

NOVEMBER 2007



**BCHI WILL BE CLOSED ON THURSDAY, NOVEMBER 22<sup>ND</sup> IN OBSERVANCE OF THANKSGIVING DAY. OTHER HOURS OF OPERATION WILL REMAIN UNCHANGED.**

**Stress** is “a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation” according to the Merriam Webster dictionary. A recent poll shows that more than 50% of Americans believe their stress levels have risen in the past 5 years. As the holiday season arrives, most people experience the crunch even more! This year, the staff at BCHI can help you maintain your healthy lifestyle with a few simple tips:

- 1) **Take some time each day for meditation**-try a yoga class at BCHI to allow the stress of the day to leave and your body to re-energize!
- 2) **Make your favorite holiday dishes in a low-fat version.** You will still have something you love but now you can enjoy it without worry! Have you seen the calories for an average Thanksgiving meal posted in our lobby? That meal alone can average 3,000 calories!
- 3) **Exercise regularly**- Carve out some time from that busy schedule to get to BCHI! Exercise reduces stress and is a mood enhancer. To help keep you on the right track, we are offering the New You Challenge in November with weekly group personal training sessions with BCHI Fitness Specialist and certified personal trainer, Teresa Maguran! Also included is a personal nutrition consultation with a registered dietitian, and weekly goals to help keep you motivated and guide you through to 2008. If you maintain or lose weight during this 6-week program, you receive \$50 back! Come to our Free New You Seminar November 8<sup>th</sup> at 6pm to learn more about the program or see our website [www.botsford.org/bchi](http://www.botsford.org/bchi) for more details!



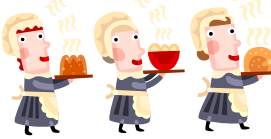
As the colder weather sets on us here in Michigan, you may be pondering the best way to keep yourself on track with fitness (especially on those cold dark evenings when your robe is calling to you on your way home from work!) Why not pay a little extra for locker rental at BCHI? You can leave your workout clothes here and we will wash them for you! Let the BCHI locker room attendants take care of you this winter season!



Did you leave something in the locker room or on the treadmill? Check with the Front Desk to see if your lost item has been turned in. Items that are turned in as "lost" are kept for 30 days and then discarded or donated, so if you left without something you came in with, please check with our friendly front desk staff!

## Family Swim Night

Get a head start on fighting the winter blues by joining BCHI the first Friday of every month for Family swim night! Members may bring up to two (2) guests for a drop-in rate of three dollars per person.



\*Friday, November 2, 6-8:30 pm

\* Friday, December 7, 6-8:30 pm

Kids? Grandkids? Neighbors?

ALL ARE WELCOME!



### MEET FITNESS SPECIALIST LORI RUCKS

Lori Rucks is BCHI's resident Queen of Multi-Tasking! Lori joined BCHI shortly after the facility opened and immediately impressed the staff and members with her engaging smile, outgoing personality, and knowledge of exercise. Lori has an undergraduate degree from the University of Pittsburgh where she ran track, played soccer and was on the competitive cheerleading squad. Lori received her Master's Degree in exercise physiology from the University of Nevada-Las Vegas. Lori has worked in the wellness field for 11 years in cardiac and pulmonary rehab, wellness, and was the coordinator of a senior fitness program for 4 years in Pennsylvania. Lori has an extremely busy and fulfilling family life with her husband Aaron who is in the residency program at Botsford Hospital, son Gavin, daughter Emerald and a baby boy due in December. In Lori's spare time she enjoys mountain biking, camping and hiking, keeping up with fashion, but most importantly, spending quality time with her family. Lori's passion is helping busy moms figure out how to fit exercise and healthy eating into their daily lives. She would certainly know how to help them accomplish that—Lori has the credentials and personal experience to be an expert on that!



## RECIPE OF THE MONTH

### Pumpkin Bread Pudding

Try something different for your Thanksgiving dessert this year! This new twist on pumpkin is sure to be a hit with your family and friends. And remember that pumpkins are a great source of beta carotene and Vitamin C!

