



BCHI BUZZ



2007

HOLIDAY HOURS

CHRISTMAS EVE, MONDAY 12/24/07—5:30AM-3:30PM

CHRISTMAS DAY, TUESDAY 12/25/07—CLOSED

NEW YEAR'S EVE, MONDAY 12/31/07—5:30AM-8:00PM

NEW YEAR'S DAY, TUESDAY 1/1/08—CLOSED

ALL OTHER HOURS OF OPERATION WILL REMAIN NORMAL.

****Please see the Front Desk for a revised
Holiday Group Exercise schedule!****

BCHI TURNS A YEAR OLD!!

It's hard to believe, but BCHI will be celebrating its one-year birthday on Friday, December 7th. The festivities will be ongoing the entire week with special events to mark this milestone! We could not have done it without our members, so of course we will be applauding all of you in different ways throughout the week. Have you ever wondered how many miles the BCHI treadmills have logged over the past 365 days? Here are some mind-boggling statistics: In our first year of fitness, BCHI members have logged 12,000 hours of cardiovascular exercise, walked over 23,000 miles, burned almost 2.5 million calories, and lost over 1,000 pounds! These numbers prove what BCHI staff have always known—our members are serious about exercise!



As a way for our members to share this facility with others, we will be giving members the opportunity to treat friends and loved ones to a free one-week membership. Look for the member referral booth in the front lobby and stop by to register your "special someone" for this limited time offer. You can give the gift of health this holiday season just by stopping by the booth. It's as easy as that!



Presenting---The Fantastic Four!

We here at BCHI are proud of all of our members, but there are 4 members who have wholly dedicated themselves to the healthy lifestyle that we have made it our mission to promote since we opened our doors on December 7, 2006. These are the members who are never afraid to try a new machine or class, or pump out the extra mile on the treadmill. Their commitment to fitness inspires members and staff alike. The next time you see these exercise aficionados, give them a shout out or pat on the back---they deserve it!

Rita Sullivan—245 visits--Rita is approaching her one-year anniversary at BCHI, and she's never been healthier! Since joining in January of 2007, Rita has dropped two sizes and her cholesterol, by taking advantage of all BCHI has to offer, and is continually looking for workouts to improve her physically and mentally. As a reward for her hard work (which includes the aptly named Boot Camp), Rita indulges in her favorite snack---ice cream! "With working out I don't have to give up my favorite foods," she explains.

Jim Preble—234 visits --Jim is a veteran of BCHI, and has been attending since it was connected with TRACC in 2005. He joined after completing cardiac rehab with the intention of remaining physically independent. He cites the committed staff as being a large part of his success of being physically stronger. What used to be a challenge is now a part of everyday life. "Everyone should take advantage of what is offered here," he says.

Dorothy Henry—220 visits--it's a family affair for Dorothy, who joined with her mother in January of 2007. Using a variety of pool classes, and putting her best foot forward with running camp, Dorothy has increased her flexibility, and has increased her cardiac and respiratory endurance. Dorothy's fitness motto is that the best way to deal with health pitfalls is by getting healthy and keeping it that way. We couldn't have said it better!

Eileen Krolkowski—220 visits--Eileen gave her healthy lifestyle a jumpstart by joining BCHI in October 2006. Eileen is one of our members who takes advantage of the fitness equipment, such as the Arc Trainer and the rowing machine, the pool, and group exercise classes such as yoga. Eileen joined BCHI to improve her upper body strength, lose weight, and manage stress more effectively. And, by being consistent and challenging herself, she has achieved those goals! Eileen treats herself to a massage every now and then as a reward for her hard work and believes in doing what she can, but also challenging herself a little more each day. Way to go Eileen!




Sally Gault was our #1 walker during our Walktober event, logging in with a total of 156 miles or 312,000 steps. That averages out to about 10,400 steps each day! Walk on Sally!!

12 Days of Fitness

(December 3-21-No need to register)

BCHI wants to help you stay motivated and stress-free this December with the "12 Days of Fitness." Add an extra fitness activity to your fitness routine and those of you who successfully complete your task card (up to 12 times) will be entered in a drawing for the grand prize--a 3-month locker rental including laundry service!

	12 DAYS OF FITNESS Activity: Name: BCHI Fitness Staff:
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Here's what you need to do:

- Pick up a "12 days of Fitness" card like the one above (located at the front desk)
 - Complete your task along with your regular workout
 - Fill out the information on the card
 - Have a Fitness Staff sign your card
- Drop your card into the "12 Days of Fitness" basket located at the front desk
- Each time you fill out a card (one per day) up to 12 days you will be entered in the drawing for the Grand Prize!



