

Ruth Stricker's the Marsh Monthly

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Balance Bylines

By Ruth Stricker

"Do you love life? Then do not squander time, for that's the stuff life is made of." - Benjamin Franklin

After the rapid tempo of the holiday season, we settle in to January, the beginning of a new year. While one perception of the month is that it is a long, cold, (maybe!) boring time to endure, I would hope that we see it as a wonderful opportunity to reach into ourselves for new energy and inspiration.

Rather than discussing resolutions, goals or dreams this January, I would like to direct us in thinking about time – how we perceive it and use it. What are all these things we would do "if we had the time"? When will that time come? Is it now? Will we know it when we see it? Have we come to regard time as more valuable than we are? Is there a major event that must occur in our lives before we begin to truly live? Do we allow our days to happen to us rather than us happening to our days? What are we waiting for?

Prompted by an essay on *Waiting* by Elizabeth Swados, a writer, composer and director from New York, I quote: "I'm overwhelmed by how much we wait and what we wait for. Election returns for the plane to be first in line, for a prescription at the pharmacy, waiting for a person's name to surface, waiting for a skirt to go on sale, for the numbers on the scale to go up or down, for a pain to pass, for gas prices to go down, for vacation, graduation, for Friday at five, for the baby to be born, waiting to see if you get the loan, waiting for your child to come home from a date or college, for the check, for the change, waiting to surprise someone, to delight, waiting for calm, waiting for sleep."

Some waiting is simply the "stuff of life" and must be endured and taken in stride. And then there is good waiting – anticipation. I watched my grandchildren wait for Christmas. I dare not tell my Yellow Lab that Mark is coming home lest he go into a frenzy.

Praying is an exercise in waiting. Waiting in the hospital to hear the result of a loved one's surgery, waiting for a diagnosis in a mammogram office, brave people waiting to be rescued from a mountain top or stranded on a rooftop in New Orleans... a severe and anxiety ridden form of waiting.

Yes, we are always waiting. Some waiting calls for patience, some may require courage, or denial or belief. The point is - to be discerning as to what is practicing patience and what we use as an excuse to put our lives "on hold."

The point is - to be aware of time and how we use it. We all know that it is mindless to postpone purposeful living until we have "the time." How we spend our days is, of course, how we spend our lives. While planning for the future is helpful, **living in the present is key.** How do we do that?

The body always lives in the present but the mind has a way of perpetuating unrest by dragging through the past or projecting into the future. The point then, is to make

times during the day when the mind and body can come together in the present. A pause – in the form of meditation

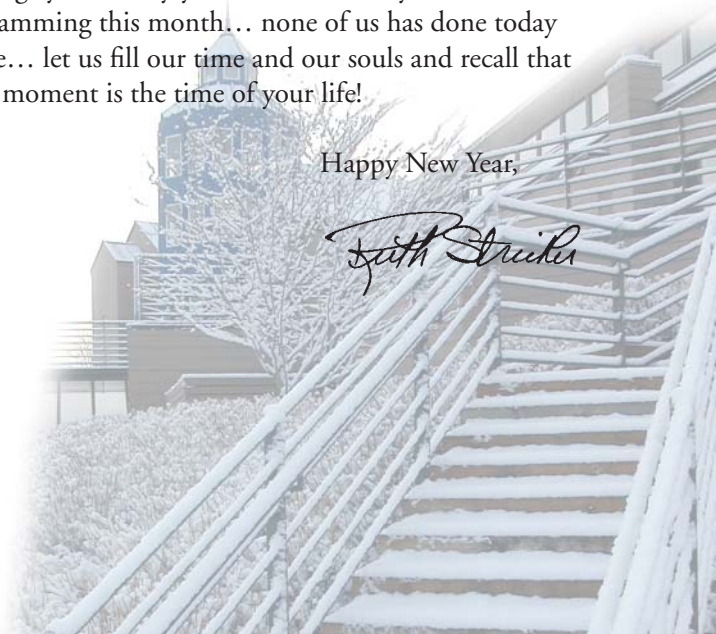
and quietude in a Mind/Body program, a pause to create experiences of physical self-empowerment and affirmation rather than a mere workout in the training center. A pause – to sense, to feel, to ask the questions – is this how I choose to spend my time, do I have a perspective on waiting, am I open to freshness and new energy?

I urge you to vary your routine and try some of our new programming this month... none of us has done today before... let us fill our time and our souls and recall that every moment is the time of your life!

"Every moment is the time of your life!"

Happy New Year,

Ruth Stricker



The Latest Research and Risk Factors Linked to Alzheimer's Disease

with Dr. Richard Golden

This month, Dr. Golden's presentation will address the latest factors linked to Alzheimer's disease...



