

# BCHI BUZZ

JULY 2007

## ANNOUNCING TEAM B-FIT RUNNING CAMP!

Have you ever wanted to run a race but don't know where to start? Are you an accomplished runner who wants to kick it up a notch? We have the perfect solution: **our Team B-Fit Running Camp** begins **July 10** with a **FREE** seminar led by Cristina Noble, BCHI Fitness Specialist and experienced marathon runner. (To get to know Cristina, keep reading!) Cristina will be leading the Running Camp for 8 weeks. The Running Camp will meet weekly on **Monday evenings** at **7pm** beginning **July 16<sup>th</sup>**. Participants will receive a goal-setting session and a personalized training log. Participants will also have access to a weekly E-newsletter and participate in a weekly group exercise training session.

This program is open to members and the public. There will be a charge of **\$40** for members. The cost for

non-members is **\$150**. Non-members will have unlimited access to the facility for the 8 weeks that they are participating in the Running Camp. So, spread the word and lace up your running shoes! Get in the best shape of your life this summer with Cristina and Team B-Fit!!

**REGISTER FOR THIS PROGRAM AT THE FRONT DESK!**

### MEET FITNESS SPECIALIST CRISTINA NOBLE

Cristina Noble graduated cum laude from Eastern Michigan University with a B.S. in Exercise Science. Cristina began running competitively while in college and to date has competed in over 50 races in distances ranges from 5K (just over 3 miles) to 32.6 mile ultramarathons. Cristina's running experience makes her uniquely qualified to lead our Running Camp. "I really enjoy working with individuals to help guide them to achieve their potential."

Cristina's other interests include reading, doing any sort of activity that allows her to be outside (in all seasons), spending time with her family and traveling.

Cristina is looking forward to introducing the sport of running to participants who have never tried to run, as well as helping experienced runners achieve new goals and take their running program to a whole new level!

***BCHI will be closed on Wednesday July 4<sup>th</sup> in observance of Independence Day!!***

### **DRINK TO THIS!**

Everyone is eager to make full use of the summer's long days, often at the expense of good health. To enjoy the season, it's important to be prepared by keeping your body properly hydrated when the heat wave comes. Here are some tips to help encourage consumption of fluids:

- Do not wait until you're thirsty to drink water. By the time you feel thirsty, you are already dehydrated.

- Avoid alcohol or caffeine. These are diuretics and can cause you to lose water through urination. It takes 8 ounces of water to purge the body of one ounce of alcohol so if you are to drink alcohol do it along with drinking water.
- Keep a pitcher of water in the fridge or at your desk as a reminder.
- When the body sweats you lose potassium, which is found in many fruits and vegetables. So stock up on fresh summer fruits and veggies to help stay hydrated.

Staying properly hydrated can make your workouts easier and more effective:

- Dehydration results in a lack of energy. Exercisers who stay properly hydrated during their workouts maintain stamina up to 33% longer than those who drink nothing.
- Water is essential for carrying oxygen and nutrients to the muscles, so drink up!
- Drink water throughout your workout. Try to consume 7-10 oz. of

water every 10-15 minutes during exercise.

*STAY TUNED FOR AUGUST'S EDITION FULL OF MORE USEFUL INFORMATION, RECIPES AND ANOTHER MOVE OF THE MONTH!!*



**We are! When you receive one of our surveys in the mail or are asked to fill out a survey after a class or lecture, it's because we are REALLY interested in your feedback and opinions. Please take the time to respond to our questions. Your responses are how we find out what our members want, what is working and, more importantly, what is not working. So, give us your opinions. We welcome them!**

*Have you ever thought of using your grill for something other than steaks, hotdogs or hamburgers? Here is an easy recipe to help you add more tasty fruit to your summer dining table!*

### **Grilled Peaches**

- 4 ripe medium peaches
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon almond extract
- 1/4 cup dark brown sugar
- 1 to 2 pints frozen vanilla yogurt

Cut the peaches in half and remove the pit. Slice each half in half and toss them in a bowl with the vanilla extract, almond extract, and brown sugar. Set aside for 15 minutes while you preheat a grill with a medium-high heat. Grill skin side down until skin is slightly charred, about 3 minutes. Turn and grill on the other 2 sides until you get nice grill marks, about 1 minute on each side. Divide the peaches among 4 bowls and serve with the frozen yogurt and toasted almonds, if desired.

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## Visit our Pro Shop!

