



THE PRADERA PRESS

JANUARY 2012



KTB Kid Fit/Yoga for Kids ages 4 to 12!

Are you looking for a healthy way to get your kids active and burn off some energy or settle down a little? Well now you can with KTB Kids Fit/Yoga at Pradera.

This is a great opportunity to teach your kiddos how to start a healthy lifestyle by introducing them a fun, high energy kid centered fitness program followed by yoga to relax and be still even if for a moment.

They will eat better, sleep better and be more focused.

Two FREE Preview Sessions January 18th & 25th. Session 1 will be the first four Wednesdays in February from 6-7 pm in the clubhouses lower lobby. This is a perfect chance for Mom or Dad to squeeze in a workout!!

Cost for 4 weeks is \$50

Sign up now as it will fill up fast and we have limited space. To register please call Anastasia, 303.335.5375 or email soulsrfn@gmail.com.

Minimum participation required.

Anastasia Hadwiger



Accounting:

If you use a computer program or on-line banking service please verify that the Club at Pradera address is programmed correctly. Mail sent to Raintree Circle will be returned to you by the USPS. The Club is located at 5225 Raintree CIRCLE, Parker CO 80134. This has not been an issue in the past but changes at the USPS are causing it to be a problem for members recently.



A Healthy Lifestyle at Pradera

With the start of each New Year we tend to review our best and worst habits and try to improve those we can and eliminate the ones we should. When dining at the Club members have options from the menus Healthy Corner section to choose from. The Healthy Corner features vegetarian options along with others choices that contain fewer carbs, fat, and calories. I can personally attest to the fact that all are delicious, my favorite is our Chicken caprese which features a grilled chicken breast, freshly sliced tomatoes, slices of fresh buffalo mozzarella layered with fresh basil leaves. The entire plate is drizzled with healthy olive oil and balsamic vinegar. Delicious and nutritious!

The Club kitchen also uses as many fresh ingredients as possible, rather than choosing precut vegetables from our suppliers Chef Aaron buys whole produce which retain more nutrients. Your side veggies and fruit are all freshly prepared here at the club. Every restaurant or club has the need to fry at least a few things on the menu and here at Pradera we use only trans-fat free canola oil. In the summertime the chefs harvest fresh herbs from our herb garden just off the west end of the building. These are just a few of the ways Pradera makes dining at the club as healthy as possible for you and your families. Try something new this year, maybe from the Healthy Corner. On other pages of this newsletter you will find several options from people who have made it their profession and passion to help keep you healthy and happy. I hope you will learn more about what is available to you and your family and take advantage of their New Year 2012 programming. By dropping a bad habit or two and adding in some new healthy habits 2012 has the potential to be your best year ever!

Tiffany Messer
Member Relations Manager



New Year's weight loss tips from

IMPACT 360

Starting the New Year with a fresh commitment to a healthy lifestyle will also bring a happier year. Taking time for the Mind, Body and Spirit can seem easy as we will tell ourselves, "this is the year", but the next step is sometimes confusing. Each year we are sold a new commercial weight-loss program or product that claims to know what will work for you. Yet still, America's obesity rate is out of control and expected to reach 50% of

Americans by 2030 according to the CDC.

So what do we do as individuals? When I lost my initial 60 lbs. I hired a personal trainer. I was fortunate to find someone who was more than a qualified professional; they provided the necessary motivation to help me stay accountable to my actions. Ultimately, I had to do the work but my trainer provided the guidance to make the internal changes as well as the external.

If hiring a personal trainer is not what you're looking for, but would like some guidance to help you reach your fitness goals, the IMPACT360 is a very effective way to get great workouts and personalized nutritional help.

Typically, most people just need a little tweak

in their diets to lose 10-15 lbs. everyone however should have a library of exercises and workouts to keep changing to avoid body boredom. Knowing what exercises will work for your particular circumstances is especially important when suffering from chronic pain. The IMPACT360 trainers and coaches can help you with these questions and provide you with the guidance and accountability needed to help you reach your personal fitness goals.

Pradera members are able to have access to the IMPACT360 program for as little as \$2.99 per month. For more information go to <http://theimpact360.com> or call Jim @ 720 300-3939 to find out about this program or to schedule your FREE Personal Fitness Assessment and Consultation.



Kaia for 2012

Steps to making your Resolution really happen this year

Step 1 - Make your New Year's Resolution

Step 2 - Take the first step by signing up for six weeks of Kaia!

Step 3 - Make the next six weeks an incredible start to your 2012.

NEXT SESSION STARTS

JANUARY 2ND - FEBRUARY 10TH

5:30 A.M.

MONDAY, WEDNESDAY, FRIDAY

WITH A SATURDAY WALK, JOG, or RUN AT 8 A.M.!