- *Is there a link between Alzheimer's disease and diabetes?*
- *Do lifestyle factors, including diet and exercise, reduce the risk of developing Alzheimer's?*
- *People in their 30's, 40's and 50's are being diagnosed with Alzheimer's. Is there a benefit to early diagnosis?*
- *Can Omega-3 fatty acids slow cognitive decline in people who have Alzheimer's disease?*

These questions and more will be addressed by Neurologist, Richard Golden, M.D., **Thursday, January 11, 7:00 p.m.** Members, \$10, Non-members \$20. Please register in advance at the Front Desk. Join us prior to the presentation for Pastabilities (every Thursday, 5:00 - 9:00 p.m., \$9.95).

Keeping Your Brain Fit with Aerobics

A recent Wall Street Journal article by Sharon Begley reports that the brain's age-related decline may not be inevitable. The journal cites a recently published study by Dr. Arthur Kramer stating that as little as three hours a week of brisk walking apparently increases blood flow to the brain, triggering biochemical changes that increase production of new brain neurons.

Dr. Kramer of the University of Illinois, Urbana, says that studies support the idea that physical exercises benefit the brain. "A number of earlier studies show that elderly people who take up aerobic exercise show improved cognitive function after a few months. Their working memory is better, they are nimbler at switching between mental tasks, and they can screen out distractions better than people who did not get exercise training."

It appears that exercise increases the brain's volume of gray matter (neurons) and white matter (connections between neurons), making the brain more interconnected and more adaptive to change.

Circle of Life

The Circle of Life program is a health and lifestyle enhancement process for personal breakthrough and self-improvement. This eight-week series uses a small group format to enhance success by providing accountability and support. The power of the "Circle" process is that it can assist any person, of any age, with their goals. It also allows your personal wisdom and power that is within you to emerge as well as help you make and sustain positive changes in your life.

The Circle of Life program takes you through a process consisting of five major phases: **1. Identifying one's strengths and victories** **2. Stating an intention** **3. Setting goals** **4. Overcoming challenges** **5. Taking action steps.**

Marsh Member and Licensed Psychologist, Debra Froberg, MA, PhD, will lead The Marsh's Circle of Life program. Debra has worked in the field of psychology for 25 years. In addition, Debra has been trained as a Life Coach at the Institute for Life Coach Training and is a Circle of Life program facilitator.

Join us for this eight-week Circle of Life series, **Tuesdays, January 9 - February 27, 6:30 p.m.** Members \$325.00, Non-members \$375.00. Please register in advance at the Front Desk.



Unwind Your Mind

Mindfulness-Based Stress Reduction

Seeking a more balanced life in 2007? A Marsh favorite, the Mindfulness-Based Stress Reduction (MBSR) program teaches you can consciously control the effects of stress and restore your sense of balance, well-being and peace-of-mind. You will learn ways to enhance your ability to cope with stressful situations (both short and long-term), pain, and the demands of everyday life through meditation.

The Marsh, in collaboration with the Center for Spirituality and Healing, invite you to *Unwind Your Mind*, an eight-week program that explores and teaches the principles and techniques of MBSR.

Unwind Your Mind series will be led by Terry Pearson, R.Ph., MBA, who has over thirty years of experience in health care and is currently researching its effectiveness at the Center for Spirituality and Healing.

The eight-session series meets once a week on Thursday evenings from 6:30 - 9:00 p.m., January 11 – March 1, and all day Saturday, February 17. Members \$365, Non-members \$410.

For more information, attend a complimentary information session, **Wednesday, January 3, 6:30 p.m.**

Organizing for Your Peace of Mind™

You've heard that old saying; "a clean house is a happy house"... According to the principles of Feng Shui, living clutter-free is essential to good chi (energy). If your home or office is filled with "stuff", you create negative energy and unnecessary stress in your life. This month, Bill Bliesath, aka, *The Organizing Guy*, is here from Los Angeles to help you get to the bottom of your mess.

If getting organized is one of your New Year's resolutions, join Bill for one or both of these "Organizing for Your Peace of Mind" sessions and he will help you de-clutter your house and accomplish your goal in just one week (*participants are encouraged to finish an organizing project between sessions!*)

- You will learn specific organizing techniques – proven methods to help you overcome uncertainty, fear, lack of knowledge and procrastination.
- Create personalized step-by-step action plans to tackle your worst organizing problems with much more humor and ease than you ever thought possible.

Session 1: Wednesday, January 10, 6:30 - 8:30 p.m.

Identify your organizing goals. Bring pictures of your organizing-challenged areas (closet, desktop, garage, junk drawers, computer, etc.). Prepare your action plan. During the intervening week, you will receive additional support and guidance from Bill.

Session 2: Wednesday, January 17, 6:30 - 8:30 p.m.

Celebrate your organizing success! Participants from Session 1 are encouraged to bring pictures of their transformed spaces. Identify additional organizing goals. Bring pictures of other organizing-challenged areas. Prepare your personalized plan of action.