The BCHI Pro Shop is located at the front desk. For your convenience we offer the following items for sale:

Aqua Paddles	\$15
BCHI T-Shirts (M, L, XL and 2XL)	\$10
BCHI Golf Shirts	\$20
Combination Locks	\$6
Headphones	\$5
Keychain Wristbands	\$1
Swim Caps	\$5
Children's Swim Goggles	\$5

**ATTENTION MEMBERS!!  
COULD YOUR CO-  
WORKERS BENEFIT  
FROM A BCHI  
MEMBERSHIP? Wellness  
Programs improve  
employee morale and  
decision making in the  
workplace! ASK US  
ABOUT OUR CORPORATE  
DISCOUNTS.**



This column will be provided on a regular basis to communicate the latest news and tips in the health and wellness industry. You

will learn about new fitness techniques, injury prevention suggestions and nutritional advice and special programs such as Personal Training at BCHI.

This month we learn about new restrictions on the dietary supplement industry. Up until now, supplements were not regulated or licensed; this means that the manufacturers were not monitored for quality and their products are not inspected for purity or ingredient contents.

On June 22<sup>nd</sup>, 2007, the U.S. Food and Drug Administration announced a final rule establishing regulations to require current good manufacturing practices (cGMP) for dietary supplements. The rule ensures that dietary supplements are produced in a quality manner, do not contain contaminants or impurities, and are accurately labeled. The regulations will go into effect August 24, 2007.

"This rule helps to ensure the quality of dietary supplements so that consumers can be confident that the products they purchase contain what is on the label," said Commissioner of Food and Drugs Andrew C. von Eschenbach, M.D. "In addition, as a result of recent amendments to the Federal Food, Drug, and Cosmetic Act, by the end of the year, industry will be

required to report all serious dietary supplement related adverse events to FDA."

### **BCHI Offers New Services – Personal Training**

*Personal Training can help you*

- Enhance your workouts/Increase Energy
- Learn new fitness techniques
- Exceed your goals!

We will give you the motivation, accountability and supervision you need for that extra push along with the latest safe and innovative techniques. Have fun when you workout! – see **Cliff Ewald** or stop by the Member services desk for a flier of our **SPECIAL INTRODUCTORY PROGRAM.**

**CHECK OUT THE  
BACK OF THIS  
PAGE FOR YOUR  
“MOVE OF THE  
MONTH”!**

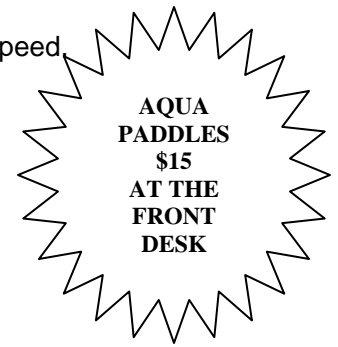
BCHI MOVE OF THE MONTH  
Try this easy move to pump up your aquatic workouts!!  
Paddle Jack / (Arms Front to Back)



Begin with your feet together and your arms down by your sides holding paddles. Jump up and raise both arms forward to shoulder height as your feet separate to the sides. Bend your knees upon landing and touch your heels to the floor. Jump up and bring your feet back together and quickly take your arms down to your sides and raise them up behind your back. Your arms should be fully extended and as high as comfortable. Bend your knees upon landing and touch your heels to the floor. Continue jumping the alternating back and front pattern with your arms for 30 seconds.

- Perform this exercise with slow speed, normal speed, or double time speed.
- Swing both of your arms side to side instead of front to back.
- Swing one arm at a time.
- Travel forward, backward or sideways.

Use barbells for additional resistance.



## BCHI Featured Events

**Attention Members! Come take a seminar or try a new class! Each time you sign in, you will automatically be entered into a drawing to win a prize at the end of the summer! Help us determine which new classes to add to the fall schedule! Class details are available at the Front Desk!**

### July

10<sup>th</sup> @ 6pm **“Starting a Running Program: the Importance of Strength Training, Nutrition, and Endurance”**

~led by Cristina, BCHI Fitness Specialist

***\*\*\*This seminar is a kickoff to B-Fit Running Camp! See the Front Desk for Details!\*\*\****

14<sup>th</sup> @ 2pm- Spin & Tone (led by Teresa) **CLASS \*\*\*FREE TO PUBLIC!**

18<sup>th</sup> @ 6am- Sunrise Sampler (led by Mark) **CLASS**

18<sup>th</sup> @ 9am **“Balance and Coordination: Injury Prevention”**

~ led by Katrina, BCHI Intern

19<sup>th</sup> @ 7pm **“The Benefits of Strength Training”**

~led by Ryan, BCHI Graduate Intern

21<sup>st</sup> @ 1pm- HydroTone (led by Natalie) **CLASS \*\*\*FREE TO PUBLIC!**

25<sup>th</sup> @ 7pm- Kickboxing (led by Sue) **CLASS**

26<sup>th</sup> @ 9am **“Free Weights vs. Machines”**

~led by Chris, BCHI Fitness Specialist