



BCHI BUZZ



FEBRUARY 2009

EXCITING NEW SERVICES NOW AVAILABLE AT BCHI!

NUTRITION COUNSELING Have you always wanted to have a smart mouth? **BCHI is pleased to offer Nutrition Counseling services with Lisa Nauman beginning in February.** Clients will be able to schedule appointments with Lisa to receive help with nutrition education and support, goal setting, caloric budgeting and menu planning. Lisa will also be able to offer help with meal logs and even grocery shopping tours! **Services range in cost from \$55 for a Nutrition Consultation to \$129 for a comprehensive Nutrition Management Package.** Please see the Front Desk for a complete list of services and pricing.

METABOLIC TESTING Everyone's metabolism is different. And if you are trying to drop some extra pounds, it is important to know your metabolic rate: in other words, how many calories can you consume every day and still lose weight? Finding out your Resting Metabolic Rate (RMR) is easier than you think. **Appointments are now available with Lisa Nauman and Cliff Ewald** for a simple test to determine your RMR and follow-up with physical activity and nutrition strategies. Detailed meal planning services and dietary analysis are also available as additional services. **Prices range from \$80 to \$140.** For appointments and more information, you may speak to any Member Services Representative at the Front Desk or call us at 248-473-3100.

REIKI Are you familiar with Reiki (pronounced ray-key)? This Japanese method of reducing stress and inducing relaxation is becoming recognized by health professionals and Reiki sessions are now being added to services provided by medical clinics, hospitals and even hospice programs. Findings indicate that Reiki can reduce stress, decrease the need for pain medications, and accelerate the healing process. In addition, studies show that cancer patients, cardiology patients, and persons suffering from TMJ pain respond very well to Reiki. **BCHI is excited to offer Reiki sessions beginning in February with Rob Chrusciel,** a certified Reiki practitioner and the instructor of our popular evening yoga classes. Reiki sessions last one hour and are performed with light touching while clients remain fully clothed. Appointments with Rob will be available on **Wednesdays from 5pm to 8pm and Saturdays from 9am until 3pm.** **The cost of a one-hour appointment is \$45.** We are excited that Rob will be offering his expertise in Reiki to our members! For more information or to schedule an appointment, please stop by the Front Desk or call 248-473-3100.

HYPNOTHERAPY It has been an established fact for years that smoking is one of the most damaging bad habits that a person can have (not to mention expensive). Unfortunately it is also one of the hardest bad habits to break! If you are ready to quit once and for all, BCHI is giving you the tools to quit with the introduction of hypnotherapy sessions designed to assist smokers in kicking the habit. **Donna May, MA, a clinical and medical hypnotherapist with 20 years of experience in the field of hypnotherapy, is now taking appointments for hypnotherapy for smoking cessation. A smoking cessation package consists of two appointments at a total cost of \$200 and appointments are available at BCHI on Tuesdays from 2pm-6pm.** Please see the front desk or call 248-473-3100 for more information or to schedule an appointment. Make 2009 your healthiest year ever with smoking cessation hypnotherapy at BCHI!

Treat Your Sweetheart is Back!

Show your love for BCHI and someone special during our Treat Your Sweetheart week! **Tuesday February 10th thru Saturday February 14th**, guests may experience BCHI at no charge, so share the gift of better health and fitness with someone you love. As always, your guest will be given a tour so they know "the lay of the land" and will be introduced to one of the fitness staff on duty so they can get started working out! Classes are included in this special so bring a pool partner or introduce someone to Iron Maidens or Fit Ball! This is the perfect opportunity to recruit your workout buddy! **Any spouse or household member who joins a 12-month contract receives the special discounted monthly rate of \$37.50.** As a special offer (and to help cut down on the stress of shopping for that special Valentine's Day gift) **any one-hour massage service gift certificate will be 10% off** during our Treat Your Sweetheart event. We will even throw in a flower for you to give to your special valentine! Gift certificates may be purchased at the Front Desk or over the phone with a credit card. **Pick up your Treat Your Sweetheart guest passes at the Front Desk—(please, take as many as you want!) the Treat Your Sweetheart display, or from one of the exercise specialists.** Share BCHI with someone(s) you love!



STEP AWAY FROM THE PACZKI!!