Sign up for both sessions if you want the satisfaction and assurance of a job well done. Sign up for either session to learn the steps you'll use to create peace and order out of chaos. Register in advance at the Front Desk. *Members \$50 for the first session, \$75 for both, Non-members \$70/\$120. Kids Club will be open for those needing child care.*

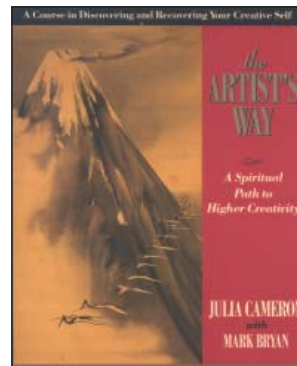
12 Days of Fitness...



More information can be found at www.themarsh.com.

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To sign up for classes & events, call the Front Desk at 952-935-2202.



The Artist's Way

with Patricia Salek
"Every child is an artist.
The problem is how to
remain an artist once he
grows up." - Pablo Picasso

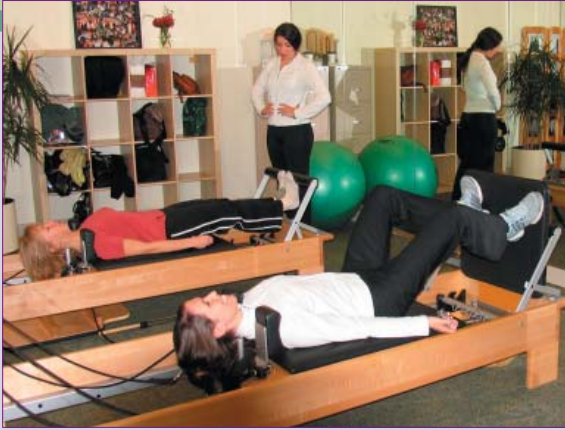
Artist's Way author, Julia Cameron writes, "Many of us wish we were more creative. Many of us sense we are more creative, but unable to effectively tap that creativity. Our dreams elude us. Our lives feel somehow flat. Often, we have great ideas, wonderful dreams, but are unable to actualize them for ourselves. Sometimes we have specific creative longings we would love to be able to fulfill -- learning to play the piano, painting, taking acting class or writing. Sometimes our goal is more diffuse. We hunger for what might be called creative living – and expanded sense of creativity in our business lives, in sharing with our children, our spouse and our friends.

While there is no quick fix for instant, pain-free creativity, creative recovery (or discovery) is a teachable, spiritual process."

Art Therapist, Patricia Salek will lead us through six chapters of the *Artist's Way*. The process, designed by Cameron, uses specific exercises and tasks which include artists dates, journaling, image collection and small group discussions. You will also have the opportunity to explore the voice of your inner creative self, using collage and watercolor.

Patricia Salek is an experienced art teacher who holds a Master's degree in Human Development, in Art Therapy – dream symbolism and psychology emphasis and a Master's in Fine Art from the University of Iowa. She has been a member of the Minneapolis College of Art and Design adjunct faculty and currently teaches *Art from Within* classes in the Twin Cities.

Join us for this six week series, **Monday, January 15 - February 19, 6:00 – 8:00 p.m.** *Members \$125. Non-members, \$150. Space is limited; register in advance at the Front Desk. NO previous art experience required. Supplies list: please bring The Artist's Way Workbook, a dozen or more magazines (with many pictures), and scissors. Paints and journals will be provided as part of the class fee.*



Pilates Meets Aerobics

You may already know that Pilates stretches your muscles, strengthens your core and improves your posture, but have you ever thought about Pilates as a means of fulfilling your cardiovascular exercise needs too?

Aerobic Pilates doesn't mean rapidly moving through the usual Pilates exercises, instead, it uses the Pilates Reformer Jump Board and a specifically designed series of movements to increase your heart rate. Using the Jump Board to perform these moves requires that you engage your core and focus on coordination. You will increase your heart rate while protecting your joints from harmful impact.

If you choose to try a different aerobic activity, consider joining Pilates Instructor Laura Tellier for Aerobic Pilates. These 30-minute small group classes are offered, every **Tuesday at 12:00 p.m. and 5:00 p.m.** beginning **January 2**. *Previous Pilates experience is required to join the class.* Call the Group Reformer hotline at 952-935-2202 ext. 4444 to sign-up or contact Laura in Pilates for more information. *Members \$15, Non-members \$30.*

Pilates Open Door

- *Monday, January 8, 10:00 a.m.*
 - *Wednesday, January 17, 7:00 p.m.*
 - *Saturday, January 27, 12:00 p.m.*
- For further information, please call Carol Pehle at 952-935-2202.

Discover the Joy of Movement and Music... A Nia Workshop

Come with an open mind and begin your New Year with a day of creative expression. This workshop will explore the many ways in which Nia uses physical movement to simultaneously address the body, mind, emotions, and spirit to achieve whole-being integration. Along with a Nia class, this workshop includes a review of the Nia technique, time for personal instruction, as well as exploration of our creative selves through aquatic movement in the pool, journaling, discussion and more.

Whether you've been practicing Nia for years, or this is your first introduction, you will experience great joy, release stress and make a personal discovery when we come together for this special day!

