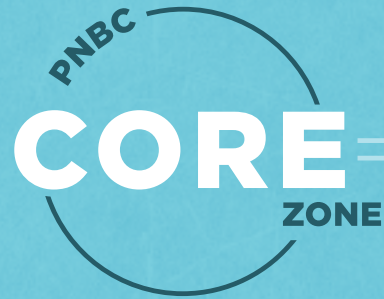




Physicians Neck & Back Clinics

HealthPartners Family of Care



**4TH QUARTER**

October -December 2013

**PILATES**

ROSEVILLE LOCATION ONLY

**BEGINNER**

10 a.m. - 11 a.m.

**OCTOBER**

5, 19

**NOVEMBER**

2, 9, 16

**DECEMBER**

7, 14

**INTERMEDIATE**

6 p.m. - 7 p.m.

**OCTOBER**

3, 10, 17

**NOVEMBER**

7, 14, 21

**DECEMBER**

5, 12, 19

Class dates are subject to change at any time.

**MEET THE CORE COORDINATOR - MARY SCHROEDER**

Hello CORE members!! My name is Mary Schroeder. I am the CORE Coordinator at the Maple Grove location.

I am the youngest of 9 children- born and raised in Northeast Minneapolis. I grew up spending lots of time around my older sibling's athletic events, which sparked my interest in health, fitness, and athletics. I attended Concordia University-St. Paul, where I received my Bachelor's Degree in Exercise Science, Sports Management, and Community Health and received an athletic scholarship to play basketball for the Golden Bears. PNBC's philosophy of hard work and exercise as a driving force to an active and healthy lifestyle attracted me to work here.

Away from work, I love spending time with my family and friends, being outdoors and fishing (yes, even ice fishing) at my cabin on Mille Lacs Lake. I am engaged to be married October 25, 2014- so the next year should be an exciting one!

Happy Health!

**PRESEASON STRENGTH TRAINING FOR WINTER SPORTS - START NOW!**

A strong body, adequate amount of sleep, and good equipment are key areas to focus on when achieving a successful and injury free season.

Get your preseason exercises started now through the CORE spinal fitness program. Listed below are a few areas to get you started with your preseason workout to ensure a strong body for your winter activity:

Abductor strengthening-  
Leg lifted away from body  
(see exercise of the month)



Quad/Glutes/Hamstring Strengthening-  
Wall squats or leg press

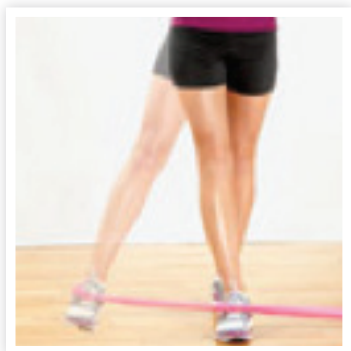
Core strength-Participate in Janessa's pilates class

Balance-Single leg stance while mimicking sports  
specific stance

Cardiovascular endurance-Try interval training

When training for a specific activity make your exercises  
specific to those movements you'll be using during your sport.  
For example, if you're training for downhill skiing, incorporate  
lunges and single leg lifts. If you are snowshoeing, try interval  
work on stairs along with core and balance training.

For more information specific to lower extremity  
strength training and your specific activity, please  
see our CORE coordinators.



### EXERCISE OF THE QUARTER: SINGLE LEG HIP ABDUCTION

## REFRESH AND REVIEW

Have you had a flare up or unsure of your progress? Sign up for  
refresh and review with Mary, Gina or Janessa before you speak  
to your doctor. We can help. Or, are you going on vacation this  
winter? Refresh your memory on your form with the roman  
chair or head weights.

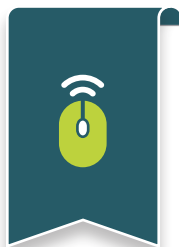
## MEMBER APPRECIATION

Look for our member appreciation event the second week  
of December. Healthy snacks, door prizes and a yumPower  
presentation will be coming to each CORE spinal fitness center.  
Thank you for your consistent membership at the CORE.

## QUOTE OF THE QUARTER

*Strength is the capacity to break a Hershey bar into four pieces with  
your bare hands - and then eat just one of the pieces.*

Judith Viorst



[PNBCCORE.COM](http://PNBCCORE.COM)

[CORE@PNBCONLINE.COM](mailto:CORE@PNBCONLINE.COM)

**WOODBURY**

(651) 415-4172

**ROSEVILLE**

(651) 631-4249

**MAPLE GROVE**

(763) 585-0606

**EDINA**

(952) 851-8206