Celebrate Fit Tuesday on February 24th at BCHI! Don't make that annual drive to Hamtramck. Instead, let your car bring you to a healthy destination and paczki-free zone! **BCHI is open to the public on Fit Tuesday** so that everyone has a safe haven from those decadent pastries. We know--it's only one day a year. But 400 calories on the lips is also 400 calories on the hips (or whatever body part is your trouble spot!) so let the exercise experts at BCHI show you fun ways to combat those calories. Come have a lo-cal smoothie or watch a healthy cooking demonstration. Learn how to enjoy your meals with healthy portion sizes. And, as always, group exercise classes are always included in this extravaganza! **We will also be kicking off our Metabolic Testing and Nutrition Services with FREE Seminars open the public.** Bring a friend or invite your neighbor or coworker to Fit Tuesday! Schedules for Fit Tuesday will be available soon at the Front Desk, or call 248-473-3100 for more information.





IT'S TIME TO TEE UP!

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**

Golf season is right around the corner and golf leagues are forming now, so back by popular demand--BCHI's Golf Conditioning Program!! This 6-week program, led by Cliff Ewald, has proven to be an effective way to get in shape for the golf season and prevent injury. Pencil in **Wednesday, February 25th at 6pm** for our **free** Golf Conditioning Seminar to learn more about the program and the benefits of golf conditioning. This seminar and the 6-week program are open to the public, so bring your golf league buddies! **The cost is only \$150 for members and \$200 for non-members the Golf Conditioning Program, and non-members have unlimited use of the facility for the duration of the program!** Participants will have a choice of attending 45-minute sessions on **Tuesday mornings at 8:30am beginning 3/3 or Wednesday evenings at 6pm beginning 3/4**. This is a great opportunity for golf leagues to train together (keep an eye on your competition)! Each participant will receive a customized strength and conditioning program that is specific to the sport of golf. The goal of the program is to strengthen the core and increase flexibility, both of which will improve your golf swing. And injury prevention is paramount, with particular attention paid to alleviating and preventing low back pain. Does this sound like something you need? Just stop by the Front Desk or give us a call at 248-473-3100 to register. Get ready to swing into spring with BCHI's Golf Conditioning Program!



Save the Dates! BCHI's Spring Golf Expo will be held on Saturday 4/25 at 10am featuring vendors, raffle prizes and free swing analysis! The second session of Golf Conditioning Classes will begin May 5th. And don't forget about the 2nd annual BCHI Golf Outing to be held in May. More information will be available soon!



National Wear Red Day is Friday, February 6th! Join the American Heart Association and BCHI in supporting heart disease prevention and stroke awareness in women by donning your favorite red workout shirt on Friday, February 6th. Show your commitment to a heart-healthy lifestyle by wearing red!

Go Red for Life!

Follow these easy suggestions from the American Heart Association to keep your ticker in tip-top shape:

- ♥ Have a checkup once a year and talk to your doctor about how you can prevent heart disease.
- ♥ Aim for 30 minutes of cardiovascular activity, five times a week.
- ♥ Maintain a heart healthy weight.
- ♥ Become a salt detective. Check out the Nutrition Facts panel on packaged foods to see how much sodium (salt) they contain. Aim for a total intake of no more than 2,300 milligrams (about a teaspoon of salt) per day.

- ♥ Know your numbers! Numbers other than your blood pressure are equally important! Cholesterol levels, body mass index and even your waist circumference can indicate risk levels for heart disease.

Save the Date: Friends and Family CPR class will be held on Saturday, March 7th. More information will be available soon!

COMPLIMENTARY AND ALTERNATIVE THERAPY WORKSHOPS

What is acupuncture? Does hypnosis work? Can I lower my blood pressure by doing yoga? The answers can all be found at **BCHI's Complimentary and Alternative Therapy Workshop to be held on Friday 2/27, and repeated on Saturday 2/28, from 9am until 12 noon each day.** Attend an interactive seminar and demonstrations of yoga, meditation, massage, Reiki and more. Experts in each field will be available to answer your questions, give you more information and talk to you about how alternative therapies offered at BCHI can improve your life. And don't worry if you can't attend on Friday...the information will be repeated at the Saturday workshop. This event is open to the public. For more information call 248-473-3100 or look for a schedule of events to be available soon!

Another Successful Program...



Participants in *Maintain, Don't Gain* enjoyed great success with this exercise program aimed at helping people maintain or even lose weight during the holiday season. Natalie Becker, BCHI Fitness Specialist, kept everyone focused with weekly handouts, visit tracking and weigh-ins. There were 64 visits from November 5th thru January 6th by the participants and a total of 11 pounds was lost. In fact, the success rate of people maintaining or losing weight during *Maintain, Don't Gain* was 80%! Congratulations everyone! That's a great kickoff to the New Year!