WHAT WE'RE LISTENING TO...

If you need a little inspiration this holiday season to keep your workouts from being boring, take a peek at what BCHI staff have on their playlists. There might be something here that sparks your interest...

Your friendly Front Desk Staff has a wide variety of musical styles on their playlists. Molly Robosson has downloaded "**Cool Yule**" performed by **Bette Midler** to keep her in the holiday spirit while trekking along on the treadmill. Sarah Trojan enjoys the classics with a little "**Dancing in the Moonlight**" by **King Harvest**. (And she wouldn't say no to a candlelit dinner either!) Member Services Coordinator Mandy Hartke channels her inner "**Rock Star**" by **Nickleback**. Rochelle Baron keeps the work atmosphere peppy by listening to "**Shout**" by the **Isley Brothers**. Marjorie Rumbley likes to plug into classic Motown to make her workout fly by. Joan McKinnon gets down with **Lynard Skynard's "Sweet Home Alabama"**. Dominique Griffin keeps her tempo with "**Ayo Technology**" by **50 Cent**. Corey Gordon grooves to **The Isley Brothers**.

Even BCHI's fitness gurus use music to keep themselves in the exercise spirit. Mesha Terrell keeps things mellow with anything by **Kenny G**. When you see Natalie Becker running on the treadmill, chances are she is listening to "**Lookin' Out my Back Door**" by **Credence Clearwater Revival**. For the rest of us, it's "**Misery Business**," but Cristina Noble trains for her marathons to the riffs of **Paramore**. Teresa Maguran

keeps it fresh with the **B-52's** and "**Love Shack**". It's no surprise that Cliff Ewald steps it up to "**Eye of the Tiger**" by **Survivor** (Adrian!). Ryan Hall finds his "**Motivation**" in the music of **Sum 41**. BCHI manager Monica Pagels empowers herself by listening to **Christina Aguilera's "Stronger."** Chris Navan powers through his workouts by rocking out to **Metallica**. Lisa Modzel likes to make waves with "**Start the Commotion**" by **The Wise Guys**. Lastly, go-to girl Lori Rucks dreams of carbs while working out to "**Pour Some Sugar on Me**" by **Def Leppard**. For more playlist ideas, visit runningtunes.com.



BCHI HAS THE GIFTS THAT KEEP ON GIVING!

Are you facing the challenge of shopping for the person who already has everything? Are you trying to give more health-conscious gifts this holiday season, or perhaps you want to give the gift of pampering to someone special? If so, BCHI has your gift-giving gaffes taken care of with our gift packages guaranteed to please anyone! Stop by the Front Desk to look over our "gift menu" and place your order. **Please allow 24 hours for preparation.**



Do you know someone who would like to join BCHI? Now is the perfect time! Beat the January stampede of new member enrollment and do a good deed as well! BCHI is giving ½ off any enrollment fee for new members from now until 12/23 with a donation of a new unwrapped toy valued at \$10 or more. Since 1947, the U.S. Marine Corps has distributed more than 370 million toys to over 173 million needy children through it's yearly Toys for Tots campaign and BCHI is a donation site for this program. And don't forget about our excellent member referral rewards! Spread the word...and the good cheer!



Take a break from the cold and heat up your diabetes management on Saturday, January 12th at the BCLM Saturday Sizzler from 10am until 2pm at BCHI! New information on available treatments and monitoring will be available. Visit with our diabetes educators and vendors and register for great raffle prizes. Lunch will be provided so please let us know you are coming! Registration is only \$5. Please call 248-477-6100 for more information and to reserve your spot!



BCHI SNACK ATTACK

Cocoa Fudge Cookies

You can mix these incredibly easy, fudgy cookies right in the saucepan. When freshly baked, these thin cookies have crisp edges and chewy centers. You can make them with either Dutch process or natural unsweetened cocoa powder.

Ingredients

1 cup all-purpose flour
1/4 teaspoon baking soda
1/8 teaspoon salt
5 tablespoons butter
7 tablespoons unsweetened cocoa
2/3 cup granulated sugar
1/3 cup packed brown sugar
1/3 cup plain low-fat yogurt
1 teaspoon vanilla extract
Cooking spray

Preparation

Preheat oven to 350°.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, soda, and salt; set aside. Melt butter in a large saucepan over medium heat. Remove from heat; stir in cocoa powder and sugars (mixture will resemble coarse sand). Add yogurt and vanilla, stirring to combine. Add flour mixture, stirring until moist. Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray.