Saturday, January 13, 9:00 a.m. - 5:30 p.m. *Members \$80, Non-members \$95. Call 952-935-2202 to register. Wear Comfortable clothes (layers recommended), and don't forget your swim suit. No prior Nia experience is necessary. One hour lunch break (on your own).*



Instructor Jill Goux is a certified Blue Belt Nia instructor

Want More Nia?

Due to the increasing popularity of our Nia classes, we have added two more class times for you to enjoy. Nia incorporates elements of dance and stretching as an alternative to high-impact aerobics or jogging. It embraces individual creativity, self-inquiry and the expressive spirit of play through movement.

Join us for Nia at The Marsh, **Mondays - 10:15 a.m.**

NEW! Thursdays, 6:00 p.m. and every Sunday 10:15 a.m.

* We're hosting a Nia Open House, **Sunday, January 7, 11:15 a.m.** (following Nia at 10:15 a.m.) Refreshments will be served. Stop by and meet our Nia instructor.



Attention Golfers:

Get ready for the golfing season with **Pilates for Golf** and **Core Swing Connection...** coming soon!

Great ways to begin the new year...

Physical Therapy...

Rehabdominals

Learn new exercise techniques to target your abdominals and better utilize the stomach muscles during your workouts and everyday activities. Join licensed Physical Therapist Shawn Marquis for this two-class series focusing on the transverse abdominal muscle and its relationship to core strength and spinal stability. **Wednesdays, January 10 and 17, 1:00 – 2:00 p.m.** *Members \$45, Non-members \$55*

Introduction to Movement Therapies

If you are just starting a new fitness program, this six-class series is a perfect way to find what works for you... explore a variety of exercises from stretching, to core stabilization to yoga. This series will help increase your body awareness and keep you safe while you exercise. Doug Merz and Marsh instructors will integrate the best of personal training, physical therapy, Pilates and Iyengar Yoga. **Six Wednesdays, January 24 - February 28, 5:00 – 6:00 p.m.** *Members \$135, Non-members \$150*

Minutes-for-Me

With the holidays coming to a close and those looming New Year's resolutions, exercise has come to the top of many of our to-do lists. Finding time can be hard, but our Minutes-for-Me Workout may be your solution. A 30-minute circuit training regimen, Minutes-for-Me combines strength training with cardiovascular activities. Join Marsh Trainer, Ryan Ford for one of the following introduction sessions every Tuesday this month. **January 2, 9, 16, 23 and 30, from 1:00 - 2:00 p.m.** *Complimentary to Members, Non-members \$20/session. Space is limited; please register in advance at the Front Desk.*

Body Pump Launch 60

The New Body Pump 60 music is here! We will launch the new music set, **January 7-21.** Bring a friend for only \$5. Body Pump Friends and Family, **Sunday, January 7, 11:30 a.m.** Pick up a schedule at the Front Desk for class times. *Complimentary to Members, Non-members \$5.*



Healthy Joints *Hips and Knees*

This three session series is for individuals experiencing pre- and post- joint replacement surgery or those affected by arthritis in the knees and hips. Learn exercises specific to your needs.

The warm water of the Therapy Pool offers gentle resistance allowing you to strengthen the muscles around your joints while

increasing flexibility and range of motion. This class addresses major joints affected by osteoarthritis and provides you with plenty of take-home exercises specific to your level of function. The format of the class offers a small group setting allowing for individual attention. The series incorporates therapeutic exercises related to proper walking, movement and strength for the lower limbs. Instructors: Doug Merz, Physical Therapist and Kathy Lutz, Aquatic Specialist. **Thursdays, January 11, 18 and 25 1:00 – 1:45 p.m.** *Members \$185, Non-members \$250.*

Assessing and Measuring Your Progress

How long has it been since your fitness program was changed? Are you confident that your program is sufficient to meet your goals? Do you want to have a measure of your progress ... losing body fat, increasing strength and flexibility, and improving your metabolic rate?

The Health Education department offers metabolic assessments that can answer these questions. We have a new measurement system, the VO₂₀₀₀, which is a portable metabolic testing machine that allows us to measure your exercise metabolic rate in the Training Center while you are exercising on your favorite piece of equipment.

The information we receive from this assessment helps us adjust – or develop – a program that will help you reach your fitness goals with maximum efficiency.

Metabolic Testing initial assessment fees (*includes testing equipment*), *Members \$93.50, Non-members \$113.50. Follow-up assessments (you already own equipment), Members \$75, Non-members \$95. If you are interested in metabolic testing, contact Janice in Health Ed for more information.*

Yearly reminder ...

Your membership includes a complimentary programming appointment with one of our trainers 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 Shannon, 952-935-2202, ext. 8509 to schedule your annual program appointment.