#### Ingredients

1 1/4 cups 2% reduced-fat milk  
1/2 cup sugar  
1/2 teaspoon pumpkin-pie spice  
3 large eggs, lightly beaten  
1 (15-ounce) can pumpkin  
4 1/2 cups (1/2-inch) cubed challah or other egg bread (about 8 ounces)  
Cooking spray  
1/2 cup maple syrup  
1/4 cup chopped pecans, toasted

#### Preparation

Combine first 5 ingredients in a large bowl, stirring well with a whisk. Add bread, tossing gently to coat. Spoon mixture into an 8-inch square baking dish coated with cooking spray. Cover with foil; chill 30 minutes or up to 4 hours.  
Preheat oven to 350°.

Place dish in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch. Bake, covered, at 350° for 25 minutes. Uncover and bake an additional 10 minutes or until a knife inserted in center comes out clean. Serve each bread pudding piece warm with about 1 tablespoon syrup and 1 1/2 teaspoons pecans.

#### Yield

8 servings

#### Nutritional Information

CALORIES 273(23% from fat); FAT 7g (sat 1.7g,mono 3.1g,poly 1.4g); PROTEIN 7.5g;  
CHOLESTEROL 97mg; CALCIUM 117mg; SODIUM 186mg; FIBER 3.3g; IRON 1.8mg;  
CARBOHYDRATE 46.1g

*Cooking Light*, NOVEMBER 2002



Don't forget that Daylight Saving Time ends on Sunday November 4<sup>th</sup> at 2am. Be sure to set your clock back one hour and enjoy that special sleep gift from nature!

## BCHI TO HOST DIABETES FAIR

Join BCHI and Botsford Center for Lifestyle Management on Saturday, November 10<sup>th</sup> from 9am until 1pm at the Diabetes Fair. This event will be held at BCHI and is free to the public. The Diabetes Fair is for persons with diabetes, pre-diabetes, and their family members. Join us for cooking demonstrations, seminars, exercise demonstrations and more! Learn how to safely exercise with diabetes, how exercise affects medications, and more!

### Schedule of Events

**9am**—Cooking Demo/"Ask the Diabetes Nurse"

**9:30am**—Sit and Be Fit Class Demo—Pull up a chair while you work on range of motion and toning your muscles!

**10am**—Seminar—"Diabetes and Exercise"—Learn the importance of exercise for those suffering from and having predisposition for diabetes.

**11am**—Cooking Demo/"Ask the Diabetes Nurse"

**11:30am**—Zumba Class Demo—Try this energetic class...low impact Latin dance is the newest exercise craze and BCHI has it!

**12pm**—Seminar—"Diabetes Medications"—Important information for persons living with diabetes!



Attention Members,

In an attempt to keep our members informed on any policies that may affect your usage of the facility, please find our Bad Weather Policy below:

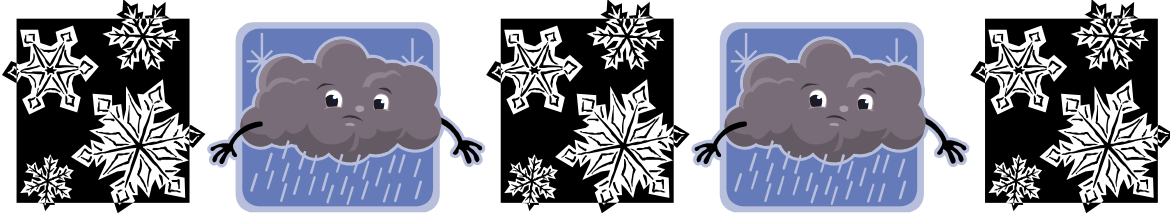
**Opening Delay:** In severe weather, identified by Novi school closures, BCHI will impose a 1-hour opening delay to allow additional drive time for staff to arrive.

**Early Closure:** Under Management direction BCHI may enforce early closure in severe weather due to power outage, snow accumulation in parking lot, staffing shortage or low member volume. In the event of severe weather, please call (248) 473-3100 to confirm that BCHI is open.

**Group Exercise Classes:** In severe weather, identified by Novi school closures, BCHI group exercise classes will remain open for attendance but may be altered by individual instructors. Please call (248) 473-3100 for verification that your group exercise class will be held on occasions of bad weather.

**Pool:** In severe weather where thunder and/or lightning is present, members will be asked to vacate the pool area and return to the locker rooms. This will remain in effect for 15 minutes after the thunder and/or lightning is last heard or seen.

