



Get Your Game On with March Madness!!



March Madness is back! Beginning Monday March 16th thru Sunday April 19th, this fun competition will encourage you to increase the duration and variety of your workouts. This program is guaranteed to help you reach your next fitness or health goal. Now is not the time to let go of your New Year's Resolutions! Compete for the weekly top spots by earning points for each minute of exercise and successfully completing special challenges every Friday, Saturday and Sunday. Prizes will be awarded to the top 2 male and female competitors at the end of the contest. *The 5-week program is FREE.* Just sign up at the front desk or fitness desk to participate. Sign-ups begin March 9th and continue thru Sunday March 29th. Last year's competition was hot, hot, hot so don't sit on the bench this year!

Boot Camp Encore



BCHI's Boot Camp filled up so quickly that we thought it only fair to offer a second session for people who did not register in time for the first one. *Boot Camp, the Sequel* will be offered on Saturdays beginning March 21st from 10am-10:45am. Lisa Nauman, BCHI personal trainer, will be leading this challenging class which will challenge and inspire you! Find out what you are *really* capable of during this 6-week class for intermediate and high levels of fitness. This class is open to the public and costs \$50 for members and \$60 for non-members. The class size is limited to 14, so avoid the last-minute stampede and pre-register early at the front desk or by calling BCHI @ 248-473-3100.



Get Ready for Golf!

It's not too late to swing into spring with BCHI's Golf Conditioning program! BCHI has moved the start date to accommodate late registrations. The evening session will now begin on Monday, March 9th at 6pm and the morning session will commence on Tuesday, March 10th at 8:30am. Members may charge the \$150 fee for the 6-week program to their member account for convenience or pay when registering. Non-members are also welcome at a charge of \$200, which also gives them membership to BCHI for the duration of the program. Reserve your spot now!

Learn to Save a Life!



Friends and Family CPR will be held on Saturday 3/7 from 10am-12pm or 1pm-3pm. This class is perfect for people who want to learn CPR but are not required to be certified. The cost of this invaluable training is only \$3 per person and this class is open to the public and all ages are welcome.

Please pre-register at the front desk for either session or give BCHI a call at 248-473-3100 for more information.

March is National Nutrition Month! Stop by the Front Desk for helpful tips on healthy eating habits! And don't forget about BCHI's new Nutrition and Weight Management programs.



Lisa Nauman, BCHI's resident nutrition coach, is taking appointments for nutrition consultations and can help with meal planning and logging, dietary analysis and even touring a grocery store to learn how to develop healthy shopping habits. Pick up a flyer to learn about these services.

Family Swim Night

Friday, March 6th from 6:00pm until 8:30pm.

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, April 3rd!

Prepare the young ones in your life for a summer of safe swimming by registering them for our American Red Cross swim lessons! Classes run from March 7th thru April 18th (no class on the April 11th) and encompass all levels, from parent-supervised swimming for toddlers to advanced stroke development for older swimmers. The 6-week session is only \$60 for members or \$75 for non-members. There is a \$5 loyalty discount for current students who register for the next consecutive session of lessons. Pre-registration is required—sign up with the front desk or call 248-473-3100.

Bring your Lucky Leprechauns to BCHI for free workouts the week of March 15th thru March 21st. All guests are free that week, so make a list of your favorite people and bring them in!! They can work off all of those Irish libations or corned beef and cabbage during group exercise classes, or if they are feeling lucky, do their own workouts on our cardio and strength training equipment, or just relax in the pools. All that is required is a little bit o' paperwork and they will be on their way to a healthier lifestyle!



Are you wondering if you are wearin' a bit more body fat than you should? On Tuesday, March 17th BCHI will be happy to perform a free body fat analysis test on anyone who requests it. This test is quick and painless, unlike the pinches traditionally given on St. Patrick's Day! Simply stop by the Fitness Desk that day to request the test.

The Botsford Inn Commemorative Brick Plaza

For generations, families and friends celebrated their special days at the Botsford Inn -- engagements, weddings, anniversaries, showers, birthdays, holidays and Sunday dinners.

Built in Michigan's pioneer days of 1836, the Inn has been witness to more than 170 years of Michigan history. As the current owner, Botsford Hospital has restored the Inn's exterior to its 1925 Henry Ford era appearance.

The Botsford Foundation, the philanthropic arm of Botsford Hospital, invites you, as a Botsford Center for Health Improvement member, to purchase a commemorative brick in the plaza directly outside the Inn. Your tax-deductible purchase of a brick will help you to write a new chapter in the history of the Inn by supporting the renovation and restoration of its interior. As responsible stewards of this legacy, Botsford Hospital wishes to ensure that this important part of Farmington area history will be preserved for future generations.

