



BCHI BUZZ



September 2007

BCHI LABOR DAY WEEKEND HOURS:

SATURDAY 9/1—7AM TO 3PM

SUNDAY 9/2—10AM TO 3PM

MONDAY 9/3—CLOSED

Events for September Kick Off of the BCHI Fall Schedule!!!



Football games do not have the only kick-offs going on this fall!! BCHI has an exciting fall schedule that will offer our members and guests exciting opportunities to go above and beyond their fitness expectations, as well as educational opportunities, all of which are part of BCHI's ongoing mission to inspire, challenge and educate!

We are proud partners with the city of Novi for **Run Fest** being held September 8th at Town Center . BCHI, along with TRACC, will be sponsoring an Aide Station along the race route, as well as an invaluable coaching booth where runners will get pointers on improving their next race finish, injury prevention information and training tips. In addition, we will be a featured vendor allowing us to promote our facility and services to the community. Come on out and participate, or cheer on the competitors!

Speaking of running, our very successful **Team B-Fit Running Camp** begins a new session on September 12th at 7pm with a FREE seminar led by Cristina Noble, BCHI Fitness Specialist and experienced marathon runner. The 8-week training program will meet Mondays at 7pm beginning September 17th. The program costs \$40 for members and \$150 for non-members, with participants receiving a goal-setting session, weekly E-newsletter and personalized training log. All levels of running ability are welcome—you do not have to be an experienced runner to participate, in fact, beginning runners are encouraged to sign up! This program is the perfect way to begin your running journey! Graduates of the first Running Camp will be participating in various races this fall, a testament to the success of this program! See a Member Services Associate to register for this excellent program. Space is limited!

If you are ever in the facility on Tuesday nights and see people exercising with a certain gleam in their eye with Cliff, the ever-present Fitness Specialist who leads the charge, then you are witnessing the phenomenon known as the **8-Week Fitness Challenge**. Our 3rd session begins September 18th with a FREE seminar at 7pm led by Dr. Ron Kuzdak, D.O. from Farmington Village Family Practice. Classes begin September 25th at 7pm. If you are exercising but not seeing the results you would like to see, then this is the program for you. Participants in the past 2 sessions have lost pounds and inches, and gained confidence and knowledge. And guess what---they were never bored!! Cliff is famous (or infamous) for keeping things exciting and challenging. His Fitness Challenge clients learn new exercise techniques that are effective and fun. The cost for this class is \$100 for members and \$190 for non-members. Space is limited, so sign up soon! See a Member Services Associate for more information.

And finally, we end September with our **Women's Health and Fitness Fair** being held September 26th through 29th. This 4-day "Est-Fest" ("Estrogen Festival") will feature exercise and food demos, seminars on important women-related health issues such as cardiovascular health, building healthy bones and stress management, giveaways and spa treatments. Throughout these

four days, various times will be devoted to the celebration of women. Look for a detailed schedule at the front desk soon! All events held during these four days will be free, so bring all of the special women in your life. It's never too soon or too late to learn how to take better care of yourself!

So, what are you waiting for? Fall into fitness with these events. See the listing at the end of this newsletter for a snapshot of September so you can plan your month!!



Resistance Training Can Improve The Functional Ability of Seniors

During the twentieth century, life expectancy in the United States increased approximately 64%. As the U.S. and most developed countries experience an age wave, the U.S. Census Bureau projects life expectancies in men to reach 81 years by the year 2050. The aging population is a result of advancements in medicine, increased knowledge of disease prevention and improved diet and exercise habits. Unfortunately as our elderly population increases, the aging process continues to limit the functional capacities of most seniors. In a study by the National Institute on Aging, researchers found that many adults over age 65 were not able to perform activities of daily living (ADL).

The aging process for inactive individuals can be associated with a decrease in muscular strength/endurance, bone density, balance and aerobic power. These all influence one's ability to perform ADLs. Declines may be evident in daily activities such as walking, rising from a chair, climbing stairs or lifting objects. In addition, the combination of reduced stability and bone density can result in a debilitating injury to the hip, vertebrae, thigh or arm, just from a simple fall.

Fortunately the recent fitness boom, with more health clubs opening and use of personal trainers, is good news for seniors. In fact, recent studies and an American College of Sports Medicine position statement indicate that the functional abilities and postural stability of seniors can be improved with resistance and balance training. Regular exercise has also been shown to significantly improve the psychological well being in many elderly adults. These adaptations can enhance self-efficacy and improve one's self-confidence to perform ADLs.

Certified Personal Trainers and Fitness Specialists at Botsford Center for Health Improvement can provide an appropriate exercise prescription and guidance on proper form, intensity and type of exercises to improve ADL function. The key to any successful exercise program is to set some realistic goals, get sound medical and fitness advice, begin slowly and develop a "fun with fitness" program that you can stick with.

Resources: National Strength and Conditioning Association, February 2003 and American College of Sports Medicine Guidelines

CHOLESTEROL SCREENINGS TO BE HELD AT BCHI

Cholesterol screenings will be held on Thursday, September 13th from 7am until 10am. The screenings are full lipid panels with a glucose test. Fasting for 8-12 hours before the screening is required. The cost to members is \$25 and \$30 for non-members. Appointments are required, so stop by the Front Desk today to reserve your 15-minute appointment time. Be sure to take advantage of this valuable service being offered!



