



# BCHI BUZZ



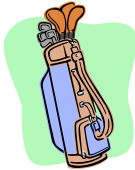
**MAY 2009**



**BCHI WILL BE CLOSED ON MONDAY 5/25 IN OBSERVANCE OF MEMORIAL DAY. WEEKEND HOURS WILL NOT CHANGE.**

## It's Tee Time!

The 2<sup>nd</sup> session of BCHI's 6-week Golf Conditioning program begins the week of May 4<sup>th</sup>. There are spaces available in the evening session meeting Mondays at 6pm, as well as in the morning session meeting Tuesdays at 8:30am. Learn effective strengthening and conditioning exercises that can help you improve your golf game. This successful program is open to non-members for a fee of



\$200, which includes a 6-week unlimited membership to BCHI. Current BCHI members receive a discounted price of \$150. Cliff Ewald, one of BCHI's personal trainers and a certified strengthening and conditioning coach, leads the classes. Cliff's golf conditioning students benefit from his knowledge of biomechanics and are able to apply the techniques they learn to their golf game to lengthen their fairway drives and lower their overall scores. Sign up now for this popular program at the BCHI front desk or by calling 248-473-3100.



## MAKE STRIDES AT STEP INTO SPRING!

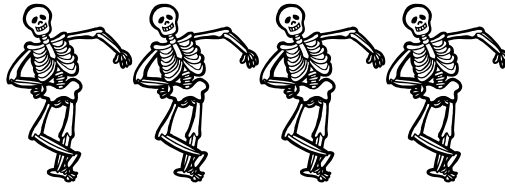
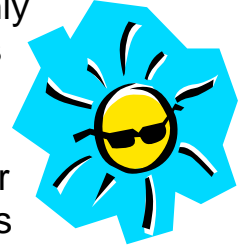
Get your step on at Step Into Spring on Saturday May 9<sup>th</sup> from 10am until 1pm at BCHI! Take a flexibility test and have your walking stride or your running form analyzed to ensure an injury-free spring and summer. Learn how you can change your metabolism and change your body with exercise. Talk to the experts about which shoe is right for you. Try one of BCHI's great group exercise classes. And relax afterwards with a chair massage. Bring your neighborhood walking partner to enjoy this fun and informative event because Step Into Spring is free and open to the public!



**Did you know that on the average, every minute of walking could extend your life by 1.5 to 2 minutes? Now, that is worth lacing up your walking shoes for!**






## SUMMER FITNESS PASSPORT RETURNS!

Summer Fitness Passport is a short-term membership package for students home for the summer from college or school employees who want to make the most of their summer off! This membership is a great value at only \$150 for a 3-month all-access membership to BCHI! Participants receive a brief orientation with a Fitness Specialist to help them make the most of their workouts and are able to take unlimited group exercise classes as well. So, if you know a student or school employee who is looking for a way to maintain their fitness level or use their summer vacation for more than sitting in the sun, tell them about the Summer Fitness Passport! For more details on this membership, please call 248-473-3100.



DON'T LET OSTEOPOROSIS BREAK YOU!

You may have heard of the disease osteoporosis, but do you have all of the facts about it? Here are just a few...

-  Osteoporosis affects 10 million women and men living in the United States.
-  Osteoporosis can strike at any age.
-  One out of every 2 women and one in every 4 men over the age of 50 will break a bone in their lifetime because of osteoporosis.
-  34 million Americans have low bone mass and are at risk for osteoporosis.
-  Osteoporosis is not a normal part of aging.

So, now that you have read some alarming statistics, what can you do to prevent osteoporosis? First of all, make sure you are getting the correct amount of calcium and vitamin D. Women should incorporate from 1,000 to 1,500 mg of calcium into their diet daily, depending on their age. And an intake of 400 to 800 I.U. (International Units) of vitamin D is recommended each day to aid the body in absorbing calcium. Calcium is found in a variety of foods, not just dairy products. Some good choices are dark leafy greens, beans, canned salmon with bones, as well as fortified cereals and fortified orange juice.

If you are already performing weight bearing and strength training you are on the right track to prevent osteoporosis! Walking, low-impact aerobics, even gardening are all effective weight-bearing activities, or try taking a spin around the dance floor. Try walking some laps around the BCHI indoor track or step onto a treadmill. BCHI's "Iron Maidens" class on Monday evenings at 6pm is a fun way to incorporate strength training into your fitness routine. Perhaps some personal training is in order to focus on strength training and learning how to add weight bearing exercise to your program.

Consider working on your balance also. Prevention of falls is incredibly important in overall bone health. Try the Balance Basics class on Thursdays at 11:15am to participate in some easy balance exercises.