\$129/6 WEEKS

(Class meets at the Club at Pradera)

INCLUDES: Workouts, Webinars, Menus, Meal Plans, and Mantras!! Plus Most Importantly...

FUN, FITNESS AND FRIENDS!



You have the opportunity to be a part of the ground floor of this exciting new Club, the Pradera Wine Club! Just a sampling of the benefits include:

- Store up to 12 bottles of wine at Pradera in your personal Wine Locker*
- Pay Pradera's cost for all wines stored (an average of 20% less than liquor store prices)*
- Receive discounts to all wine events and wine dinners, invitations to events that are only available to Wien Club Members*
- Receive emails about spectacular wine specials and promotions*
- Get your own custom leather wine list*
- Drink out of specially designed*
- Club Members drink from Riedel stem-ware*
- No limit to the number of bottles brought in each month*
- Select from over 1,000 different wines, many of which are not available in liquor stores*
- Never pay retail for a bottle of wine again!*

Limited space available, contact Brett Kingsley, Director of Food & Beverage for details and to register.

Only \$45/month, additional Restrictions Apply

January 14th:

Charles Smith / K Vintners Wine Dinner. A small production winery from Washington. Charles Smith may look like Sammy Hagar, but he makes some fantastic wines. All of the K wines have received 93+ points from Spectator this year. \$35 for food and an estimated \$24 wine billing. Only 16 seats available. Wine Club Membership Required

January 21st:

Rum Tasting and Education Dinner. It's not a Wine Club exclusive event, but will be operated similarly to our wine dinners. Get a chance to try a variety of exotic rums in a Caribbean style dinner. Price TBD. Only 16 seats available. Open to all Pradera Members!



Turf Care Corner

Happy Holidays from all of us at the maintenance facility. Winter is here along with the much needed snow fall. This month is fitness month here at the club and although the golf course is closed for golf we would like to invite you to get outside and walk or run around the course. The course is beautiful this time a year and the wildlife is abundant, there is nothing better than a brisk cool morning workout with Mother Nature in Colorado. We will do our best to keep the cart paths cleared of snow so you can safely enjoy a healthy walk. Please stay on the cart paths at all times unless you are snow shoeing, or cross-country skiing and then always stay off the tees and greens and away from the lakes. Please No Sledding Allowed.

The New Year is around the corner and so is your new year's resolution. Let's start things off right and live a healthier life one day at a time. This may be a good time to embrace a healthy alternative and play the game the way some say was meant to be played, WALK. The true traditionalists say if you're not walking your playing cart

golf not real golf. Some reasons for walking on the golf course, exercise, it's been estimated that walking with a light bag provides twice the caloric expenditure as riding. Another study found that walking significantly reduces low-density lipoprotein cholesterol levels and improves the ratio of total cholesterol to high density lipoprotein cholesterol. Enjoy the course more, A player who rides between strokes cannot fully appreciate the quality and beauty of the golf course. A wonderful person once sent me some quotes on what a work out does for you. A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind and toughens the spirit. Workout regularly, your problems diminish and your confidence grows. A workout is a form of rebirth. When you finish you don't simply feel better, you feel better about yourself. I invite to give it a try.

Thank you,

H. Dean Lindsey

JANUARY FAMILY NIGHTS

Tuesday 3rd – Family Dinner with Bingo! 5 p.m., \$5 cash per card

Tuesday 10th – Family Movie Night – *The Tale of Desperaux!* 5 p.m.

Tuesday 17th – Kids Cooking Class with Build Your Own Chicken Pot Pie, 5 p.m., \$5 per child

Tuesday 24th – Family Dinner with BIG BINGO! 5 p.m., \$10 cash per card

Tuesday 31st – Paint Your Own Pottery for Valentines' Day, 5 p.m. to 7 p.m.

pre-register by **Jan 24th** and select from:

16 oz. Mug

Heart box

Heart bowl

Each piece is \$15 and will be fired and returned to you before Valentine's Day.

*For Additional event Details and to Register please visit the Club Calendar
at www.theclubatpradera.com*

JANUARY | JANUARY



HOURS OF OPERATION

FOOD AND BEVERAGE:

A la Carte Breakfast
Saturday and Sunday, 8 am to 11 am

•
Lunch and Bar
Tuesday through Thursday
11 am - 9 pm

•
Friday and Saturday
11 am to 10 pm

•
Snack Bar
Closed for the 2011 Season

•
Dining Room
Thursday and Friday, 5 pm to 9 pm

CONTACT INFORMATION

<i>Clubhouse</i>	(303) 607-5700
<i>Golf shop</i>	(303) 607-5678
<i>Bar/grill/take out order</i>	(303) 607-5682

Ace in the Hole

December

Kyle Nelsestuen
Food & Beverage



Pradera's Ace of the Year
2011

Harry Boling