Indoor Triathlon

Need inspiration for your winter fitness activities? Plan to participate in The Marsh's Indoor Triathlon, **Saturday, March 10**, and begin your training today. This fun 60-minute cross training challenge includes swimming or rowing for 20 minutes, biking 20 minutes, and walking or running 20 minutes. New this year will be a 30-minute triathlon, where you bike, swim or row, and walk or run 10 minutes per activity. The Marsh's Indoor Triathlon is a perfect team relay event, is for everyone, and offers just enough motivation to support your personal fitness goals. For more information, contact Diane Pattridge. *Members \$28, Non-members \$49.*



Indoor Triathlon Clinics

New to triathlon training? Do you want to improve your performance? Join Triathlon Coach, Tony Schiller, Marsh Trainers Diane Pattridge, Mike Bialick and Sandy Gudim for the following clinics that will cover all the elements of a triathlon.

Tuesday, January 30, 6:00 p.m. - Rowing and Swimming

- Rowing Coach, Sandy Gudim will teach you efficient technique on the Concept II rower and give training tips.
- Triathlete Tony Schiller and Swim Instructor Diane Pattridge will help you with your swim stroke, increasing your efficiency and breathing technique.



Tuesday, February 6, 6:00 p.m. - Running/Walking and Biking

- Marsh Runners Coach, Mike Bialick will cover running or walking efficiency on our treadmills.
- Tony Schiller will discuss training and getting the most efficient performance on the Techno Gym bikes.

Sign up at the front desk. Complimentary to Members and Non-member Indoor Triathlon participants. Non-member \$10 (per clinic).

Fall Prevention ... *Improve Your Balance*

Losing your balance and falling can have serious outcomes, regardless of your age. In fact, according to the CDC, more than 1.8 million people 65 years of age and older were treated in emergency departments for fall-related injuries in 2003. Of those, more than 421,000 were hospitalized. Good balance is the key to fall prevention ... and, it is never too late (or too early) to improve your balance.

Marsh Personal Trainer, Beth Cimmerer, is leading an eight-week, 14 session, Balance series program designed to improve your balance. This program includes training sessions, guest speakers, and an assessment tool to measure your progress. **February 13 - April 5. Members \$300, Non-members \$375.**

To find out more about this program, attend a complimentary information session, **Tuesday, February 6, at 6:00 p.m.** *Please register in advance at the Front Desk.*

TC101: *Metabolic Efficiency*

Hectic schedules, loss of daylight, and frigid temperatures can affect your metabolic efficiency. Surprised? Come join Marsh Personal Trainer Ryan Ford for this informational TC101 entitled *Metabolic Efficiency*. Ryan will discuss the importance of understanding your own metabolic rate, and how it impacts your energy levels throughout the day. If your exercise routine used to energize you, but now depletes you, the answer may be in metabolic efficiency.

TC101 is offered twice on **Thursday, January 25, 10:00 a.m. or 6:00 p.m.** *Complimentary to Members, Non-members \$20. Please register in advance at the Front Desk.*



The cattail indicates classes free to Members. This month we have 23 complimentary programs.

In the Pool...

NEW Aqua S⁵



We understand when you live with chronic muscle and joint pain you are inclined to reduce your activity.

However, over time, inactivity may cause the joints, ligaments and muscles to lose their range of motion and weaken. Lack of movement may also cause the muscles to tighten up, causing you to feel more pain and stiffness. Ultimately, you will be less likely to do the things you desire.

Regular exercise helps keep joints moving, restores and preserves flexibility and strength, and protects joints against further damage. Exercising in water provides a gentle way to keep joints and muscles fit. The buoyancy of the water lessens stress on the joints and encourages freer movement. The resistance of water also helps build muscle strength. Physicians often recommend the use of heat for many people with arthritis and other chronic conditions. Combine heat and water, as in our 94° therapy pool, and you have an ideal exercise environment for people with chronic conditions. You'll benefit from relaxed muscles, decreased joint pain and stiffness, and greater ease of movement.

Beginning in January, Marsh Trainer and Certified Aquatic Specialist, Diane Pattridge will lead a small group training class for anyone with a chronic condition and/or beginning exercises. This class is held in our Therapy Pool and incorporates the following exercise components, all starting with the letter "S":

- Striding
- Strengthening
- Stretching
- Stability
- Stress Reduction

If you are looking for an efficient pool program, or are ready to move up from Loose and Limber, join us for Aqua S⁵. This four-week series, is offered at two different times, **Mondays, January 8 – 29, 12:15-1:15 p.m. and Thursdays, January 4 – 25, 6:00 – 7:00 p.m.** Space is limited to six people per session; please call the Front Desk in advance to reserve your space. *Members \$100, Non-members \$150.*

Aqua Abs 101

How can sit-ups be this much fun? Learn ways to strengthen your abs in a setting that is both challenging and forgiving. Work while you float – our aquatic specialists will help you understand the why's and how's behind abdominal and trunk strength for posture, effective exercise and activities throughout your day. We will focus on specific exercises that will be taught throughout the month so that you can feel the difference while participating in the on-going classes provided as a part of your membership. **Wednesday, January 31, 9:00 – 9:30 a.m.** *Complimentary to Members, Non-members \$15.*