CLASS IS IN SESSION!!

Do you feel like there is so much to know about BCHI and you don't quite have all the information you need? We have just the seminar for you! Come to the "BCHI Study Hall", being offered on Tuesday, September 4th at 6:30 pm and on Friday, September 7th at 12 noon. At this seminar you will learn about swimming lessons, personal training services, our 8-Week Fitness Challenge, the New You Challenge, Running Camp, as well as upcoming new group exercise classes. There is so much going on here at BCHI and we want to make it as easy as possible for everyone to get the most out of their BCHI experience!! See you at school!



SENIOR MOMENTS



Aches and pains are, unfortunately, a normal part of the aging process. And when your joints are aching, you should avoid exercise, right? **WRONG!!** Studies have shown that persons with arthritis actually benefit from an exercise regimen. Exercise reduces joint pain and stiffness and increases flexibility. Now, we aren't advocating training for a 5-K race right out of the chair. Start small!!! Simple range of motion exercises can make a huge difference in flexibility and pain levels.

BCHI offers two (2) seated exercise classes designed for participants who are not comfortable standing for long periods of time. "Sit and Be Fit" is offered Mondays, Wednesdays and Fridays from 12:15pm to 1:15pm. "Sweet and Low Tai Chi" Mondays and Wednesdays from 1:30pm to 2:30 pm. And, due to popular demand, "Sweet and Low Tai Chi" will also be offered on Fridays from 2pm to 3pm, beginning September 7th.

Aquatic exercise is a very effective method of exercising when you suffer from arthritis pain. Water takes some of the weight off of painful joints allowing for freer movement, therefore water exercise is an excellent way to keep those limbs limber! Remember that BCHI offers a therapeutic pool with the water temperature around 92 degrees. Our very popular Gentle Aerobics exercise classes are held 6 days a week in the therapeutic pool. Check the group exercise calendar for exact times. (And keep reading for a profile of one of our instructors!)

If you suffer from achy joints and are having trouble finding comfortable exercises, consider the classes mentioned above. Talk with one of our qualified fitness specialists for tips and recommendations. But most importantly, keep moving!

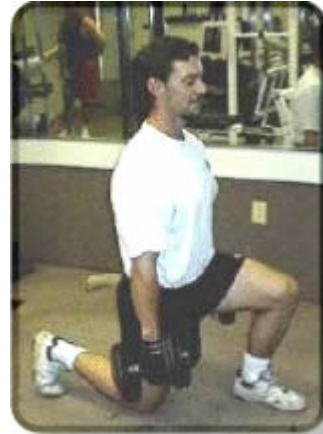
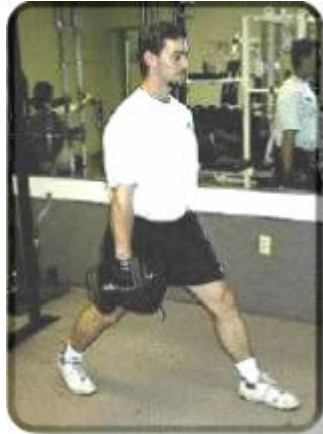
BCHI Move of the Month

Lunges

Primary Movers: Gluteus Maximus, Quadriceps, Hamstrings **Secondary Movers:** Calves

The **Lunge** is a simple but very effective exercise for the legs. It involves balance and coordination, which is very useful for sports as well as muscle development. The dumbbell version of the lunge is the easiest to start with though it can also be done with a barbell.

How to do it:



- Hold two dumbbells in your hands by your sides.
- Step forward with one leg and lower your upper body down, bending your leg (don't step out too far). You should have about two to two and a half feet between your feet.
- Do not allow your knee to go forward beyond your toes as you come down, keeping your front shin perpendicular to the ground.
- Push up and back and repeat with the other leg or do all the reps with one leg then switch.
- The farther forward you step, the more the glutes and hamstrings you will use (closer works the quads more, just don't go too close).
- It is very important to keep your upper body vertical.
- Go down until your bottom knee almost touches the ground.
- Think about sitting back when doing these. This will prevent you from leaning too far forward.
- It is best to do this exercise all on one leg without standing up each time. Stepping forward can overstress your knee. Simply do all your reps on one leg then switch legs and do all your reps on the other leg.

Tricks: Don't have both your legs in a straight line. Keep them horizontally separated by about six inches to keep your balance. Doing this increases your base of support and makes your body more stable.

Common Error: Leaning forward on the way down - this can cause you to lose your balance and can place unnecessary stress on your back. Always strive to keep your upper body vertical. Do these in a mirror or in front of a horizontal bar or table (so that your abdomen will hit the bar or table if you lean forward) and be sure to focus on sitting back during the descent.



Fall is in the air and the apple orchards are loaded with this delicious (and portable) source of fiber! Try this recipe for a low-fat and healthy seasonal treat!

