



BCHI BUZZ



2007



RAKE IT—DON'T BREAK IT!!

The beauty of autumn is often forgotten when you have to perform the tedious chore of raking leaves. Don't forget that raking can be a great form of exercise if it is done safely! Good body mechanics will go a long way towards making your outdoors chores more enjoyable. Follow these tips to avoid injury while tending to your piles of leaves:

- Stand as straight as possible and keep your head up as you rake.
- Use a "scissors stance" while raking: right foot forward and left foot back, then after a few minutes reverse the stance by putting your left foot forward and right foot back.
- Bend at the knees and **NOT** at the waist when picking up your piles of leaves.
- Drink lots of water, wear protective gloves to avoid blisters, and take frequent rest breaks.
- Try an ergonomic rake. Most hardware stores or home improvement centers now sell ergonomic lawn-care tools. These tools are engineered to protect you when used properly.

By following these tips, you can avoid a sore neck, back and shoulders when getting the job done. And don't forget to stop and enjoy the beauty of the season!

GET THE PREMIUM ADVANTAGE WITH BCHI'S NEW CLASSES!

By now members have heard about the new exercise classes that begin in October at BCHI. Here is more information about these exciting ways to spice up your workout.

ZUMBA is low-impact Latin-style dance that is easy to do, fun to participate in, and a great way to dance some calories away. Come dance with your friends (and make new ones!) while Teresa Maguran, BCHI Fitness Specialist and Certified Zumba Instructor, leads you in a 45-minute workout that's so much fun, it does not even feel like a workout!! **ZUMBA** will be held on Tuesday evenings at 7pm and Saturdays at noon. To learn more about Teresa Maguran, keep reading the Buzz!

CARDIOBOUND will have you reaching new heights with your fitness routine! A high-energy, low-impact class, **CARDIOBOUND** is performed on mini-trampolines and is a total body workout while still being low-impact. By bouncing up and down, your muscles work in an aerobic fashion but the joint impact is minimal because the bounce is almost completely absorbed by the trampoline itself. For those who feel they need a little assistance on a trampoline, a limited number of safety bars that attach to the trampolines are available.

This class will be taught by Ryan Hall, BCHI Fitness Specialist and will be held on Monday evenings from 7pm to 7:45pm.

BCHI BOOT CAMP is our intense cardiovascular and strength-training workout. Boot Camp-style exercise classes are an effective way to burn calories and get an intense workout in only 45 minutes. Members will be led in exercise by Ryan Hall, BCHI Fitness Specialist. Increase your strength and endurance and gain confidence with Boot Camp. Prepare for health, not combat, with **BCHI Boot Camp**! Boot Camp will be held on Wednesday evenings at 6pm.

These BCHI Premium Advantage classes are offered in packages of 10 at a cost of \$90 to members or \$110 for non-members. Introductory packages are available for a one-time purchase of \$18 which allows for 3 sessions of any Premium Advantage class. These packages are available through the Front Desk. **OUR SPECIAL OFFER TO MEMBERS IS 30% OFF A 10-PAK THRU THE MONTH OF OCTOBER. GET 10 SESSIONS FOR ONLY \$60!! SEE THE FRONT DESK FOR THIS SPECIAL OFFER!!**



BCHI TO PARTICIPATE IN LEE NATIONAL DENIM DAY

If you see a BCHI employee wearing jeans on Thursday, October 4th, they are not violating the dress code. Lee Jeans has raised \$66 million over 11 years through the Lee National Denim Day campaign. BCHI employees who wear jeans on October 4th are supporting early detection and treatment research. And we want our members to get in on the action! On Thursday October 4th, "**Wear Pink and Get a Free Drink!**" Any member wearing a pink article of clothing will receive a drink of their choosing from the BCHI Juice Bar. Limit one drink per member, please!

BCHI SNACK ATTACK

Here's a great recipe from BCHI member Laura Uridge. This granola is a great source of fiber and healthy fats. Thanks for sharing, Laura!



