.m.
Shop: 8:00 a.m. - 3:00 p.m.
Kids Club: 8:00 a.m. - 3:00 p.m.

New Year's Day

Building : 7:00 a.m. - 3:00 p.m.
Spa, Restaurant, Shop and Kids Club are closed

DECEMBER

2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 √ Pilates Open Door 10:00 a.m. √ 12 Days of Fitness begins	2 Last day of swimming lessons Healthy Food on a Budget 12:00 p.m. Desk Pilates Workshop 12:00 - 1:00 p.m. √ Therapy Pool Open House 1:00 - 3:00 p.m. √ Let's Talk Books 7:00 p.m.	3 Smart Holiday Entertaining 6:30 p.m. New Biometrics Session Begins √ Heart Rate Monitors 11:00 a.m. and 6:30 p.m. √ Water Fusion 7:00 p.m. √ Pilates Open Door 7:00 p.m.	4 Pasta Night - 5:00 - 8:00 p.m. 11 Last day of swimming lessons Member Holiday Party 5:30, 6:15 and 7:00 p.m.	5 Fresh Catch Fridays	6 Marsh Runners 9:00 a.m. √ Nia 10:30 a.m. √ Family Splash 4:00 p.m. Prime Rib Special	
7 Aquababies and Aquatots 4:00 - 5:45 p.m.	8 15 Ayurveda Yoga: Earth 6:15 - 7:45 a.m. Ache Less Over the Holidays 12:00 p.m.	9 Last day of swimming lessons Healthy Food on a Budget 12:00 p.m. Desk Pilates Workshop 12:00 - 1:00 p.m. √ Therapy Pool Open House 1:00 - 3:00 p.m. √ Let's Talk Books 7:00 p.m.	10 New Biometrics Session Begins √ Heart Rate Monitors 11:00 a.m. and 6:30 p.m. √ Water Fusion 7:00 p.m. √ Pilates Open Door 7:00 p.m.	11 Last day of swimming lessons Member Holiday Party 5:30, 6:15 and 7:00 p.m.	12 Fresh Catch Fridays	13 √ Guest Day! Marsh Runners 9:00 a.m. √ Body Rhythms 10:30 a.m. √ Family Splash 4:00 p.m. Prime Rib Special	
14 Last day of swimming lessons Aquababies and Aquatots 4:00 - 5:45 p.m.	15 Ayurveda Yoga: Earth 6:15 - 7:45 a.m. Ache Less Over the Holidays 12:00 p.m.	16 Ayurveda Yoga: Water 6:15 - 7:45 a.m. √ Water Fusion 8:00 a.m. √ Let's Talk Books 1:00 p.m.	17 Ayurveda Yoga: Fire 6:15 - 7:45 a.m.	18 Ayurveda Yoga: Air 6:15 - 7:45 a.m. √ Birth of Target Book Signing 6:00 p.m. Quiet Your Mind and Body 7:00 p.m. Pasta Night - 5:00 - 8:00 p.m.	19 Ayurveda Yoga: Space 6:15 - 7:45 a.m. Kids Club Lunch with Santa noon - 1:15 p.m. Last day to bring in a toy/food donation Fresh Catch Fridays	20 Marsh Runners 9:00 a.m. √ Nia 10:30 a.m. √ Pilates Open Door 12:00 p.m. √ Family Splash 4:00 p.m. Prime Rib Special	
21 Winter Solstice Self-care Yoga 3:00 p.m.	22 Hanukkah	23	24 Christmas Eve Hours: 7:00 a.m. - 3:00 p.m.	25 Christmas Day Hours: 12:00 - 4:00 p.m. Shop, Spa, Restaurant, Kids Club Closed	26 Fresh Catch Fridays	27 Marsh Runners 9:00 a.m. √ Family Splash 4:00 p.m. Prime Rib Special	
28	29 √ Guest Day! √ Water Fusion 7:00 p.m.	30 √ Biometrics Information Meeting - 11:30 a.m.	31 New Year's Eve Hours: 7:00 a.m. - 6:00 p.m.	Save the Date... • Unwind Your Mind Info Sessions January 3 and 7 • Rehabdominals - January 7, 14 & 21 • New Group Fitness Schedules January 12 • What is Pilates? - January 29			Fresh Catch Fridays √ Family Splash 4:00 p.m. Prime Rib Special



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BIOMETRICS[®]

ONE • ONE • ONE

A Renewal Program for Empowerment and Weight Management

Media and health care providers have been promoting the benefits of a healthy diet and active lifestyle for years. But, the question remains: have Americans taken action on all that information?

According to the American Dietetic Association's Nutrition and You 2008 Trends report, a public opinion poll categorized Americans into three groups:

- *"I'm already doing it"* – 43% of the people polled believe diet and exercise are important to them and are choosing a healthy diet;
- *"I know I should"* – 38% believe diet and exercise are important, but are not taking significant action toward a healthy diet;
- *"Don't bother me"* – 19% don't feel diet and exercise are important.

Where do you see yourself? If you have identified specific health goals that include eating healthier, becoming stronger, exercising regularly, having more energy, or losing weight, try Biometrics.

The Marsh's Biometrics program is a six-week program that includes the following:

- A balanced, customized meal plan (*meals are available to purchase through The Marsh Restaurant to eat-in or take-out*)
- Three 30-minute exercise sessions with your personal trainer each week using super-slow protocol (*18 sessions*)
- Six-weeks of individualized support and guidelines for taking care of your body
- Pre and post-assessments

Our next program begins **January 12, 2009**.

Please join us for one of these complimentary information sessions: **Tuesday, December 30, 11:30 a.m., and Tuesday, January 6, 6:30 p.m.** To register, or for more information, please contact Cece McCan, 952-930-8508.