Quieting your Mind and Body Candlelight Ai Chi

Back by popular demand! Join Kathy Lutz, Suzanne Ruebenbauer and flutist Laila Hollenbeck, for *Quieting your Mind and Body*, a warm water therapy pool class designed to promote inner peace. Experience the candlelight, live music and guided relaxing movement and meditation. This attention to a calming environment has been reported to promote restorative and less interrupted sleep. Be our guest for a bedtime beverage and bite to eat immediately following the class in our cozy fireside room. **Tuesday, January 16, 7:15 p.m.** *Please register in advance at the Front Desk. Members \$20, Non-members \$30.*

Water Walking -Drumming

Think slow, deliberate motion. The drum and its rhythms unlock some of the most positive qualities we have as human beings – the need to connect with others, the expression of our creative selves, the exhilaration of joy and play and the potential to heal. Mindful walking and gait training in the warm water therapy pool allows you to re-position your body and correct old postural habits. The live drumming will provide just the right beat and motivation to keep you moving.

This class is a perfect starting point for new water class participants and ideally suited for all fitness levels including those who may have physical limitations. Sound and rhythm interact with our mind, body and soul on many levels. Drumming promotes the production of endorphins, the bodies own painkillers, and can thereby also help in the control of pain. Led by Instructor Kathy Lutz.

Tuesday, January 23, 11:15 a.m.
*Please register in advance at the Front Desk.
Members \$20, Non-members \$30.*

Bridge Lessons

Popular Bridge lesson instructor Dennis Higdem has agreed to continue teaching these popular classes at The Marsh on Tuesdays. Dennis is known for his humor, as well as his ability to teach in a way that makes sense to his students.



Intermediate-level bridge players will improve their techniques and improve their tournament play. Join us, for this eight week series **Tuesdays, January 9 - February 27, 1:00 – 3:00 p.m.** *Members \$135, Non-members \$180. Space is limited; please register in advance. New intermediate-level bridge players welcome.*



Logo Wear at The Shop

Start your new exercise program in style with some new fitness attire... check out the new Marsh logo apparel and workout wear now available in the Shop at The Marsh...

- ☞ T-shirts ☞ Sweatshirts
- ☞ Jackets ☞ Vests ☞ Shorts
- ☞ Yoga Pants and more...

Kids Korner...

Aquababies and Aquatots

Introduce your child or grandchild to the water in a fun and nurturing environment.

The six-week Aquababies and Aquatots series allows you and your child a special time to spend together... singing songs, playing games and learning new skills – all in the comfort of our 94-degree therapy pool. Six consecutive **Sundays, January 7 – February 11, half-hour classes between 4:00 and 6:00 p.m.** Children ages 6 months – 3 ½ years accompanied by an adult. *Register at the Front Desk. Members \$75, Non-members \$95.*



Swim Lessons

Don't forget, the winter session of children's swim lessons begins January 7. Private and group lessons for all ages and levels are available. Watch your children's confidence blossom as they learn to swim and have fun in the water under the guidance of our caring, experienced teaching staff. Call Diane Partridge for more information, 952-935-2202, ext. 8218.



Girl Scout Mystery Bus Tour

Last month, Girl Scouts Troops from the western suburbs stopped at The Marsh for two hours of health and wellness activities as part of a Mystery Bus Tour. More than eighty Girl Scouts and their chaperones, experienced a sampling of yoga, Bodypump, aerobic fitness, nutrition information and a paraffin hand treatment. Everyone had a great time and look forward to doing it again next year!

January and February Guest Days

*Tuesday, January 9 and Saturday, January 20
Tuesday, February 13 and Saturday, February 24*

Member Spotlight: Luise Forseth

Last summer, one of Luise Forseth's friends invited her to Santiago, Spain for a walking pilgrimage. From the moment Luise decided to go, she made a commitment to prepare her body for the seven-day, 100 kilometer walk.

"I did not want my body to be the focus of my trip," Luise stated. "Each day, we were expected to walk between nine and 15 kilometers".

So, with the help of Marsh Trainers Diane Pattridge and Marie Molinen, Luise began a new training program, incorporating daily walks and bi-weekly strength training to her usual lap swimming routine. She walked to increase her speed and build her endurance – and never missed a day of training... her goal gave her a lot of motivation.

Luise returned from her pilgrimage in October, grateful that her body did not disappoint her. The focus of her trip remained on the spiritual journey.

Today, Luise's exercise regime is similar to her pilgrimage training, she continues to walk, swim and strength train. Her goal is to maintain her health and prevent diseases such as osteoporosis.



The Spa...

Thai Massage

Traditional Thai Massage is a dynamic yet comparatively little-known form of bodywork that combines elements of acupressure, stretching, and reflexology. This therapy has benefits for anyone-young or old, active or inactive. Sometimes called "lazy man's yoga", Thai massage stretches the muscles, increases the joints' range of motion, and balances the flow of energy throughout the body to promote healing and well-being.

In a typical ninety minute session you'll experience acupressure, deep tissue massage and therapeutic assisted stretching. If you are ready for a new spa experience this year, call the Spa, 952-930-8565 and schedule a Thai Massage.



Miekko Tuyen is a certified Thai Yoga Massage Therapist.