GRANOLA

Dry Ingredients

- 2 ½ c. old-fashioned oats
- ½ c. wheat flour
- ½ c. ground flax seed
- ½ c. almonds (chopped, sliced or whole)
- 2 c. cashews
- ½ c. sunflower seeds
- ½ c. soy nuts
- 1 c. dried cherries
- ½ c. Craisens (any flavor)
- ½ tsp. salt

Wet Ingredients

- 1 c. clover honey
- ½ c. peanut butter
- 2 tsp. olive oil

Preheat oven to 325 degrees. Mix dry ingredients together in a large bowl. Heat honey, peanut butter and olive oil in the microwave about 1 minute (DO NOT BOIL). Stir peanut butter mixture into dry ingredients. Spread on greased cookie sheet. Bake 25 minutes and let cool for 10 minutes.



The Latest Scoop on the Hottest Tool in Fitness: Vibration Exercise

In two separate studies, both published this past May, exercising while standing on a vibrating platform has been shown to positively affect metabolism.

In the first study, researchers set out to determine how strength training on a vibration plate would affect glycemic control in type 2 diabetics. **Forty adult type 2 diabetics participated.** Researchers assessed fasting glucose and hemoglobin at baseline and after 12 weeks of training. Although fasting glucose was unchanged following training in both groups, both maximal glucose concentration and hemoglobin decreased significantly in the vibration exercise group. Hemoglobin actually increased in both the strength training only and control group. **Vibration exercise has previously been shown to increase strength with less volume and at lower relative intensities of exercise.** The authors suggest that the low-time commitment may encourage type 2 diabetics to incorporate exercise into their disease management program.

The second study, published in the Journal of Strength and Conditioning Research reported greater energy expenditure and perceived exertion without subsequent increases in heart rate for Vibration Exercise compared to controls: in this case, lower actual effort increased results.

Seventeen college-aged men physical activity participated in 2 exercise protocols; one consisting of a half squat and a second consisting of a half squat with vibration. **Researchers measured energy expenditure, respiratory exchange ratio, perceived exertion, and heart rate at baseline, during exercise, and short-recovery conditions.**

These findings suggest that individuals seeking weight loss via body fat reduction, along with muscle hypertrophy, would benefit from training on a vibration platform.

Baum, K. et al (2007) Efficiency of Vibration Exercise for Glycemic Control in Type 2 Diabetes Physical activity tients. International Journal of Medicine and Science. 31(4): 159-163.

Da Silva, M.E. et al (2007) Influence of Vibration Training on Energy Expenditure in Active Men. Journal of Strength and Conditioning Research. 21(2):470-475.

BCHI Move of the Month

Performing Push-Ups: Safely and Effectively

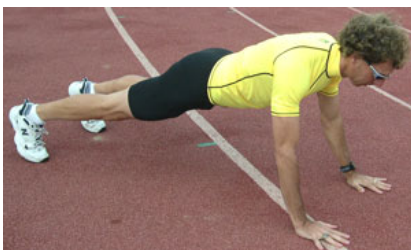
You don't need to join the Marines to enjoy the many benefits of doing a proper push up (sometimes referred to as a press up). A basic push up does not require any equipment other than your own body weight and your arms. It can be done anywhere there is a firm surface. And it works the chest, the shoulders, abs, and the triceps. So, it is an excellent exercise for general upper body strength. It can also be varied to meet many needs.