CLASS NEWS

In today's economy we must all take personal responsibility for improving our health and our future. Companies across the country are facing tough times and are forced to make tough decisions for the future of its' organization. Botsford has not been immune from these challenges. The Wellness Complex has had to face these tough economic times by critiquing its growth rate against its ongoing expenses. We have made some changes to our staff and membership amenities by streamlining our class offerings. Please be patient with us as we navigate through these changes and offer your feedback that will best help us continue to grow as a unique and compassionate facility. "Vote with your feet" we like to say, which means simply - support what is important to you by attending regularly and consistently. It is our mission to partner with you to improve your health and we are here to offer new goals, new program ideas, and results for your actions! As always, we welcome your guests, friends and family. If you would like them to see us (or you) in action, please invite them in any time!

The Votes are In! ...And here's what you've told us...

We always **want** and **need** to know what you, our members, are thinking. So, in December and January we polled many of you in our Group Exercise classes to ask what you enjoy, what else you

would like to try, and convenient days and times. Thanks to everyone for their valuable feedback! Here are some of the results from the surveys:

- **An overwhelming 99% of you said you were drawn to a class due to the instructor while 75% stated that the class day and/or time is also a reason they attend a particular class.**

And now it's time for the awards...

- **Most Popular:** It's a tie! Spinning / Gentle Aqua Aerobics
- **Favorite Instructor:** It's another tie! Genie (Tai Chi)/Ryan (Spinning/Iron Maidens)
- **Type Most likely to Attend:** Cardio / Strength training
- **Most Unpopular:** Pilates with Rings
- **Most Likely to Succeed:** Saturday morning classes
- **Class Clown:** Aqua Fit - 9am
- **Most Independent:** Tai Chi

Fun Facts:

- **Most people attend 2-3 classes a week**
- **Those who take Spinning were also likely to take Iron Maidens.**
- **Most desired class time is 5:30pm.**

Want more trivia? You can find the answers to these BCHI trivia questions at the end of this newsletter...

Guess Which Class:

- 1) Come on Feel the Noise
- 2) Coffee anyone?
- 3) No "dodging" here
- 4) Hardest to get along with
- 5) Girls Rule
- 6) Hold the sugar, please
- 7) Got Karma?

A Word from our Members

You talk, we listen! Ever want to make a comment about a class, brag about a staff member, mention a complaint? Use our comment card box located at the front desk near the exit doors. It is a great way for us to keep tabs on how we're doing and respond to your needs. Here's what you've told us this month:



What you've told us	What we've done
More Towels!	Order placed 1/27/09
Later class times / weekend classes	6pm Spinning beginning 2/4 and 6:30pm aqua classes/8am Spinning on Saturday beginning 2/7.
Need better communication	Look for message boards in locker rooms coming soon.
Improve locker room and aerobic floor cleaning	Housekeeping staff hours have been extended to later hours.

Give Us a Year and We'll Give You Savings!

Botsford Center for Health Improvement is motivated to do our part to help our community reduce their health care costs and to live healthier, more vital lives. In this economy, any penny saved is a penny earned. **So, if you are willing to commit to a one-year membership at BCHI, your monthly dues will be discounted to \$48 per month and additional family household members who make the same commitment will be reduced to \$37.50 per month.** You can even continue to make affordable monthly dues payments. This plan is perfect for members who are already in the habit of coming regularly and do not typically put their membership on hold throughout the year. Many of your fellow members are already saving money with this plan! Switching over to this contract is quick and easy so stop by the Front Desk today to take advantage of this limited time offer!

Fitness or Fun?

Want a place where everybody knows your name? With well over 1000 members, we recognize the importance of small groups and what having a sense of belonging can do for your self-esteem. Do you know that people who exercise with a partner are 60% more likely to stick with an exercise program? So we want to hear from you! Tell us about the social groups you have formed as a result of working out here at BCHI. We want to get you connected to others who share your passion for exercise (or lack of...) so you can feel better together! If you have a group or are looking for a group, please fill out a comment card or email us at BCHI@botsford.org!

Family Swim Night

COME OUT OF YOUR IGLOO AND INTO THE WATER AT BCHI'S

FEBRUARY FAMILY SWIM NIGHT!

FRIDAY 2/6/09 FROM 6PM-8:30PM

\$3 PER GUEST

IT'S ALWAYS WARM AND SUNNY IN THE BCHI POOLS, SO SUIT

UP AND WARM UP!

A LIFEGUARD WILL BE ON DUTY.

