



BCHI BUZZ



2008

Happy New Year!

HOLIDAY HOURS

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 KEEPS FITNESS PERSONAL!

With the arrival of the New Year, there's no better time to re-evaluate your fitness goals. If you need an extra push, find accountability in a personal trainer. A personal trainer will help you set specific fitness goals: Do you want to add some definition? Are you recovering from an injury and need to find safe exercise techniques that won't aggravate your injury? Do you want to improve your athletic performance? Maybe you just aren't sure you are getting the most out of your workout.

A personal trainer can help with all that and more. This person is a coach, role model, educator and cheerleader who will customize a program to fit your needs and schedule. Some people may want to use a trainer several times a week. Others may just want an occasional check-in with a trainer to get feedback. It's all up to you!

January 14th-18th is Personal Training Week at BCHI. If you have ever wondered how BCHI's personal training program can help you achieve your fitness goals, this is your chance to find out! **There will be complimentary 15-minute personal training mini-sessions available to our members during this week.** There are only **3 requirements**---you must sign up at the front desk for an appointment, you must be new to the personal training program at BCHI, and you must come with a willingness to learn! Let Teresa Maguran and Cliff Ewald, BCHI's certified personal trainers, show you how you can ramp up your fitness program! We anticipate these appointments to be extremely popular, so we urge you to sign up quickly! Don't miss out on this unique opportunity!

And, save the date for our free seminar on **Tuesday, January 15th at 7pm.** The topic of this seminar is **"30 Days to a New You: BCHI Personal Training"**. Learn more about the difference personal training can make in your workouts at this seminar that is open to the public. Bring a fitness friend!

Coming in February
IF I HIT IT RIGHT, IT'S A SLICE, IF I HIT IT LEFT, IT IS A HOOK, IF I HIT IT STRAIGHT, IT'S A MIRACLE

* Author Unknown

Back by popular demand--BCHI's Golf Conditioning Program!! This 6-week program was so successful that it's twice as great in 2008! Pencil in Saturday, February 9th at 10am for our free Golf Seminar to learn more about the program and how it can help your golf game. This seminar and the 6-week program is open to the public, so bring your golf league buddies! Participants will have a choice of attending Tuesday evenings beginning 2/19 or Friday mornings beginning 2/22. The second session will begin April 1st (and we aren't foolin'!). Stay tuned for more details and get ready to swing away this spring with BCHI's Golf Conditioning Program!



Do you have a friend or family member 18 or over who is ready to commit to a healthier lifestyle in 2008? Ask us how they can qualify for no enrollment fee!



Wow! Thanks to our generous members, BCHI was able to donate over 100 toys to the Marine Corps Toys for Tots 2007 toy drive! Thank you for making the holiday season happier for a needy child.

BCHI MOVE OF THE MONTH

Fitball Hip Lift



Lie on the ball with the head, neck and shoulders supported, knees bent and body in a table-top position. Lower the hips towards the floor without rolling on the ball. Squeeze the glutes to raise hips until body is in a straight line like a bridge. Hold weights on the hips for added intensity and make sure you press through the heels and not the toes.



Learn to swim in the New Year!! BCHI's next 6-week session of swim classes begins Saturday, January 12th. There are classes for ages 2 to 92 and all classes follow the American Red Cross protocol. Group classes and private lessons are available. If you are not sure which class your little one should be in, there will be a placement session held on Saturday, January 5th. Please stop by the front desk or call 248-473-3100 to schedule your placement appointment and for pricing information.

The Answer

Weight Loss Program

Botsford Center for Lifestyle Management (BCLM) announces a new weight loss program

THE ANSWER

Our team of dietitians, nurses and exercise experts will help you find the answers towards obtaining a healthy weight and maintaining it through a healthy lifestyle.



Where: Botsford Wellness Complex, BCHI
39750 Grand River Ave.