Steps

1. Before doing any kind of exercise, always remember to warm up. Warming up reduces the risk of injury and gets muscles ready for action. You can actually lift/push/pull/etc. more if you go through a proper warm up routine, as compared to diving straight into the exercises. Make sure to stretch your shoulders and wrists - key joints in push ups.
2. Assume a prone position on the floor or other hard surface that's able to support your body weight. Keep your feet together.
3. Place your hands under your shoulders with your palms on the ground. Curl your toes upward (towards your head) so that the balls of your feet touch the ground.
4. Raise yourself using your arms. At this point, your weight should be supported by your hands and the balls of your feet. This position is called "plank," which is used for other various exercises. This is the beginning and the end position of a single push-up.
5. Lower your torso to the ground until your elbows form a 90 degree angle. Keep your head facing forward. Try to have the tip of your nose pointed directly to the front as you're going down. Draw a breath as you lower yourself.



6. Raise yourself by attempting to push the ground away from you. Breathe out as you push. The power for that push will inevitably come from your shoulders and chest. The triceps are also contracted but the primary exercise for the triceps isn't the push-up. Continue the push until your arms are just about straight.



Tips

- Breathe out while doing the pushing or pulling part of the exercise. Breathe out while pushing up on pushups. Do NOT hold your breath, this can raise blood pressure and in extreme cases, can cause dizziness or unsteadiness.
- Imagine a straight line from your shoulder blades to your knees and try to keep it straight. If you bend at your hips, you will not only reduce the effectiveness of the exercise (since you aren't exactly lifting your whole body anymore), but might also get unnecessary pain in your abs or lower back.
- For variation, you can let your elbows shoot out from your torso when you come down or keep them tucked to the sides. This variation has no significant effect on the difficulty of the exercise but rather changes the muscles worked. If you keep your elbows to the sides, you will use more of your triceps; if you keep them wider, you will use more of the chest muscles.



Pssst---Have you heard about...BCHI's new Member Referral Program? Any member who refers a new member to the BCHI family will receive a gift certificate for one of the following services:

- ❖ **A 30 minute massage with one of BCHI's fantastic massage therapists**
- ❖ **5 Premium Advantage Classes (see group exercise schedule for times)**
- ❖ **A 30-minute private swim lesson**
- ❖ **A Fitness Re-Assessment with one of BCHI's qualified fitness specialists**

When someone you refer signs up for BCHI membership, all he/she has to do is mention your name! You will receive a gift certificate in the mail to redeem for one of these fabulous services! Certain restrictions apply so please see the front desk for details.



Family Swim Night will now be offered the 1st Friday of every month starting October 5th from 6pm until 8:30pm. Members may bring up to 2 guests of any age at the minimal cost of \$3 per guest. BCHI will provide a lifeguard during these hours. Mark your calendars now for the 1st Friday of every month and bring a special friend to enjoy the BCHI pools on our Family Swim Nights!

MEET FITNESS SPECIALIST TERESA MAGURAN

Fitness Specialist Teresa Maguran teaches BCHI's new high-energy and low-impact ZUMBA Latin dance class. Starting in October, Teresa's ZUMBA classes are scheduled for Tuesday evenings from 7:00 pm to 7:45 pm, and Saturdays from 12:00 pm to 12:45 pm. Teresa also teaches Fit Ball II and Spin and Tone. Teresa has more than 10 years experience in teaching Group Fitness and Personal Training. A passionate advocate for the overall health benefits of physical training, she believes that consistent practice is the key component to achieving individual success. In addition to her teaching schedule, Teresa is currently developing her expertise in fitness through her research and studies, as a Master's Degree Candidate in Exercise Physiology at Eastern Michigan University. Take one of Teresa's classes and you will be invigorated and inspired! Members can also schedule personal training sessions with Teresa as she is a Certified Personal Trainer with the American Council on Exercise. BCHI is lucky to have Teresa on staff, bringing her enthusiasm and experience to every class she teaches and every member she reaches!!