New Paraffin Hand Treatments To-Go...

The cold weather can be hard on our skin, particularly our hands. *The Perfectsense Hand Treatment* and aromatherapy kit will moisturize and repair your dry hands. The paraffin melts within the gloves and releases a relaxing scent. Once thoroughly heated, you can slip your hands into the gloves for a soothing, refreshing treatment that will leave your hands feeling softer than ever. The kit provides a sanitary, portable and safe alternative to at home paraffin hand treatments. Pick up your own kit in the Spa. *The kit comes with four treatments. Cost: \$40. (Foot treatments also available)*



The Restaurant...



The Marsh's Food Sources

The media is filled with stories about depleting fish stocks, tainted vegetables, outlawed use of trans fats, etc. Marsh Chef, David Owen Jones, takes special care in selecting all of our food. We use locally grown, organic ingredients whenever possible and those purveyors are known not to be affected by recent bacteria outbreaks. David chooses our seafood carefully and purchases only non-depleted varieties of fish. And finally, we don't use trans fats in the preparation of our food. Our goal is to provide each of you delicious, healthy food. We have daily specials, including soups and sandwiches, *Thursday Night Pastabilities*, and *Fresh Catch Fridays*. Stop by soon for a healthy, flavorful meal.

Member Information...

New Faces at The Marsh



Steve Misvaer - Personal Trainer

Personal Trainer Steve Misvaer is the latest addition to the Training Center. He brings years of experience to The Marsh. Steve graduated from Arizona State University with a degree in Exercise Science. Though Steve enjoys training people of all fitness abilities, he has a particular interest in training golfers. In fact, Steve has trained a professional woman golfer and LPGA tournament competitor for the past four years.

Steve says he chose The Marsh because of its great atmosphere and unique offerings. He can select the appropriate program for his clients, whether it is Personal Training, Pilates or group exercise. Please stop by the Training Center and introduce yourself to Steve.

Lets' Talk Books

Those Who Save Us by Jenna Blum

This historical novel takes us from Nazis Germany to Minnesota and tells the story of two strong, brave women--mother and daughter.

Join us as we share our comments, our coffee and cookies and our camaraderie. **Tuesday, January 9, 7:00 p.m. and Tuesday, January 16, 1:00 p.m. No charge.**



Marsh member Cathy van der Schans and Marsh Personal Trainer, Mike Bialick ran the Great Santa Run and the Las Vegas Half Marathon last month. Cathy had a personal best time of 1:55:30, despite 31 mph winds. She shaved three minutes off her previous best. Cathy and Mike joined 4,000 Santas for a 5K... Mike won the event by four minutes, with a time of 15:43.

Member's Corner

- Cell phone reminder – Please help us preserve The Marsh's peaceful and serene environment by turning off your cell phones when you enter. If you need to make a call, you may use one of our courtesy phones – there is one in each locker room, one near Kid's Club, and one in the Member Lounge on the third floor. Thank you for your cooperation.
- Just a reminder ... on Friday, January 12, The Marsh will close at 4:00 p.m. for our annual Staff Appreciation Dinner. This is a special time in which we acknowledge our staff for all their efforts. We're sorry for any inconvenience this may cause you.
- Attention Blue Cross Blue Shield, UCare and Health Partners Members We currently have over 800 participants in The Marsh's Blue Cross Blue Shield (BCBS) and Health Partner Fitness Discount programs. Marsh members, who are also covered by BCBS or Health Partners, are eligible to receive a \$20 credit toward your membership. Participation is simple. Stop by the Front Desk or Training Center Desk to fill out the appropriate paperwork. Come to The Marsh at least twelve times (one credit per day) per month to exercise. Make sure you check in at the Front Desk and show them your eligibility card so we can record your visit. If you have any questions about this program, please call Frank Chase at the Front Desk.

Welcome New Members...

Alicia Berns	Maureen Lunde
John Burton	Gillian Naylor
Terry Butler	Ralph Peebles
Anne Butterfield	Betty Perry
David Casperson	Al Richie
Larry Fox	Marilyn Richie
Dolores Fridge	Laura Saliterman
William Fridge	Alex Solovey
Scott Gage	Alexandra Solovey
Shirley Gareffa	Rick Speckmann
Susan Heuer	Barbara Stahl
Sharon Holland	Michael Twigg
Mary Junge	Carol Wade
Karen Larkin	Alan Wernke
Josh Lemm	Dorenet Wernke
Alan Lerner	Max Wingerd
Jeanne Lukas	Louise Woehrle