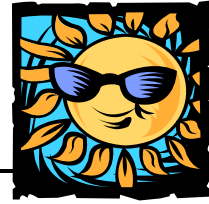
When: Wednesday, January 23 / 6:30-7:30 pm
Thursday, January 24 / 9:30-10:30 am

Cost: \$40.00 for first 5 weeks (6th week free)
After the first 6 weeks - \$8.00/week

Start-up material fee - \$12.00 first session only

Call (248) 477-6100 to register by Jan. 16, 2008 or if you have questions -
we have "THE ANSWER"

Botsford Center for Lifestyle Management
Diabetes Education Program
Presents



Saturday Sizzler

Saturday, January 12, 2008

10:00 am – 2:00 pm

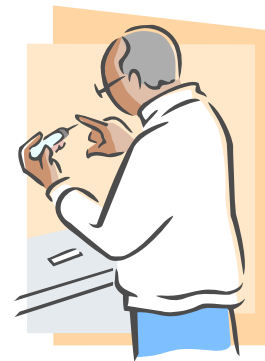
**Botsford Center for Health Improvement
39750 Grand River Ave. Novi, MI 48375**

Take a break from the cold and heat up your diabetes management with new information on available treatments and monitoring as well as health and wellness. Diabetes educators and vendors will be available to answer questions and demonstrate new products.

Lunch Provided

Free Raffle

- * Meters
- * T- Shirts
- * Pedometers
- * Gift Certificates
- * Books



Please let us know you're coming!
Questions? Call 248-477-6100



FOOD FACTOIDS

Before you fill up your grocery cart, take a look at these nuggets of knowledge... education is power!!

- ❖ Twinkies contain calcium sulfate which is basically plaster of paris.
- ❖ Saccharin was originally made from coal tar.
- ❖ One cup of carrots contains more water than a cup of whole milk. Now that's hydration!
- ❖ Lemons contain more sugar than strawberries. Pucker up!
- ❖ The first strawberries were discovered in Virginia.
- ❖ An ear of corn always has an even number of rows.
- ❖ There are 7,500 varieties of apples grown in the world.
- ❖ The inside of a banana is technically a berry.

Family Swim Night

Splash into the New Year at our Family Swim Night on Friday, January 4th from 6:00pm until 8:30pm.

2 guests per member please! Only \$3 per guest!

Kids? Grandkids? Neighbors?

ALL ARE WELCOME!

Lifeguard on duty.



Save the date for our next Family Swim Night to be held Friday, February 1st!



Habit Forming – How to Make Your New Year's Resolution Last

The ability to succeed in the long term may be dictated more by our habits and rituals than by our talent, intelligence and discipline. Consequently, when initiating a new behavior, some of your biggest challenges include replacing bad habits--or no habits--with good ones.

Discipline and will power are great for achieving a difficult challenge in the short term. We can move mountains, and we can pass on that chocolate cake at the office party. But conscious thought and action sap such large amounts of energy that they are unsustainable over time. That's why will power alone doesn't work for longer-term challenges, such as weight loss, mastering a musical instrument or changing behavior in the workplace.

Research suggests that as much as 95% of our actions occur automatically. Remember this when you are trying to change an unhealthy lifestyle: you must break the bad habits before initiating new ones. It may be difficult to achieve both simultaneously. Be patient and tackle one change at a time.

The bottom line is: we are what we are able to program into our autopilot. So you must ritualize new behavior so that it is performed automatically. To use military example, soldiers are not taught what to do in battle. They don't learn how to behave in an ambush situation by reading the manual. They are drilled, day-in and day-out until their reactions become immediate, instinctive and effective. There is no need--and no time--to think. Don't give yourself time to

think about going to the gym, just do it. Eventually it will become a priority in your daily schedule.

So, how do we ensure that our new health goal becomes ritualized? One way to think about this is to position the 30-90 days after a beginning a new action or behavior as "The Hot Zone." This is the critical period in which the skills we have practiced will be internalized and assimilated--or lost. If you have remained focused on your goal and persistent with your actions to achieve your goal, then your success rate should increase dramatically. Push through the Hot Zone to success and your New Year's Resolution will become your new healthy lifestyle. Happy New Year! Adapted from an article by Hal Cooper, *Westport, CT*

Fit Tuesday

Mardi Gras or Fat Tuesday has traditionally been the day of feasting. And we won't even talk about those special pastries that contain over 400 calories each! What if this year was different? BCHI is sponsoring "Fit Tuesday" February 5th to celebrate all things healthy! We will offer group exercise classes, nutrition tips from our BCLM Dietitian, stress management tips, and more to help you stay fit! It is free to the public- bring a friend to this all day event. A detailed schedule will be available soon.



39750 Grand River Ave ♦ Novi, MI 48375 ♦ (P)248-473-3100 ♦ (F)248-473-4007
Monday-Thursday: 5:30 am-10 pm
Friday: 5:30 am-9:00 pm
Saturday: 7:00 am-7:00 pm
Sunday: 10:00 am-6:00 pm