■ ■ NOTES FROM THE MANAGER ■ ■

It's hard to beat a person who never gives up. ---Babe Ruth

Pair up for success! Studies have shown that exercising with a partner, be it a spouse, a friend, family member, or even your beloved pet, can provide motivation and add to the spirit of fitness. Who is supporting your fitness goals? Here at BCHI we care about your success and want to help you find ways to stay motivated and reach your goals! Can you think of a friend or family member (sorry, no pets!) who you would like to join you on your fitness journey? Leave the coaxing to us! Bring your friend in on a guest pass for \$10 and if he/she joins, not only is it refunded but you (as the referring member) can earn a gift certificate for BCHI services!

Need a change of pace? Does your current workout needs a little excitement? Try one of these instant workout boosters: 1) Check out the group exercise calendar and stop in to one of our new classes! Classes can be a great way to add some fun and motivation and meet other people! 2) Make an appointment to revamp your workout program. Start with a new fitness assessment and let the fitness staff create a new and challenging program for you! 3) Swim laps! Water exercise is a great way to relieve stress and rejuvenate the entire body. Check out the white board next to the sauna for a new workout each week. And try our new "Mile a Week" program. If you're not a swimmer, try walking or jogging laps! Remember, it's not what you do, it's how you do it, so have some fun!



WALKTOBER IS HERE!!

Walking is such a great form of exercise—easy, inexpensive and safe. And October is a great month to be walking because temperatures are moderate and foliage is gorgeous! So---BCHI is excited to roll out WalkTober. This program is offered to members at the minimal cost of \$5. All participants will receive a pedometer to log their steps, walking logs to track their progress, maps of area walking trails and tips to help them get the most benefit out of their walking program. Lace up your walking shoes and get ready to strut your stuff!! See the Front Desk to get your WalkTober kit.



BCHI SPECIAL EVENTS OCTOBER 2007

- 10/1/07- WALKTOBER BEGINS!
- 10/1/07- PREMIUM CLASSES START!
- 10/4/07- WEAR PINK, GET A DRINK! @BCHI (NATIONAL BREAST CANCER AWARENESS)
- 10/5/07- FAMILY SWIM NIGHT!
- 10/8/07-BALLROOM DANCE CLASS 7:30PM, \$10 FOR SINGLES, \$15 FOR COUPLES—APPETIZERS SERVED—CALL 248-473-3100 TO REGISTER
- 10/10/07- FREE JOINT SEMINAR (WITH MARILYN ISAACS, PT at TRACC) 10AM
- 10/13/07-BALLROOM DANCE CLASS 5PM, \$10 FOR SINGLES, \$15 FOR COUPLES-APPETIZERS SERVED-CALL 248-473-3100 TO REGISTER
- 10/19/07- FREE SEMINAR "THE MYTHS OF AGING" WITH KATHRYN BARTZ, MA BOTSFORD COMMONS SENIOR COMMUNITY



Dear Member,

Effective **September 1st, 2007** BCHI will enforce a \$15 per month “Freeze” charge for members who wish to suspend their membership. Our policy is to accept this temporary change in membership status for the following reasons:

- 1) *Changes in medical condition (i.e. physical therapy, surgery, etc.)* **OR**
- 2) *Temporary re-location (winter home, extended vacations, etc.).*

Members can suspend their membership for a maximum of 6 calendar months per year. This charge will be billed in its entirety at the time the membership is suspended. Members who have updated autodraft information may opt to have this amount taken out in the next billing cycle or may pay at our front desk. Those that do not have updated autodraft information on file must pay the total amount at the front desk upon changing membership status.

This policy update will not affect those members that currently have a “freeze” status. ***If you would like to change the status of your membership to “Freeze” please ask someone at the front desk for assistance.*** This must be done before the 1st of the month to avoid monthly billing cycle.

We appreciate your loyalty and continued participation at BCHI, and strive to continue to positively impact the health of our members and community by creating successful, personalized fitness programs in a friendly and compassionate environment.

Any questions or concerns regarding the “Freeze” agreement may be brought to the attention of our Billing Office at (248) 473-3100.

Yours in Health,

Monica Pagels, MS
BCHI Manager
(248) 473-3100
www.botsford.org/bchi