



BCHI BUZZ



MARCH 2010



RENEW AT BOTSFORD
Center for Health Improvement • A Medically-based Weight Loss Program

Learn about **ReNew**, BCHI's new medically-based health and weight management program, at a complimentary information session. Choose from any of these three information sessions to be offered at Botsford Center for Health Improvement :

Tuesday, March 2 at 6:00 pm

Thursday, March 4 at 12:00 pm

Saturday, March 6 at 12:00 pm

There will also be two information sessions offered at Botsford Hospital in Farmington Hills for employees of Botsford Hospital:

Tuesday, March 9 from 12:00-1:00 pm in 2-East-A

Thursday, March 11 from 5:00-6:00 pm in 2-East-A

These information sessions are open to the public. Please call BCHI at 248-473-3100 to register for any of these sessions. ReNew has a solid educational and maintenance component for long-term lifestyle change and utilizes a versatile meal replacement formula. ReNew's medical director is Dr. Joseph Williams, DO. Kari Smith, BCHI Exercise Physiologist and Denise Marecki, RD, BCHI's Registered Dietician are the coaches for the 20-week program. If you have 40, 50 or more pounds to lose, transform your life now.

ReNew can help you:

- Lose weight in a SAFE, RAPID and EFFECTIVE manner, 2-5# per week.
- Improve control of diabetes and high blood pressure and improve blood lipids.
- Make permanent lifestyle changes

ReNew includes:

- Medical monitoring
- 20 weeks of educational/behavioral sessions
- Coaching contact in addition to weekly sessions
- The use of a high quality meal replacement
- Assistance with meal planning and transition phase of program
- Introduction to physical activity
- Ongoing practice sessions after 1st 20 weeks

Come learn how ReNew can change your life. Don't let your weight impact your health and lifestyle any longer. Make 2010 the year you ReNew!

MARVELOUS MEMBER INCENTIVES IN MARCH!

We love guests! Many of our members began their BCHI experience as guests and Friends and Family Days have become much-anticipated! To show our members how much we appreciate their participation in our Friends and Family Days, BCHI will be holding a drawing on April 30th for a \$100 gift card. And being entered in the raffle is as simple as bringing guests to a March Friends and Family Day. For each non-member guest you bring to a March Friends and Family Day, you will earn one entry for the gift card. Be sure to register your guests at the Member Services Desk. It's as easy as that! Keep reading to find out when our March F&F Days will be ...And remember that when your guests join you will receive a gift certificate in the mail for a free 30-minute massage or personal training session as a thank you from us!

FRIENDS AND FAMILY DAYS!

Power Up and Find Your Inner Bliss at the Pilates and Yoga Event
Saturday March 20th 8:30-11:30am!

Centering, concentration, precision, breathing and flow are integral components of Pilates and Yoga. Learn how Pilates and Yoga can lengthen, strengthen and promote inner calm on Saturday March 20th. BCHI will be holding special classes spotlighting the benefits of Pilates and Yoga from 8:30am until 11:30am. All guests are welcome to participate at no charge and as a member you earn one entry in the \$100 gift card raffle to be held on April 30th for each guest you bring. Please register your guests at the Member Services Desk. BCHI has many members who benefit from participation in Pilates and Yoga classes. This is your chance to experience first-hand both the power and peace of these two disciplines. Yoga mats will be provided. See the event class schedule below:

8:30-9am: Power Yoga w/ Sherban

9-10am: Mat Pilates w/ Sherban

10-11am: Slow Flow Yoga w/ Juli

11-11:30am: Basic Yoga Poses w/ Juli



Sport and Performance Day Featuring TRX Demos

10am-Noon

Saturday March 27th!

Attend our Sport and Performance Day on March 27th and watch training demos of our exciting new training tool, the TRX Suspension Trainer from 10am until noon. Training on the TRX builds strength, balance, flexibility and core stability with

hundreds of functional exercises that can easily adjust to all fitness levels. This is a Friends and Family Day so bring the fitness fanatics in your life to see these exciting demos and experience the BCHI difference (and earn one entry into that fabulous gift card raffle for each guest)!

Pardon Our Dust!



Many members have commented positively on the new and improved lighting around the track and in the pool area. Throughout the year, there will be continuing improvements made to the facility. One of the major projects will be to address and improve the humidity issue in the aquatics center. Air studies have been performed and we are investigating an exhaust fan and make-up air unit for the pool area to remove as much moisture as possible. Once the humidity issue has been resolved, repair work of windowsills and walls will begin. Another ongoing project will be preventive maintenance on the cardiovascular exercise equipment to either be done by BCHI staff when appropriate or contracted out. The equipment maintenance should not interfere with member usage as it will be performed at off-peak hours whenever possible. Stay tuned for future updates on the progress of these improvements.

Daylight Saving Time begins at 2am on Sunday March 14th. Don't forget to set your clocks ahead one hour before you go to sleep on Saturday night!!



CLASS NEWS

Come **ZUMBA** with us!! BCHI is offering Zumba on Mondays at 7:30pm in Group Exercise B beginning March 1st! **ZUMBA** is a fusion of Latin and International music combined with high-energy, simple to follow dance moves! Learn to shake your hips as you dance the samba, the salsa and the merengue!! Diane Quigley, TRACC physical therapist, is a certified Zumba instructor who will lead you through this energizing and calorie-burning workout. This class is for Beginner and Intermediate fitness levels and is complimentary with BCHI membership. Non-members may try the class at no charge on March 1st.

