

## TAKING YOUR WORKOUT ON THE ROAD

Ahh---summer. A time to enjoy friends, family and travel. But, what about all of the work you have invested in keeping fit and improving your health? Does it all go by the wayside when you take your show on the road? It doesn't have to. Follow these tips for exercising while you are traveling:

### Stay where you can play:

Whenever possible, stay at a hotel with a gym. Most hotel exercise rooms are equipped with treadmills, bikes and basic strength training equipment that you can utilize to maintain at least

a bare-bones exercise routine.

**Hit the bricks:** Many cities that draw vacationers have walking or biking trail networks. A great way to find out if your destination has these is to investigate on the internet or make a call to the city's visitors' bureau. Another way to log some miles on your feet is to take a walking tour. As people have become more health-conscious, cities have jumped on the bandwagon. Many vacation destinations have established routes for walking tours. If you are unsure, pick up a guide book. Very often, walking tours of areas of interest are already mapped out

for you. All you have to do is lace up your shoes!

**Save a little room in your suitcase:** Be sure to allow room in your suitcase for a pair of running or walking shoes, some resistance bands, perhaps a jump rope. You don't necessarily need access to a full gym to maintain some sort of exercise routine. Be creative and improvise. You may enjoy doing something different for a few days!

By following these tips, you can continue to exercise while on vacation. If all else fails, try some leg lifts, sit-ups or push-ups: no shoes or specialized equipment required!

## BCHI Hours of Operation

Monday-Thursday 5:30am-10:00pm

Friday 5:30am -9:00pm

Saturday 7:00am-7:00pm

Sunday 10:00am-6:00pm

***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!***



Do you swim like a fish or sink like a stone? Swimming lessons for all ages begin again on August 4<sup>th</sup>! The cost is \$60 for members and \$75 for non-members for the 6-week class session. BCHI now offers private ½ hour lessons for any age in a convenient 3-pack, \$48 for members and \$60 for non-members. Call 248-473-3100 to register, or stop by the Front Desk for more information.



**Q: Should stretching be included in the warm-up portion of a group exercise class or should it be used exclusively during the cool down to enhance flexibility?**

A: Available research is inconclusive regarding the optimal time to stretch. In addition, strong evidence is lacking with regard to the beneficial effects associated with pre-exercise stretching

(e.g., injury prevention or enhanced athletic performance). In fact, research exists to suggest that stretching prior to an athletic activity may decrease power output resulting in diminished performance. Some group fitness instructors incorporate stretching at the end of the warm-up period of an exercise class. However, this practice can be somewhat counterproductive since stretching during the conclusion of the warm-up will cause a drop in the participants' heart rates prior to the start of the training

segment of the class. Consequently, the most appropriate time to stretch tends to be at the end of a group exercise class. Stretching at the end of class (as part of the cool-down segment) is recommended because it is safer and more effective to stretch muscles that are properly warmed and, therefore, more pliable. Also, it will help to further facilitate post workout recovery.

*Source: Dr. Cedric X. Bryant, ACE's Chief Science Officer; ACE FitnessMatters, Mar/Apr 2006.*

## MEET FITNESS SPECIALIST CLIFF EWALD

So, just who is the "Cliff" behind "Cliff Notes"? Cliff Ewald has been passionate about health and fitness for almost 30 years, and this passion has translated into several special programs offered to our members such as the Golf Conditioning program offered this past spring, and the ongoing 8-Week Fitness Challenge, back by popular demand for it's second session. Cliff is also excited about working with BCHI members interested in taking their workouts to the next level with Personal Training. Cliff has a B.A. in Telecommunications from MSU and a M.S. in Exercise Science from Oakland University, as well as an impressive collection of certifications, including Personal Training from the American Council on Exercise as well as Strength and Conditioning Specialist from the National Strength and Conditioning Association. Cliff specializes in golf fitness training, nutrition and strength and conditioning for athletes. He has been coaching soccer for 7 years and has been a hockey strength and conditioning coach for 4 years. He believes in never allowing the members and clients that he is working with to become bored with their workouts. Cliff is the proud father of 2 girls ages 11 and 15, and a 1969 Z/28 Camaro! In his spare time he enjoys water-skiing and other outdoor activities.

### HEALTHY SUMMER RECIPE

You've got to love all of the summer berries that are now in season! Berries are high in fiber and vitamin content. They are kind to the waistline because they are naturally high in water content and naturally low in calorie content. And, as a bonus, antioxidants in berries are believed to enhance brain function. So belly up to a berry and try this delicious recipe!

#### Very Berry Fruit Salad

1 pint strawberries, hulled and cut in half  
1 pint blueberries  
1 pint raspberries  
1 tablespoon good balsamic vinegar  
¼ cup sugar or sugar substitute  
Fresh mint for garnish

Place 6 glasses in refrigerator. In a large bowl, combine the berries, vinegar and sugar. Stir gently. Cover securely with plastic wrap refrigerate for 30 minutes to 1 hour. Spoon the berries into the chilled glasses. Garnish with fresh sprig of mint. *Copyright Patricia Wells, 2004.*

## BCHI Featured Events

Summer 2007

**Come take a seminar or try a new class! For BCHI members, 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!**

### August

1 <sup>st</sup> @ 9am- Muscle Mix (led by Chris)	CLASS
6 <sup>th</sup> @ 5pm- Interval Blast (led by Cristina)	CLASS
8 <sup>th</sup> @ 6am- Sunrise Sampler (led by Mark)	CLASS
16 <sup>th</sup> @ 9am- Muscle Mix (led by Chris)	CLASS
18 <sup>th</sup> @ 1pm- HydroTone (led by Natalie)	CLASS ***FREE TO PUBLIC!
22 <sup>nd</sup> @ 6am- Sunrise Sampler (led by Mark)	CLASS
22 <sup>nd</sup> @ 7pm- Kickboxing (led by Sue)	CLASS
25 <sup>th</sup> @2pm- Spin & Tone (led by Teresa)	CLASS ***FREE TO PUBLIC!