JANUARY EVENTS

2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 Body Pump Family Friends and Fun 11:30 a.m. New Nia Class Begins 10:15 a.m. Nia Open House 11:15 a.m. Aquababies and Aquatots 4:00-6:00 p.m.	1 <i>Happy New Year!</i> Building Hours: 7:00 a.m. - 3:00 p.m.	2 Nordic Walking 11:00 a.m. Pilates Meets Aerobics 12:00 p.m. and 5:00 p.m. Minutes-for-Me 1:00 p.m.	3 Unwind Your Mind Info Session 6:30 p.m.	4 Pasta Night 5:00 - 9:00 p.m. Aqua S⁵ - 7:00 p.m.	5 <i>Fresh Catch Fridays</i>	6 Marsh Runners 9:00 a.m. Family Splash 4:00 - 5:00 p.m.
7 Body Pump Family Friends and Fun 11:30 a.m. New Nia Class Begins 10:15 a.m. Nia Open House 11:15 a.m. Aquababies and Aquatots 4:00-6:00 p.m.	8 Pilates Open Door 10:00 a.m. Nia 10:15 a.m. Aqua S⁵ - 12:15 p.m.	9 Guest Day! Nordic Walking 11 a.m. Pilates Meets Aerobics 12:00 p.m. and 5:00 p.m. Bridge- 1:00 p.m. Minutes-for-Me 1:00 p.m. Circle of Life -6:30 p.m. Let's Talk Books - 7:00 p.m.	10 Rehabdominals 1:00 p.m. Organizing for Your Peace of Mind™ 6:30 p.m.	11 Healthy Joints 1:00 p.m. Nia 6:00 p.m. Unwind Your Mind 6:30 p.m. Dr. Golden's Talk - 7:00 p.m. Aqua S⁵ - 7:00 p.m. Pasta Night- 5:00 - 9:00 p.m.	12 <i>Marsh closes at 4:00 p.m. for the Staff Appreciation Dinner</i>	13 Marsh Runners 9:00 a.m. Nia Workshop 9:00 a.m. - 5:30 p.m. Nia 10:15 a.m. Family Splash 4:00 - 5:00 p.m.
14 Nia 10:15 a.m. Aquababies and Aquatots 4:00-6:00 p.m.	15 Nia 10:15 a.m. Aqua S⁵ - 12:15 p.m. Artist's Way - 6:00 p.m.	16 Nordic Walking 11 a.m. Pilates Meets Aerobics 12:00 p.m. and 5:00 p.m. Bridge- 1:00 p.m. Minutes-for-Me 1:00 p.m. Let's Talk Books 1:00 p.m. Circle of Life -6:30 p.m. Candle Light Ai Chi 7:15p.m.	17 Rehabdominals 1:00 p.m. Organizing for Your Peace of Mind™ 6:30 p.m. Pilates Open Door 7:00 p.m.	18 Healthy Joints -1:00 p.m. Nia 6:00 p.m. Unwind Your Mind 6:30 p.m. Aqua S⁵ - 7:00 p.m. Pasta Night- 5:00 - 9:00 p.m.	19 <i>Fresh Catch Fridays</i>	20 Guest Day! Marsh Runners 9:00 a.m. Body Rhythms 10:15 a.m. Family Splash 4:00 - 5:00 p.m.
21 Nia 10:15 a.m. Aquababies and Aquatots 4:00-6:00 p.m.	22 Nia 10:15 a.m. Aqua S⁵ - 12:15 p.m. Artist's Way - 6:00 p.m.	23 Nordic Walking 11:00 a.m. Water Walking 11:15 a.m. Pilates Meets Aerobics 12:00 p.m. and 5:00 p.m. Bridge- 1:00 p.m. Minutes-for-Me 1:00 p.m. Circle of Life -6:30 p.m.	24 Intro to Movement Therapies - 5:00 p.m.	25 TC101-Metabolic Efficiency 10:00 a.m. and 6:00p.m. Healthy Joints 1:00 p.m. Nia 6:00 p.m. Unwind Your Mind 6:30 p.m. Aqua S⁵ - 7:00 p.m. Pasta Night- 5:00 - 9:00 p.m.	26 <i>Fresh Catch Fridays</i>	27 Marsh Runners 9:00 a.m. Pilates Open Door 12:00 p.m. Family Splash 4:00 - 5:00 p.m.
28 Nia 10:15 a.m. Aquababies and Aquatots 4:00-6:00 p.m.	29 Aqua S⁵ - 12:15 p.m. Artist's Way - 6:00 p.m.	30 Nordic Walking 11:00 a.m. Pilates Meets Aerobics 12:00 p.m. and 5:00 p.m. Bridge- 1:00 p.m. Minutes-for-Me 1:00 p.m. Triathlon Clinic 6:00 p.m. Circle of Life -6:30 p.m.	31 Aqua Abs 9:00 a.m. Intro to Movement Therapies - 5:00 p.m.	Coming in February ... • Fall Prevention: Improve Your Balance	28 <i>Fresh Catch Fridays</i>	29 Marsh Runners 9:00 a.m. Pilates Open Door 12:00 p.m. Family Splash 4:00 - 5:00 p.m.



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denotes events that may affect parking

In This Issue . . .

- *The Latest Alzheimer's Research*
- *Organizing for Peace of Mind*
- *The Artist's Way*
- *Nia Workshop*
- *Healthy Joints - Hips and Knees*

Member Holiday Open House...



*Thank you to
those who donated
food and toys to
Toys for Tots this
holiday season.*