Would you like to learn how to swim? Are you uncomfortable learning in a group setting? Then private swim lessons are perfect for you! BCHI offers private swim lessons for people wanting to learn the basic strokes, as well as experienced swimmers who like one-on-one instruction. This is the year to overcome your fear of water! Be ready for summer fun with BCHI's private swim lessons. Single sessions as well as convenient 3-packs are available, and the public is welcome. Stop by the Front Desk for pricing and appointments or call 248-473-3100.

SAVE THE DATE: BCHI's next session of swim lessons begins Saturday 3/7 and runs through Saturday 4/18. It's never too early to pre-register!

As the season of salt is upon us, please consider bringing your workout shoes with you to change into once you are in the building. This will prevent salt buildup on the exercise equipment and help to keep our floors clean. Thank you for your cooperation!



MASSAGE NEWS

All one-hour massage gift certificates will be 10% off during BCHI's Treat Your Sweetheart event! From Tuesday 2/10 through Saturday 2/14, you may purchase a gift certificate for any of BCHI's one hour massage services at a 10% discount, and receive a free flower to give to your special someone.

Are you receiving your massage loyalty discount? **Clients who book their next massage appointment while at BCHI receiving a massage will receive \$5 off on their next appointment.** It is our way of saying thank you for your loyalty. NOTE: THIS DISCOUNT DOES NOT APPLY TO MASSAGE 5-PACKS.

Meet BCHI's Newest Personal Trainer!

Lisa Nauman, BS is a certified corrective exercise specialist, certified personal trainer and a nutrition coach. Lisa brings a wide range of experience in the dietetics and fitness field to BCHI. She graduated from Michigan State University in 2006 with a Bachelor of Science in Dietetics and continued her passion for fitness by receiving her personal training certification, with an emphasis in Corrective Exercise. We guarantee that when you start working with Lisa, her energy and enthusiasm for living a fit and healthy life will be contagious! Lisa believes in the balance of integrating the mind and the body. "Knowing that we are taking care of our bodies through proper exercise, good nutrition and positive mental imagery is a big part of our overall happiness and wellness." She enjoys mountain biking, spinning and outdoor exercising. Lisa is accepting Personal Training clients as well as assisting members with nutrition and metabolic testing services. She is also the group exercise instructor for Tuesday evening Fit Ball and Friday evening Iron Maidens. For pricing on Personal Training, Nutrition Consultations and Metabolic Testing or to schedule an appointment with Lisa for any of these services, stop by the Front Desk or call 248-473-3100.

Philosophy: Everything in moderation and variety, along with exercise, is key to living a healthier, longer and happier life. Everyday is another opportunity to make these changes happen. It is never too late to commit to healthy living habits, starting with small changes and focusing on the big picture: your health.

Here are the answers to the Group Exercise classes trivia quiz!

- 1) In **Spinning**, you can here Ryan shouting at the class all the way from the front door!
- 2) The **T/TH 8am Gentle Aerobics** group has been going out for coffee after class for years!
- 3) **Boot Camp** was the most attended fee-based class
- 4) **Fit Ball!** If you can't get the ball to stay where you want it, try putting it against the wall!
- 5) **Iron Maidens!** Our only class just for women....and their weights!
- 6) **Sweet and Low Tai Chi** is the "low cal" version of the traditional tai chi and is done seated!
- 7) **Yoga** can be spiritual, inspirational or stress relieving.

BCHI is excited to introduce our newest Community Partners!
Drakeshire, Jamestown, Farmington West and Kendallwood
Apartments are conveniently located just minutes from BCHI.
Stop by and pay them a visit or visit Drakeshire on the web at
<http://www.drakeshireapartments.com/>

UPCOMING EVENTS IN FEBRUARY '09 AT BCHI!!

- 2/4—Wednesday Night 6pm Spinning Class Begins !
- 2/6—Wear Red Day for The American Heart Association!
- 2/6—Family Swim Night 6pm-8:30 pm--\$3 per guest
- 2/7—Saturday Morning 8am Spinning Class Begins!
- 2/10 thru 2/14—Treat Your Sweetheart!
- 2/24—Fit Tuesday!
- 2/25—Golf Conditioning Seminar 6pm
- 2/27—Complimentary and Alternative Therapy Workshop—9am-12pm
- 2/28—Complimentary and Alternative Therapy Workshop—9am-12pm



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Monday-Thursday: 5:30 am-10 pm

Friday: 5:30 am-9:00 pm

Saturday: 7:00 am-4:00 pm (**Therapy pool open 7:30am; Lap pool open 8am**)

Sunday: 10:00 am- 4:00 pm

Please be mindful of our closing times. All members and guests **MUST** be out of the building at time of closing. Thank you for your cooperation!