



BCHI BUZZ

APRIL 2009



BCHI WILL BE CLOSED ON EASTER SUNDAY, APRIL 12TH.
OTHER HOURS OF OPERATION THAT WEEKEND REMAIN THE SAME.

A SURE SIGN OF SPRING—BCHI'S GOLF EXPO!

BCHI's Golf Fitness Expo is slated for Saturday 4/25 from 10am until 1pm. This fitness expo is free to all so bring a golfing friend! Spend time browsing our vendor booths and get information about local golf courses. There will be a free seminar on the benefits of golf conditioning to kick off the next session of BCHI's popular and effective Golf Conditioning Program. Have a free swing analysis by a golf pro. Great raffle prizes will be given away so be sure to enter to win! Stop by the front desk for a schedule of events. Golf swing analysis appointments will be scheduled beginning 4/20. Plan on spending part of your Saturday with us!

Save the date: Session 2 of BCHI's golf conditioning program will begin the week of May 5th! Learn how to strengthen your body so you can lengthen your drives! Participants can choose morning or evening sessions. The cost is \$150 for members and \$200 for non-members, which includes unlimited use of BCHI during the 6 weeks of the program. Stay tuned for more information!



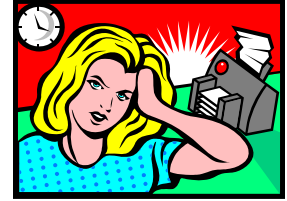
CLASS NEWS

- There will be no 6am Core Conditioning class on Tuesday 4/7 or Tuesday 4/28.
- Attention Early Birds! An early morning spinning class will begin on Wednesday 4/1 at 6:15am with Stacy. There is a \$2 bike fee for this class. This class is for intermediate to advanced fitness levels. Challenge yourself with this high intensity class guaranteed to burn calories and get you pumped up for your busy day!

DON'T SURRENDER TO STRESS!

Today's world is a stressful place. With the bleak economy, job layoffs, paycuts, and not enough hours in the day to do all you have to do, stress levels are running high. To help your body deal with sudden crisis or stress, your adrenal gland produces cortisol. A

cortisol spike caused by stress tells your body to consume something high in calories, which is all well and good if you have to flee a predator. But, most of us are just trying to figure out how to pay our bills. So, the cortisol spike that is supposed to save you usually results in overeating. Not a great way to cope with stress. Here are some surprisingly easy ways to combat stress and keep your healthy lifestyle on track



1. **Move your muscles.** Exercise actually fools your brain into believing you are escaping the source of your stress. And it helps to rid your body of excess cortisol. As little as 18 minutes of walking 3 x week can lower cortisol levels by 15%.
2. **Don't scarf down your meals.** Savoring each bite and paying attention to feelings of being full can help you eat less and help shift the distribution of fat away from your belly.
3. **Don't stick to a rigid diet.** Cortisol spikes can wreak havoc on your blood sugar levels, causing you to be ravenous. Eating at regular intervals helps to keep blood sugar levels consistent. If your brain is deprived of sugar, you will be deprived of self-control, so don't allow your hunger levels to build!
4. **It's ok to splurge a little.** It's much better to give in to a craving and have just one cookie than to hold out and then surrender to a sugar binge. Just be sure to stop at one! Consider buying just one cookie at the bakery counter instead of a box of cookies.
5. **When under duress, choice decaf.** Combining caffeine and stress raises cortisol levels as much as 30%
6. **Make breakfast count.** Your body needs vitamin B and C, calcium and magnesium to combat high cortisol levels and a breakfast consisting of juice, low-fat yogurt and a whole-grain bread will give you all the nutrients you need to start your day off right.
7. **Sleep it off.** Getting an average of $6\frac{1}{2}$ hours of sleep a night just isn't enough anymore. Your body perceives sleep deprivation as a major stressor. The National Sleep Foundation recommends 7 to 9 hours each night to help control cortisol, weight gain and appetite.



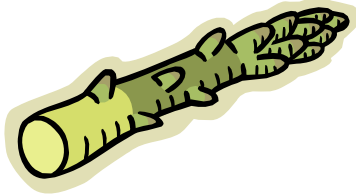
Did you know that an easy way to judge a portion size for some foods is to envision a tennis ball? When dishing out foods like baby carrots, broccoli, apples, grapes, keep those portions the size and volume of a tennis ball and you won't go wrong!

Are you running out of ideas for healthy, low-calorie snacks? Here are some great ideas!

- One hard-boiled egg has only 72 calories and contains the 8 essential amino acids your body needs.

- Raw veggies have even more staying power when paired with protein-rich hummus.
- One caramel corn rice cake has only 80 calories and can satisfy that craving for a cookie!

Asparagus—Nature's Sensational Spears!



It's showtime for asparagus! This is a great time of year to enjoy these tasty stalks. Be sure to search the produce department for bundles of asparagus which can be prepared boiled, steamed, roasted or even eaten raw!