We appreciate your understanding and compliance with these policies.



## BCHI Move of the Month

# Prone Back Stabilization “Bird Dog” or “Pointer”

**Targeted Muscle:** Erector spinae

**Starting Position:** Begin in an all-fours position with the abdominal muscles engaged to stabilize the spine and pelvis and the neck in alignment with the spine.



**Action:** Lift the left arm and the right leg simultaneously. Pause, then slowly return to the starting position. Repeat on the opposite side.

**Common Errors:**

**Error:** Holding the breath

**Correction:** Emphasize exhaling during the lifting phase of the exercise.

**Error:** Excessive extension of the lumbar and cervical spine

**Correction:** Control the lifting phase and limit the range of motion of the neck and lower back, keeping the neck in alignment with the spine.

**Variations:**

- Only upper body
- Change arm position and lever length to increase or decrease intensity



## The Fat Burning Zone Myth

Should we perform our cardio/aerobic workouts at a lower intensity to burn more fat? The body does burn a higher percentage of calories from fat in the 'Fat Burning Zone' or at lower intensities. But, at higher intensities, you burn a greater number of overall calories which is what you should be concerned about when trying to lose weight. The chart below details the fat calories expended by a 130-pound woman during cardio exercise:

	Low Intensity - 60-65% Max. Heart Rate	High Intensity - 80-85% Max. Heart Rate
Total Calories expended per min.	4.86	6.86
Fat Calories expended per min.	2.43	2.7
Total Calories expended in 30 min.	146	206
Total Fat calories expended in 30 min.	73	82
Percentage of fat calories burned	50%	39.85%

*From The 24/5 Complete Personal Training Manual, 24 Hour Fitness, 2000*

In this example, the woman burns more total calories and more fat calories at a higher intensity. This isn't to say that low intensity exercise doesn't have its place. If you are just beginning an exercise program or limited by a physical condition, low to moderate aerobic exercise is recommended. In fact, endurance workouts should be a staple of a complete fitness program along with shorter, higher intensity workouts or even interval workouts, which are a great way to burn more calories and build endurance. To figure out your own intensity levels, start by calculating your target heart rate zone:  $220 - AGE = \text{Maximum Heart Rate (MHR)}$ , Then multiply by the appropriate percentage.

**Bottom Line:** If you can handle the higher heart rate and work level, I recommend that you work at an Aerobic Zone (70-80% of MHR), vs. the Fat Burning Zone. You will burn more calories and complete your workout in a shorter amount of time. If you have questions about your target heart rate zone, please see a BCHI Fitness Specialist before your next workout!

By Cliff Ewald, MS, CSCS

## RANDOM ACTS OF KINDNESS ALERT!!!

Hey BCHI members! There are random acts of kindness coming your way...but who knows when, where or what? It pays to come and work out, because you could be the recipient of a RANDOM ACT OF KINDNESS!! But, you can't get the benefit if you aren't here!!

# **MEMBER OF THE MONTH BOARD**

Have you notice a member putting in extra time on the treadmill? Maybe you finally lost those extra pounds that have been following you around for the last year? Everyone deserves a "shout out" so here's your chance!

Each month we will honor one member who has made tremendous effort to live a healthy lifestyle! We want to hear those success stories! You may nominate yourself or another member that you feel has demonstrated a change in lifestyle. If you are chosen as our member of the month you will receive a free locker for one month, which includes laundry service of your workout clothes. Please e-mail us at [BCHI@botsford.org](mailto:BCHI@botsford.org) or drop of your nomination at the front desk before November 26<sup>th</sup>.

**So, give yourself or a workout buddy motivation to cruise through the holidays with a nomination for the BCHI Member of the Month. Keep checking the display case by the towel desk to discover December's exercise enthusiast!**



## **BCHI SPECIAL EVENTS NOVEMBER 2007**

- **11/8/07—Free Seminar with Teresa Maguran, BCHI Fitness Specialist, and the Botsford Wellness Complex Multi-Level Professional Team—New You Challenge Kick-Off 6PM**
- **11/10/07—Diabetes Fair 9AM-1PM**
- **11/15/07—New You Challenge Begins! 6PM**
- **11/22/07—THANKSGIVING DAY—BCHI CLOSED**