Class Time Change: Wednesday morning Walk Fit will now begin at 11:15am.

Classroom Changes: Wednesday morning Pilates and Wednesday evening Tai Chi will now meet in Group Exercise A.

There will be no Yoga or Balance Basics classes with Juli on Tuesday March 2nd or Thursday March 4th. Classes will resume the following week.



ALL POOL USERS MUST SHOWER BEFORE ENTERING THE POOL.

THANK YOU FOR ASSISTING US IN KEEPING OUR POOLS CLEAN.

Family Swim Night



Join us each 1st and 3rd Friday of the month for BCHI's Family Swim Nights! It's a splashing good time! Enjoy this fun event on the 5th and 19th of March from 6-8:30pm. Members swim free and may bring guests at a charge of \$3/guest. Non-member walk-ins are also welcome at a charge of \$5 each. Kids? Grandkids? Neighbors? **ALL ARE WELCOME!** Lifeguard on duty. Please remember that all members and guests must be out of the building by 9pm.

The pools will open at 10:30am on Sunday March 7th to allow for cleaning. Please plan your workout accordingly! Thank you for partnering with us to keep our pools safe and clean.



Perhaps you have noticed how busy BCHI can be at certain times of the day. Here are some impressive statistics: the week of February 22nd, 612 individual members used the facility with a total of visit count of 1,479. That translates into just over 50% of our active members coming roughly 2.5 days a week. With the increased usage, maintaining a safe and clean environment for everyone to enjoy becomes a top priority. Here are some easy ways you can help us do this:

- ❖ Wipe down equipment after use. Gym Wipes are conveniently located at different locations around the fitness floor. Please ask a staff member to

point them out to you if you do not know where they are. Gym Wipes are also located in the locker rooms for wiping down benches and lockers after use.

- ❖ Please return all equipment when finished. This includes aqua paddles, kickboards and noodles used in the pool. If left on the pool deck they create a tripping hazard.
 - ❖ Collect all belongings and dispose of used items properly. There is a receptacle in the lobby for empty plastic bottles. Towel drops are located throughout the facility for dirty towels.
 - ❖ Wear clean shoes on the fitness floor and in the studios. This helps to protect the equipment from salt or dirt, as well as keeping our floors clean.
 - ❖ Report any cleanliness or maintenance issues to the staff promptly so that we can address these issues as quickly as possible. Just because you know does not necessarily mean that we know! Once reported, we will do our best to have the issues resolved in a timely manner.
- We appreciate your patronage!



Our staff is REQUIRED to clock out promptly at closing time. We are glad you enjoy your workouts with us, but members who are still in the building at closing time prevent our staff from leaving on time. Please remember that all members must be **out of the building** by 10pm Monday thru Thursday, 9pm on Friday and 4pm on Saturday and Sunday. Please be considerate and conscious of our hours and plan on ending your workout **before** closing time.

THREE GREAT REASONS TO EXERCISE

1. **Exercise boosts brain power.** Exercise increases energy levels and serotonin levels in the brain, which in turn leads to improved mental clarity. So try that challenging crossword puzzle after a workout and see how you do!
2. **Exercise is a natural mood elevator and keeps depression at bay.** Exercising can give you a sense of control, increase self-esteem and help you sleep better, all important tools in the fight against mild to moderate depression.
3. **Exercise helps ward off disease.** Research has shown that exercise can slow the progression of or even prevent heart disease, arthritis and osteoporosis. Think of exercise as your long-term care insurance policy!

DATES TO REMEMBER IN MARCH!

- 3/1**—MARCH GROUP EXERCISE SCHEDULES GO INTO EFFECT-- ZUMBA AT 7:30PM!!
- 3/2**—NO MORNING YOGA OR BALANCE BASICS CLASSES W/ JULI
- 3/2**—FREE RENEW INFORMATION SEMINAR @ 6PM--GROUP EXERCISE A
- 3/4**—NO MORNING YOGA W/ JULI
- 3/4**—FREE RENEW INFORMATION SEMINAR @ 12PM—BCHI CONFERENCE ROOM
- 3/5**—FAMILY SWIM NIGHT 6PM-8:30PM--\$3 PER MEMBER GUEST/\$5 PUBLIC WALK-INS
- 3/6**—FREE RENEW INFORMATION SEMINAR @ 12PM—BCHI CONFERENCE ROOM
- 3/7**—BCHI POOLS OPEN AT 10:30AM
- 3/9**—FREE RENEW INFORMATION SEMINAR AT BOTSFORD HOSPITAL IN 2 EAST A @ 12PM
- 3/11**—FREE RENEW INFORMATION SEMINAR AT BOTSFORD HOSPITAL IN 2 EAST A @ 5PM
- 3/14**—DAYLIGHT SAVING TIME BEGINS @ 2AM
- 3/19**—FAMILY SWIM NIGHT 6PM-8:30PM--\$3 PER MEMBER GUEST/\$5 PUBLIC WALK-INS
- 3/20**—FRIENDS AND FAMILY DAY—SPOTLIGHT ON YOGA AND PILATES 8:30-11:30AM
- 3/27**—FRIENDS AND FAMILY DAY—SPORT AND PERFORMANCE DAY—TRX DEMOS 10AM-NOON



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Monday-Thursday: 5:30am-10pm

Friday: 5:30am-9:00pm

Saturday: 7:00am-4:00pm

Sunday: 10:00am- 4:00pm

Please be mindful of our closing times. **All members and guests MUST be out of the building at time of closing. Thank you for your cooperation!**