Asparagus is an excellent source of folate, which can protect you from heart disease. In addition, you also receive the benefit of Vitamins A and C, which can help in the prevention of cancer and cataracts.

Grilled Asparagus

Yield

4 servings

Ingredients

1 pound asparagus

3 tablespoons balsamic vinegar

2 tablespoons fresh lemon juice

1 tablespoon olive oil

1 tablespoon low-sodium soy sauce

1/8 teaspoon black pepper

Cooking spray

Preparation

Snap off tough ends of asparagus. Combine all ingredients except cooking spray in a large zip-top plastic bag; seal and marinate for 30 minutes. Remove asparagus from bag, and discard marinade. Place asparagus on grill rack coated with cooking spray (you may also use a stovetop grill pan) and grill 5 minutes on each side or until asparagus is done.

Nutritional Information

Calories: 36 (50% from fat)

Fat: 2g (sat 0.3g, mono 1.3g, poly 0.3g)

Protein: 1.8g

Carbohydrate: 4g

Fiber: 1.6g

Cholesterol: 0.0mg

Iron: 0.8mg

Sodium: 62mg

Calcium: 17mg

Cooking Light, APRIL 2000



Do you know how much fuel your engine burns? Have a Resting Metabolic Rate test performed and find out. This test is quick and easy. If you can sit, relax and breathe, you can complete this test! Different packages are available with the basic package costing

only \$80. Stop by the Information Station in the front lobby to pick up a flyer. Appointments are being taken now!

How many calories do you burn doing everyday tasks? * The answers may surprise you!

Sleeping - 69 calories per hour
Sitting - 79 calories per hour
Reading - 79 calories per hour
Talking on phone - 79 calories per hour
Writing - 79 calories per hour
Standing - 89 calories per hour
Studying - 139 calories per hour
Driving - 158 calories per hour
Ironing - 168 calories per hour
Washing dishes - 168 calories per hour

Shopping - 178 calories per hour
Walking 2 mph - 208 calories per hour
Housework - 218 calories per hour
Stretching - 297 calories per hour
Raking lawn - 297 calories per hour
Showering- 317 calories per hour
Walking 3 mph - 327 calories per hour
Washing car - 337 calories per hour
Walking 4 mph - 386 calories per hour

*based on a 165-pound person

Family Swim Night

Friday, April 3rd from 6:00pm until 8:30pm.

Only \$3 per guest!

Kids? Grandkids? Neighbors?

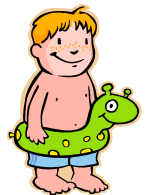
ALL ARE WELCOME!

Lifeguard on duty.

Save the date for our next Family Swim Night to be held

Friday, May 1st!

More dates to come!!



Summer will be here before you know it, so 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 April 25th thru June 6th (no class on May 30th) and encompass all levels from parent-supervised swimming for toddlers to advanced stroke development. Pre-registration is necessary—sign up with the front desk or call 248-473-3100. These lessons are a great value—only \$60 for members and \$75 for non-members. And continuing students receive a \$5 discount!



Don't let your golf swing suffer because of aches and pains. BCHI offers golf massages with Jody, Karin, and Marie—BCHI's highly qualified certified massage therapists. Golf massage focuses on muscle groups utilized most by golfers—hamstrings, low back and shoulders. This service is \$60 for a one-hour massage. Schedule your golf massage today at the Front Desk or call 248-473-3100.

DON'T FORGET TO TURN IN YOUR MARCH MADNESS SCORECARD AT THE END OF EACH WEEK. NEW ONES ARE AVAILABLE EACH MONDAY MORNING AT THE FRONT DESK OR FITNESS DESK. THE CONTEST ENDS SUNDAY 4/19.

It's not too late to take advantage of the BCHI Economy Plan! If you will give us a year, we will give you up to \$10 off a month on your membership dues! And you can continue to pay on the convenient monthly billing plan! See the Front Desk for details!

BCHI EVENTS APRIL 2009

- 4/1**—Early Bird Wednesday Spinning Class Begins @ **6:15am--\$2 fee**
- 4/3**—Family Swim Night—**6pm-8:30pm--\$3/guest**
- 4/7**—No 6am Core Conditioning Class
- 4/12**—BCHI CLOSED—Easter Sunday
- 4/19**—March Madness Ends
- 4/20**—Registration for Golf Swing Analysis Opens
- 4/25**—Next Session of Swim Lessons Begins—Pre-registration required
- 4/25**—Golf Fitness Expo **10am-1pm**—Free Event! Open to the Public!
- 4/28**—No 6am Core Conditioning class



HAVE A HOPPY EASTER!



39750 Grand River Ave ♦ Novi, MI 48375 ♦ (P)248-473-3100 ♦ (F)248-473-4007
Monday-Thursday 5:30am-10:00pm
Friday 5:30am -9:00pm
Saturday 7:00am-4:00pm
Sunday 10:00am-4:00pm

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!