



1st Quarter January to March 2013

Woodbury
(651) 415-4172
Roseville
(651) 631-4249

Maple Grove
(763) 585-0606
Edina
(952) 851-8200

core@pnbconline.com
www.pnbccore.com



Pilates classes being offered at the Roseville CORE are:

January

Beginner class

Saturdays, 1/5, 1/12 10-11 a.m.

Intermediate class

Thursdays, 1/3, 1/10, 1/17 6-7 p.m.

February

Beginner class

Saturdays, 2/2, 2/9 10-11 a.m.

Intermediate class

Thursdays, 2/7, 2/14, 2/21 6-7 p.m.

March

Beginner class

Saturdays, 3/2, 3/7 10-11 a.m.

Intermediate class

Thursdays, 3/7, 3/14, 3/21 6-7 p.m.

PNBC CORE Edina Open:

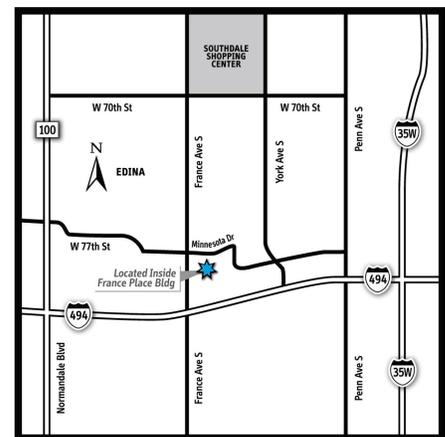
Edina Clinic and CORE is now officially OPEN for business. It's located at the corner of France Avenue and I-494 inside the France Place building. New Edina CORE members receive 50% off first three months of membership.

Maple Grove will be open on Saturdays beginning January 5th from 7am - 1pm.

Roseville and Woodbury will be open 1 hour earlier on Saturdays from 7am - 1 pm.

January and February Member Incentive

Get your family member on track to better spinal fitness and health by referring them to the CORE during the months of January and February. CORE members who refer a family member that signs up for membership will receive a pedometer and a chance to win a free month of CORE.



PNBC Edina
3601 Minnesota Drive, Suite 600
Edina, MN 55435

CORE Zone Quote of the Quarter:

"Get comfortable with being uncomfortable!"

- Jillian Michaels

Review and Refresh:

Schedule a personal appointment with your Coordinator/ CORE Staff to review your exercise form, look at your weight progression and refresh your workout routine.

Exercise of the Quarter:

Bench Squats

Step 1 - Assume a standing position- feet slightly wider than shoulder width and a bench positioned behind you to tap touch as you lower.

Step 2 - Allow your arms to rise in front for balance as you squat.

Step 3 - Perform a full squat to 90 degrees of hip and knee flexion not allowing your knees to cross forward over your toes. Maintain an upright trunk and neutral lumbar spine with abdominals contracted.

Primary purpose: To strengthen gluteals and quadriceps.

Exercise Progression: Hold dumbbells or medicine ball for a greater challenge, perform without the security of the bench, perform with single leg, or increase the number of repetitions.



Topic of the Quarter:

Making Exercise a Family Affair

How can you get your spouse or other loved one to get more active if they're not the least bit motivated? It's always hard to get someone else to make the choice to start exercising; the excuses are endless. But couples or family members who exercise together have the lowest drop-out rates of all new exercisers. So find something you and your fitness partner can do together, even if one of you is much more fit than the other. The truth is that exercising together means that not only do you both benefit physically, but you are much more likely to motivate your partner to get on the move everyday, because neither of you will want to let the other one down.

The benefits of exercising together are clear:

- Enhance your relationship by spending more quality time together
- Work together towards your common health goals
- It gives you something to discuss and collaborate on
- It will give you both more energy and that can lead to a whole new lease on your marriage or relationship.

A look at CORE staff:

Janessa Daugherty

Hello members! I wanted to tell you a little about myself and why I love working with you.

I was born and raised in a tiny country in the Caribbean; I graduated high school there and had the opportunity of a lifetime with a full scholarship to the College of St. Scholastica in Duluth, MN. There I studied Exercise Physiology for my undergraduate and graduate degrees. For those of you who are not familiar with the term Exercise Physiology it is the scientific study of the acute and chronic metabolic responses of the human body to exercise, including biochemical and physiologic changes in the heart and skeletal muscles of the body.

I gained experience working with patients in both chronic pain and cardiac rehabilitation settings with two full internships at Abbott Northwestern and Johns Hopkins in Baltimore. After graduation I worked at the St. Paul YMCA for almost 3 years as a personal trainer. Although, I was able to use my degree in certain ways as a trainer, I was not fulfilled and wanted something more, something where I would truly make a difference. I was lucky enough to have a very good friend and now a colleague refer me for a rehab associate position. I have since been with PNBC for six years and with Core for four of these six years.

I have definitely found my niche in life! I love working with patients and members one on one and I love that I am able to continue to use my degree on a daily basis. I have come to discover that what I do truly makes a difference for the patients and members that I meet and get to work with. There is nothing more fulfilling than to see someone who was in pain and uncomfortable walk out of our facility smiling and able to go back to their normal routines again. Never hesitate to ask me for help, I am here for you and I am very happy to be here!

-Janessa