May is National Osteoporosis Month. Stop by the information table in the lobby to pick up some informative handouts about this disease. Don't let osteoporosis rob you of your strong bones. Take advantage of all of the opportunities BCHI offers to keep you standing and walking tall. Start your healthy bone lifestyle today!!

People rarely succeed unless they have fun in what they are doing.—  
Dale Carnegie



**COME ONE COME ALL! FAMILY SWIM NIGHT IS FRIDAY, MAY 1<sup>ST</sup> FROM 6PM-8:30PM. THIS IS A GREAT WAY TO SHARE BCHI WITH YOUR FRIENDS AND FAMILY MEMBERS! GUESTS PAY ONLY \$3. WHAT A BARGAIN! OUR FANTASTIC LIFEGUARD IS ON DUTY.**

**SAVE THE DATE FOR THE NEXT FAMILY SWIM NIGHT—FRIDAY, JUNE 5<sup>TH</sup>!**



**ALL POOL USERS MUST SHOWER BEFORE ENTERING THE POOL. THANK YOU FOR ASSISTING US IN KEEPING OUR POOLS CLEAN.**



### **CLASS NEWS**

Be sure you pick up your copy of the May 2009 Group Exercise Calendar! This new schedule begins Monday May 4<sup>th</sup>. BCHI is excited to offer new classes for members who are ready to take their group exercise experience to the next level. For members who have been requesting more evening classes and more challenging classes, your requests have been heard! **Cardio Kickboxing** and **Power Yoga** offer a higher-intensity class experience for those who are ready to participate in moderate to high fit level classes. **Cardio Kickboxing** is offered on **Thursdays at 6pm** and **Saturday mornings at 9am**. **Power Yoga** is a unique yoga experience with an emphasis on strength and flexibility. **Power Yoga** meets on **Wednesday evenings at 6pm**. And our **Spinning** program continues to

grow with the addition of a **7pm class on Thursdays** (\$2 bike fee applies). If you are one of the 10am Gentle Aerobics participants, you can know how that class has grown! Growth is good and more elbow room is better! BCHI now offers an **11am Gentle Aerobics** class on **Mondays, Wednesdays and Fridays** to allow all who want to participate in the gentle aerobics classes a chance to spread their water wings!

**There will be no Thursday morning Yoga class on May 28<sup>th</sup>.**



**BETTER YOURSELF WITH BOOT CAMP!**  
**CHALLENGE YOURSELF WITH THE NEXT SESSION OF BOOT CAMP BEGINNING SATURDAY, MAY 9<sup>TH</sup> AT 10AM WITH ANGIE. THERE ARE ONLY 14 SPACES IN THIS CLASS AVAILABLE, SO REGISTER EARLY! THIS 6 WEEK CLASS IS \$50 FOR MEMBERS AND \$60 FOR NON-MEMBERS. (NO CLASS ON SATURDAY MAY 23<sup>RD</sup>.)**



### **Strawberry-Marmalade Salad**

This powerhouse salad uses only four ingredients and is the perfect balance of sweet and tart flavors. Because each ingredient contributes antioxidants and vitamin C, reach for it next time you need to fight a cold or the flu.

#### **Yield**

Makes about 8 servings

#### **Ingredients**

4 navel oranges  
2 pints strawberries  
1/3 cup orange marmalade  
2 tablespoons lemon juice



#### **Preparation**

Using a sharp, serrated knife, cut off and discard ends from oranges. Following the curve of the fruit, cut off peel and outer membrane. Slice oranges crosswise into 1/8-inch-thick rounds. Hull and slice strawberries; add to oranges. In a small bowl, stir together marmalade and lemon juice. Add to fruit and mix gently to coat. Chill and serve!

Note: Nutritional analysis is per serving.

#### **Nutritional Information**

Calories: 89 (4% from fat)  
Protein: 1.2g  
Fat: 0.4g (sat 0.0)  
Carbohydrate: 23g  
Fiber: 3.8g  
Sodium: 9.7mg  
Cholesterol: 0.0mg

*Sunset*, APRIL 2006

There is no luck except where there is discipline.--Irish Proverb

## **BCHI EVENTS MAY 2009**

**5/1—Family Swim Night—6pm-8:30pm--\$3/guest**

**5/4—May 2009 Group Exercise schedule begins**

**5/4—6-week Golf Conditioning Program II evening session begins 6pm**

**5/5—6-week Golf Conditioning Program II morning session begins 8:30am**

**5/9—Step Into Spring 10am-1pm—Free Event Open to the Public**

**5/9—6-week Boot Camp begins 10am—Register at the Front Desk**

**5/25—BCHI CLOSED in observance of Memorial Day**

**5/28—No Thursday morning yoga class today**

**5/30—No American Red Cross Swim Lessons today**



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!**