**Bring a friend or family member to HydroTone on the 18<sup>th</sup> and Spin & Tone on the 25<sup>th</sup>...these classes are free to the public! It's a great way to introduce someone to BCHI!! Call 248-473-3100 for more information.**

### ■ ■ NOTES FROM THE MANAGER ■ ■

**Life takes on meaning when you become motivated, set goals and charge after them in an unstoppable manner.**

**(Les Brown—speaker, author, trainer, motivation lecturer)**

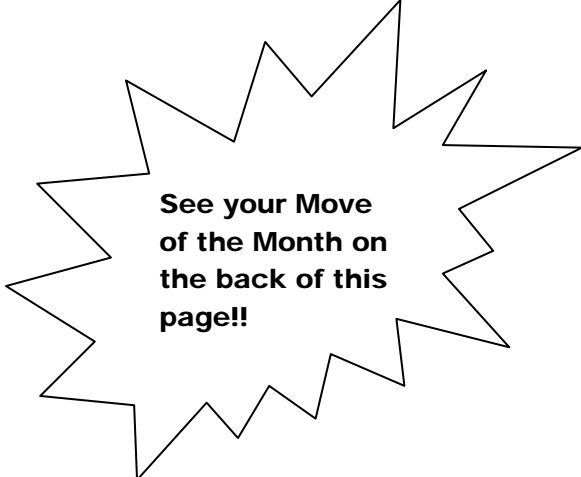
At BCHI we are proud to offer a comprehensive approach to health and wellness, and feel strongly that support and guidance are essential to reaching your goals. We strive to create a welcoming, motivating atmosphere where you will enjoy your workout!

Motivation is the bridge from where you are to where you want to be. It's the fuel that makes change possible, the internal drive that compels you toward your most important goals and dreams. You simply have to choose the direction and your internal motivation will drive you forward to success, beyond procrastination, beyond hesitation, and beyond all your fears.

Tell us your goals, your inspirations, and your success stories! Not sure where to start? Need to refine your fitness goals? Plan a fitness goal setting session with our staff and start achieving new levels of health and fitness today!

It is a pleasure to receive such positive comments about our facility and staff, and it is equally pleasing to read the suggestions about new classes or changes to our current schedule.... So keep those comments coming, we are listening!

Yours in Health,  
Monica Pagels, MS  
Manager, BCHI



See your Move  
of the Month on  
the back of this  
page!!

## **BCHI MOVE OF THE MONTH**

Try this easy move to help sculpt your shoulders!

### **Lateral Deltoid Raise**

**Targeted Muscles:** Front, Middle and Back of Shoulder

**Starting Position:** Arms start slightly in front of the body, palms facing the thighs. This starting position helps protect the shoulder joint. Tighten the abdominals, bend the knees slightly, and position the feet about shoulder-width apart.



**Action:** Keep elbows slightly flexed and abduct at the shoulders to raise the arms 90 degrees (i.e. to shoulder height). Pause, and then slowly return to the starting position.



*Common Error:* Raising the arms too high

*Correction:* Stop the elbows when they reach shoulder height.

**Variations:** One arm at a time

Flex the elbow to reduce the intensity



**\*\*Remember to do this exercise slow and controlled**

**\*\* Take a breath in when arms are at your side and breath out when you bring your arms up.**

Beginners- choose 1-5 lbs, 10 to 12 reps, 1 to 2 sets

Intermediate/Advance 5-10 lbs, 10 to 15 reps, 2 to 3 sets

**Learn more special moves through our Personal Training Program!! Our Intro to Personal Training Package is a great value! See a Member Services Associate for more details or call 248-473-3100.**

## *SAVE THE DATES!!*

**August 24<sup>th</sup> is our Corporate Block Party-bring your coworkers to BCHI for a BBQ lunch and to learn how we can make a healthy difference! See our official ribbon-cutting ceremony at noon with Botsford Hospital CEO Dr. Paul LaCasse and city officials! Participate in free fitness demos and interactive seminars-event runs from 11am-2pm.**

*Our Women's Health and Fitness Fair will be held September 26 through September 29. These four days will be packed with seminars on important women's health issues such as osteoporosis, cardiovascular health, weight management and the impact of stress on women's lives. In addition, there will be fun exercise and cooking demonstrations, as well as vendors and exciting giveaways. Mark your calendars now and plan on bringing your daughters, mothers, sisters and girlfriends! Stay tuned to the September issue of the Buzz for more information!*



The secret is getting out! Massages at BCHI will now be offered 6 days a week! Have you rewarded yourself lately for all of your hard work? Treat your muscles to a massage with Mary, Erin, Lori or Karen. Massages are \$30 for  $\frac{1}{2}$  hour and \$50 for one hour. Visit the fitness floor to read testimonials from members who have benefited from a massage given by one of our exceptional massage therapists. See a Member Services Associate today to book your appointment or call 248-473-3100!