- Commemorate an event
- Remember a loved one
- Honor a friend or family member

Bricks include a personalized inscription and will only be available for purchase in 2009. 4"x8" bricks are \$250 and 8"x8" bricks are \$400. For more information on how you can honor or remember a loved one with a brick, please contact Marla Kaminsky at (248) 442-5065 or mkaminsky@botsford.org. Facebook users can also join the group "Botsford Inn Commemorative Brick Plaza" to reminisce about the Inn, post photos or share stories.

More details are available on Botsford's website at www.botsford.org.



Class News

There will be no Saturday morning Pilates class on March 7th. The class will resume on Saturday March 14th.

There will be no day or evening Tai Chi classes the week of March 9th. Sweet and Low Tai Chi and Wednesday evening Tai Chi will resume the week of March 16th.

Are you new to Group Fitness classes? Ever wondered if you had your bike seat set up correctly? Have you tried using noodles or kickboards in the pool? Our instructors are committed to helping you succeed! If you have any questions feel free to chat one on one with our instructors by coming a few minutes early or stay after class for a quick lesson on equipment usage or seat adjustments!



BCHI is now in its 3rd year of operation and with over 1000 members we have started to experience some wear and tear. We do our best to stay up to date on any maintenance issues throughout the entire building, but we may miss something! If you notice anything in need of repair or touch up please bring it to our attention so we can record it in our maintenance log that is reported to our hospital Plant Management department. It is our

goal to repair priority issues such as those impairing safety within 24 hours, and secondary issues such as light bulbs or a broken locker within 48 hours. In addition, parts for repairing exercise equipment are ordered the same day and typically fixed within 24 hours. Keeping a clean, safe and well maintained facility is very important to us! Here are a few ways you can help:

1. Wipe down equipment after use. Gym Wipes are conveniently located at different locations around the fitness floor. Please ask staff member to point them out to you if you do not know where they are.
2. Please return all equipment when finished. This includes aqua paddles, kickboard and noodles used in the pool. If left on the pool deck they create a tripping hazard.
3. Collect all belongings and dispose of used items properly. There is a receptacle in the lobby for empty plastic bottles. Towel drops are located throughout the facility for dirty towels.
4. Wear clean shoes on the fitness floor and studios. This helps to protect the equipment from salt or dirt, as well as keeping our floors clean.
5. Report any cleanliness or maintenance issues to the staff promptly so that we can address these issues as quickly as possible. Just because you know does not necessarily mean that we know! Once reported, we will do our best to have the issues resolved in a timely manner.

We appreciate your patronage!



Please refrain from wearing perfume, cologne and scented lotions while exercising in the facility. Many of our members are sensitive to these smells due to respiratory conditions. Thank you for your cooperation.

Check us out when you are surfing the internet on YouTube by typing in keywords [Botsford](#) or [Fitness](#) or [Wellness](#)! You'll see some familiar faces and can watch testimonials from fellow members! Coming soon, watch for our BCHI Facebook page! We're creating a special place for you to network with other members, brag (complain?) about your personal training workouts, or recommend classes to friends!



You may have noticed the new Information Station in the front lobby. Be sure to browse this on a regular basis to receive updated program information and event news. BCHI continues to offer a variety of programs and activities to supplement your workouts and challenge you, as well as educational offerings to keep you apprised of the latest news in exercise, fitness and healthy living.

MARCH EVENTS

- 3/4** Wednesday Evening Boot Camp Begins @ 6:30pm—session full
3/6 Family Swim Night 6pm-8:30 pm--\$3/guest
3/7 No Saturday Morning Pilates Class
3/7 Friends and Family CPR—10am-12pm or 1pm-3pm--\$3/person
3/7 New Session of Swim Lessons Begins--\$60/members; \$75/nonmembers—Pre-register @ Front Desk or over phone
3/9 Early Signups for March Madness Begin @ Front Desk or Fitness Desk
3/9 thru 3/14—No Afternoon or Evening Tai Chi Classes This Week
3/9 Monday Night Golf Conditioning Program Begins @ 6pm--\$150/members; \$200/nonmembers
3/10 Tuesday Morning Golf Conditioning Program Begins @ 8:30am--\$150/members; \$200/nonmembers
3/15-3/21 Free Guest Pass Week—Please register guests at Front Desk.
3/16 March Madness Contest Begins
3/17 Happy St. Patrick's Day—Free Body Fat Testing All Day!
3/21 Saturday Morning Boot Camp Begins @ 10am—\$50/members; \$60/nonmembers—Pre-register @ Front Desk--limited to 14 participants



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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!