



MARCH 2018 • • •

Club Hours

Monday-Thursday, 5:30AM-10PM

Friday, 5:30AM-9PM

Saturday-Sunday, 7AM-7PM

Eating Right Isn't Complicated

By Brian Cooper, MS, MA, LPC

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- :: Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- :: Include lean meats, poultry, fish, beans, eggs and nuts.
- :: Minimize saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein

choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

To help reduce your risk of heart disease, look for foods low in saturated fat and trans fat. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the **Nutrition Facts label** on food packaging.

For more information, view the Academy's info graphic on the **Total Diet Approach to Healthy Eating.**

MADNESS MARCH 1-31

Refer a new personal training client and receive **one FREE session** when they purchase their first package.

Did You Know? The Spa at Wellbridge is open to the public. Our philosophy is simple: ease your mind and your body will follow. Invite a friend.

Nail It... Polish To Go

March 1-16

Spa Manicure & Pedicure and select one of the new spring colors from OPI or Essie polish to take along with you. \$55, includes tax.

Feed Your Face

March 1-10

Winter dry skin be gone with a European Spa Facial to exfoliate and hydrate. Includes a complimentary eye brow shaping. Specially priced at \$78. (\$97 value)

Feel the Heat

March 1 - 16

Heated hot stones incorporated with massage will soothe tight muscles and melt away tension and stress – 80 minutes specially priced at \$90.

OPPORTUNITIES TO ENGAGE

Spring Forward

Sunday, March 11

Spring forward and relax with a Swedish Massage - 50-minute, for \$55.

St. Patty's Day

Saturday, March 17

Save some green! 17% off all spa services and retail products.

Spring Break

March 18-31

Select two of the following spa services for \$119

- 50-minute Swedish Massage
- Deep Cleansing Facial
- Manicure/Pedicure

Come by yourself, bring a friend, husband, wife, or daughter.

(Appointments must be on same day)

March Madness - Sweet Sixteen

March 22-23

Sweet 16% off all spa products.

Ladies' Spa Night

Thursday, March 29, 5-9PM

Bring a friend and relax with

champagne and hors d'oeuvres.

Enjoy a Massage, Facial or Manicure

& Pedicure specially priced at \$54.

Spring Break Protection

All Month

Schedule a complimentary

Colorescience makeover to protect

your skin before you hit the slopes or

beach this Spring Break. 25% off any

Colorescience products purchased the

day of makeover.

Exercises to Stay in Shape this Snow Season

There are 5 basic elements you should focus on when preparing for the ski and snowboarding season, which include balance, core, endurance, power, and strength. Here are exercises to do that incorporate these elements.

1. Balance: Stand on a BOSU ball and go into a low squat. Push one leg at a time into the BOSU with different speed variances in one-minute intervals.

2. Core: Lie on your back with your arms overhead and legs straight on the floor. Simultaneously raise your arms and legs as high as you can, getting them as straight and close together as possible, making a "V" shape. Challenge yourself by holding the contraction for a few counts, and then slowly bring your arms and legs back out to the starting position. Do a set of 15-20 V-ups.

3. Endurance (and Balance): Line-up several BOSU balls. To mimic the speed and quick hip rotation of Mogul skiing, jump

your feet side-to-side and squat low as you land on each BOSU with two feet. Go as quickly as you can in one-minute intervals, alternating directions with each jump.

4. Power: Perform "Lateral Skater Jumps" by jumping from side-to side while controlling your upper body as you would when skating. To maximize effectiveness, hold a 10-lb dumbbell during the exercise. Extend the dumbbell out while you jump, and pull it in as you land.

5. Strength: Place four risers under one side of a step platform. Stand in the middle of the step with your feet together, facing "downhill". With the option of holding a 20-lb dumbbell, do small squats in one-minute intervals.

Opportunities to Engage

Women's Self Defense Class

Instructed by Elaine Erler

Saturday, March 24, 12:30-2PM

Located in Studio A. Members, \$30 and

Non-members, \$25

Learn the principles of awareness and practice techniques of Self-Defense.

Instructor, Elaine Erler, 6th-Dan, licensed

karate instructor, will teach you what you

need to know and do if you are threatened

or attacked. No experience necessary. Bring

a friend, mother or daughter and empower

yourself!

For registration or additional information

contact Elaine Erler eerler@wellbridge.com

314.443.9653

Fun and Unique St. Louis Event

On March 24, thousands of Missouri

residents will take to the stairs of the tallest

building in St. Louis, the Metropolitan Square

building, in an effort to raise awareness and

money to fight lung disease. Often referred

to as a "vertical road race," the Fight For Air

Climb at Metropolitan Square empowers

individuals to invest in their own personal

health and fitness. The event includes a race

up the Metropolitan Square building, which

includes 40 floors and 856 steps.

Visit www.Lung.org to sign up.