Easy Baked Applesauce

For best results, choose apples that break down easily when cooked, such as Gala, Pink Lady, and Braeburn. The sauce is delicious paired with roast turkey or pork, and you can prepare it up to three days ahead. Serve it warm, at room temperature, or chilled to suit your preference.

Ingredients

5 tablespoons water
1/4 cup packed brown sugar
2 tablespoons fresh lemon juice
1 teaspoon ground cinnamon
4 pounds apples, peeled, cored, and halved

Preparation

Preheat oven to 375°. Combine all ingredients in a large Dutch oven; toss to coat. Cover and bake at 375° for 1 hour and 15 minutes or until apples are tender, stirring once after 45 minutes.

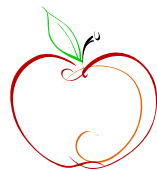
Yield 8 servings (serving size: 1/2 cup)

Nutritional Information: CALORIES 137(2% from fat); FAT 0.3g (sat 0.1g,mono 0.0g,poly 0.1g); PROTEIN 0.6g; CHOLESTEROL 0.0mg; CALCIUM 21mg; SODIUM 3mg; FIBER 3.1g; IRON 0.4mg; CARBOHYDRATE 36.2g

Charity Ferreira , *Cooking Light*, NOVEMBER 2006

Ask the Dietitian!

BCHI is partnering with the Botsford Center for Lifestyle Management to provide nutrition advice to our members! Denise Holmes, MS RD will be available at BCHI on September 5th from 9-11am and 4-6pm to answer all of your questions about nutrition and diabetes, as she is also a certified diabetes educator! Save the date to come and find out more about how make those lifestyle changes to become aligned with your fitness program!



Our next 6-week session of swimming lessons begins on Saturday, September 22. Classes are for all ages. Check out our website www.botsford.org/bchi to decide which class is appropriate for you or your children!

MEET FITNESS SPECIALIST

Lisa Modzel

If you participate in BCHI's Gentle Aerobics or Aqua Fit classes, you are certainly acquainted with Lisa Modzel, BCHI's resident "water baby". Here is your chance to learn more about Lisa! Lisa has worked for the Botsford Healthcare system for 17 years in a variety of capacities: healthcare instructor, staff nurse, pool nurse, cardiac cath. recovery room nurse, cardiac rehab nurse, IV team nurse and team leader in healthcare program—yes, you guessed it! Lisa is a nurse! She has an Associate Degree in Nursing from Henry Ford Community College and is currently pursuing her Bachelor's Degree in healthcare education. Lisa is certified in BCLS and AED use, and is also certified in aquatic aerobics instruction and athletic training. You will also find Lisa on the fitness floor assisting with floor coverage duties here at BCHI. Lisa has been blessed with 2 daughters, ages 6 and 8, and an 11-year-old son.

Lisa taught aquatic classes for 8 years at TRACC and joined the BCHI family in February 2007. Lisa is passionate about aquatic exercise, as her faithful students will attest. She believes the pool is a great way to strengthen and tone and get an excellent cardiovascular workout. Lisa welcomes everyone to participate in her classes. Pick up a group exercise schedule to see when she is teaching. We are lucky to have Lisa on our staff, passing on her passion and knowledge of aquatic exercise to our members!

Family Swim Night

Are you looking for something fun to do with the family on Friday night? Come to BCHI for Family Swim Night- an evening of fun and pool games with a lifeguard on duty! Members can bring up to 2 guests of any age for just \$3 each! The fun runs from 6:00-8:30 pm Friday nights starting **September 14th**!



BCHI SPECIAL EVENTS SEPTEMBER 2007

- **9/4/07—"BCHI STUDY HALL" 6:30PM**
- **9/5/07-- "5-A-DAY" ASK THE DIETITIAN 9AM-11AM; 4PM-6PM**
- **9/7/07—"BCHI STUDY HALL"12PM**
- **9/8/07—"RUN FEST" 7AM-2PM—NOVI TOWN CENTER**
- **9/12/07—FREE SEMINAR "STARTING A RUNNING PROGRAM: THE IMPORTANCE OF STRENGTH TRAINING, NUTRITION AND ENDURANCE" 7PM**
- **9/13/07—BCLM CHOLESTEROL SCREENINGS 7AM-10AM-SCHEDULE WITH THE FRONT DESK.**
- **9/14/07—FAMILY SWIM NIGHT RESUMES! 6PM-9PM**
- **9/17/07—TEAM B-FIT RUNNING CAMP BEGINS 7PM**
- **9/18/07—FREE SEMINAR WITH DR. RON KUZDAK, D.O. 7PM -FALL FITNESS CHALLENGE KICK-OFF**
- **9/25/07—BCHI FALL FITNESS CHALLENGE BEGINS 7PM**
- **9/26 THROUGH 9/29/07—WOMEN'S HEALTH AND FITNESS FAIR—CHECK WITH THE FRONT DESK FOR SCHEDULE OF EVENTS**
- **9/27 FITNESS CHALLENGE II BEGINS!**

Coming in October: Winter Sports Injury Prevention Programs, NEW Group Exercise classes and ...it's here....WALKTOBER. Stay tuned!