

A Tale of Two Sullivans

Rita and Tim Sullivan have been members of BCHI since December 2006. Their commitment to fitness has been reflected in their consistent attendance and participation in special classes and programs. They have both worked with personal trainers to learn new and challenging exercises. And when they began watching NBC's The Biggest Loser competition they were inspired: why not have their own personal "biggest loser" competition? Competition can bring out your very best. Haven't we all found ourselves quickening our pace on the treadmill or elliptical to match the fitness fanatic working out next to us? And when you are competing against your spouse, another level of motivation is added.

So, the game was on! Who could lose the highest percentage of body fat in 6 weeks? Rita and Tim continued working with their personal trainers, Ryan Hall and Lisa Nauman. They each participated in the BCHI spinning classes, Cardio Challenge and Boot Camp. Rita continued to pump iron with the Iron Maidens group on Monday evenings. And to help them determine how much they should each be eating (or not eating!) each of them had the resting metabolic rate test performed. They also closely monitored their diets (with a little friendly sabotage at times!).

At the end of the 6-week competition, Rita emerged victorious with a total loss of $8\frac{1}{2}$ pounds which translated into 5.12% body fat loss. Tim lost a total of 8 pounds which was a $3\frac{1}{2}$ % body fat loss. So, what made the difference? Rita believes that coming twice a day to exercise really gave her the edge. "This competition was great," Rita says. "It was fun working out together. It actually gave us more time together as a couple. And the accountability motivated us to focus on our workouts and diets." So, would they recommend this type of competition to other couples? "Absolutely!" Rita says. "Competition is healthy!" As is exercise so it seems that Tim and Rita both won! Congrats to the Sullivans!



2009 Updated Group Fitness Cancellation Policy

It is our intention to provide ongoing instruction for group fitness classes without exception. However, unexpected instructor illness or emergency may prevent BCHI staff from obtaining a substitute on short notice. In these cases, signs will be posted in the building notifying members of class cancellation. **In addition, on June 1st we**

will begin an email alert service for members who have given us an email address. This service will notify members of last-minute and/or scheduled class cancellations. Please check your email regularly to be informed of such circumstances. Lastly, class cancellations that are known of in advance will be listed in the Class News section of the monthly newsletter, the BCHI BUZZ. To receive the newsletter and class cancellation alerts by email, please stop at the front desk to give us your updated email address.

CLASS NEWS

The updated June Group Exercise calendar is available at the front desk, fitness desk and in both exercise studios. Pick yours up today!

- **The June 10th Pilates class with Jodi will be a 30-minute Express class from 10:30am to 11am.**
- **There will be no Wednesday morning Pilates class with Jodi on June 24th.**

Need a suggestion on a new class to try? Speak with a fitness specialist or have a chat with the instructor of the class you are curious about!



Father's Day is Sunday, June 21st. Don't give Dad a tie or power tool. How about a gift certificate for a massage or a personal training package? Show Dad you think he's special by giving him a special gift! Gift certificates are available at the front desk for these services.



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 starting at \$80. Stop by the Information Station in the front lobby to pick up a flyer about this great service!

Look up, there are no limits.—Japanese proverb

Summer Squash Soup With Pasta and Parmesan

This soup makes the most of fresh summer herbs and squash.



Yield

4 servings (serving size: about 2 cups)

Ingredients

- 6 cups fat-free, less-sodium chicken broth
- 3 cups water
- 2 1/4 cups uncooked farfalle (about 6 ounces bow tie pasta)
- 2 cups finely chopped yellow squash
- 2 cups finely chopped zucchini
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh basil
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon chopped fresh thyme
- 1/2 teaspoon chopped fresh oregano
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup (2 ounces) grated Parmigiano-Reggiano cheese
- 1/4 cup thinly sliced fresh basil

Preparation

Bring broth and water to a boil in a Dutch oven. Add pasta and cook 8 minutes or until almost tender. Add squash and the next 7 ingredients (through pepper). Reduce heat, and simmer 4 minutes or until pasta is done and squash is tender. Sprinkle with cheese and basil.

Nutritional Information

Calories: 269 (15% from fat)
Fat: 4.6g (sat 2.5g, mono 1.2g, poly 0.5g)
Protein: 16.5g
Carbohydrate: 39.4g
Fiber: 3.4g
Cholesterol: 10mg
Iron: 2.6mg
Sodium: 912mg
Calcium: 210mg

Joanne Weir, *Cooking Light*, AUGUST 2004

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! You can also visit us on



our BCHI Facebook page! Type Botsford in the search box and you can become a fan of BCHI, network with other members, brag about your personal training workouts, or recommend classes to friends!

Family Swim Night

Celebrate Summer at BCHI Family Swim Nights!!

Friday June 5th from 6:00pm until 8:30pm.

Friday June 19th from 6:00pm until 8:30pm

Friday July 3rd from 6:00pm until 8:30pm

Only \$3 per guest!

Kids? Grandkids? Neighbors?

ALL ARE WELCOME!

Lifeguard on duty.

SWIM LESSONS

Get your splash on with BCHI's new session of swim lessons beginning Saturday June 13th thru July 25th (no classes on July 4th). The 6-week session is only \$60 for members and \$75 for non-members. Saturday classes are available for ages 6 months and up, and all ability levels!! Pre-registration is required so stop by the front desk to pick up a schedule and reserve your spot now, or give us a call at 248-473-3100. And don't forget about the \$5 loyalty discount for returning students (consecutive sessions only).



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



Is physical therapy in your future? We want to know! Physical therapy treatments could mean changes in your exercise routine that your exercise specialist needs to be aware of. Please

let the Front Desk know if you will be having physical therapy so that the Fitness Staff can be advised of your status and meet with you to adjust your workout, if necessary.

The only place where success comes before work is the dictionary.—Vidal Sassoon

BCHI EVENTS JUNE 2009

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

6/10—Wednesday morning Express Pilates class 10:30am-11am

6/13—Next session of American Red Cross Swim Lessons Begins

6/19—Family Swim Night—6pm-8:30pm--\$3/guest

6/24—No Wednesday morning Pilates class



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 **(Therapy pool open at 7:30am; Lap pool open at 8am)**

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!