Bake at 350° for 8 to 10 minutes or until almost set. Cool on pans 2 to 3 minutes or until firm. Remove cookies from pans; cool on wire racks.

Yield

2 dozen (serving size: 1 cookie)

Nutritional Information

CALORIES 78(31% from fat); FAT 2.7g (sat 1.6g,mono 0.8g,poly 0.1g); PROTEIN 1g; CHOLESTEROL 7mg; CALCIUM 12mg; SODIUM 54mg; FIBER 0.5g; IRON 0.5mg; CARBOHYDRATE 13.4g

Alice Medrich, *Cooking Light*, JANUARY 2002

BCHI MOVE OF THE MONTH

This exercise takes some discipline and commitment, but is well worth the effort! This exercise benefits all muscle groups.

The Push Away

- (1) Sitting in a chair in front of your kitchen or dining room table, extend arms straight out in front of your body until fingertips are resting on top to the table.
- (2) Rotate wrists so that fingers are pointing to the ceiling.
- (3) Gently push yourself away from the table, moving chair away from the table at the same time.
- (4) Stand from chair, turn and walk away! Your waistline will thank you!

Common Mistakes: Not doing this exercise often enough!



Attention Members,

As winter is descending upon us we are receiving inquiries about the water temperature in the therapeutic pool. While it may seem that the water temperature is dropping with the mercury, the boiler is kept unwaveringly between 90-91 degrees Fahrenheit, within the range recommended by the American Arthritis Foundation. Any changes in perceived temperature may be attributed to a decrease in air temperature. Our large glass windows in the aquatics center and lack of sunlight are making it harder to retain heat, resulting in a cooler air temperature.

Did you know?

*The Arthritis Foundation Aquatic Program determines the safe comfort range for aquatic exercise as being between 83-90 degrees Fahrenheit.

*Aquatic exercise in pools 92-99 degrees Fahrenheit may result in an unhealthy increase in core body temperature, a decrease in blood pressure, and increase in oxygen consumption, and cardiac demands beyond a safe margin.

*The Michigan Department of Environmental Quality (DEQ) advises that the temperature of any recreational pool not exceed 90 degrees Fahrenheit because of its potentially detrimental health effects for children or those with weaker immune systems.

Should the cooler feel of the aquatics center adversely affect you, we suggest you bring a robe or extra towel to wear on the pool deck and in the locker room. We appreciate your cooperation, and look forward to working with you to help you maintain your exercise routine through the winter!

Thanks for working with us to keep our environment as safe and healthy as possible!

BCHI Staff

Top 5 Tips for Surviving the Holidays

These top 5 tips for surviving the holidays are great for increasing your energy and reducing your stress, this season and all year long.

1. Take time for yourself. Although spending time with friends and family is essential, it's also important to have at least five minutes to yourself to relax. Uncontrolled stress can lead to overeating.
2. Don't set unrealistic exercise goals with your busy Holiday plans. Aim to exercise 20 minutes a day instead of an hour.
3. Enlist a friend or family member to exercise with you. Walking and talking with a friend can be a great way to burn extra calories, reduce your stress level and keep you motivated.
4. Create new, more active traditions. Instead of throwing a dessert or cocktail party, try snowshoeing, powder puff football or ice-skating as an alternate holiday event.
5. Don't try to lose weight or stick to a restrictive diet this holiday season. If you enjoy your favorite foods in small portions, you'll feel more satisfied. Trying to stay away from certain foods may leave you feeling deprived.

**BCHI AND BCLM HAVE “THE ANSWER” TO YOUR WEIGHT LOSS
WOES! STAY TUNED TO THE JANUARY BUZZ FOR MORE
INFORMATION!**

■ ■ NOTES FROM THE MANAGER ■ ■

“Don’t hang in there; keep on going!”

What an impressive first year we’ve had! It feels great to celebrate a first year filled with fitness goals, friendships, and good health. I would like to take this opportunity to thank our members that have grown with us in 2007. Your comments and feedback as well as your continued commitment have helped us develop new programs and create lasting impressions. Our members have demonstrated by phenomenal statistics that they believe in their health and have made fitness a part of their daily lives. You are an example of how hard work and dedication can change lives! Keep up the outstanding effort and challenge yourself to reach new goals in the New Year. BCHI is strongly committed to helping you achieve your fitness goals and will continue to provide quality classes, programs and personalized exercise routines to guide you on your journey.

Yours in Health,

Monica Pagels, MS
Manager