



BCHI BUZZ

OCTOBER 2009



The pools will open 30 minutes late on Sunday October 4th to allow for cleaning. Please plan for your aquatic workout to begin at 10:30am that morning. Thanks for your cooperation!

BCHI OFFERS WOMEN'S SELF-DEFENSE CLASS

The world can be a scary place. Every 19 seconds a violent crime happens. Every 2½ minutes a sexual assault takes place. Every 5 minutes a woman is raped. It is time to stop the clock! Arming yourself with knowledge and skills can make the difference between being a victim and being a victor. BCHI now offers a women's self-defense course beginning Monday October 12th from 7pm-8pm. This will be an 8-week course ending November 30th and will be taught by Chris Garner, BCHI's resident martial arts and self-defense specialist. This class is designed for females age 16 and up. Do you have a teen-aged daughter? What about your neighborhood walking buddy? As the hours change and it gets dark earlier it is important to be on guard as you go about your afternoon and evening activities. The cost for this class is \$80 for members and non-members and registration is now open at the Member Services Desk or call 248-473-3100 to register over the phone. Space is limited.

Arthritis Foundation Self-Help Program

The response to the arthritis self-help class has been overwhelming. The Tuesday morning session, beginning October 6th at 9:30am, filled quickly and a Monday morning class, beginning October 5th at 10am, was added to accommodate the overflow. Therefore, if you are registered for either session and find that you need to cancel your reservation, please let the Member Services Desk know as soon as possible so that your space can be offered to someone else. An instructor trained by the Arthritis Foundation will lead these 6-week courses. Learn how to successfully manage arthritis, which affects nearly 1 in 5 adults. Can your food choices affect your symptoms? How can you communicate your concerns effectively with your doctor? Are there strategies for decreasing pain that actually work? All of these questions will be answered, and many more! Call 248-473-3100 with any questions regarding this free program.

NUTRITION AND LIFESTYLE MANAGEMENT SERVICES

BCHI is pleased to announce that Denise Marecki R.D. is now on board as our Registered Dietitian and is accepting appointments. You really are what you eat! Denise is passionate about helping clients realize their goals in a respectful, non-judgemental setting. So, if you are a junk food junkie, this is your chance to get clean! Denise has more than 20 years of experience in various specialty areas including chronic disease

management, weight loss, nutrition for all ages and wellness counseling. Stop by the Member Services Desk for more information about packages that are available and to schedule an appointment with Denise. Or give us a call at 248-473-3100. And stay tuned for more information about an upcoming lecture!

LAND OF THE LOST....

Have you lost something? We may have it! The BCHI Lost and Found box is overflowing with unclaimed items. Clothing, locks, glasses, shampoo bottles, bathing suits—you name it! These items will be held until October 31st. Any unclaimed items will be donated to charity or discarded at that time. Please stop by the Member Services Desk to describe your item and we will gladly return it to you!

Decide what you want, decide what you are willing to exchange for it. Establish your priorities and get to work. -- H.L. Hunt

PERSONAL TRAINING PACKAGE OF THE MONTH

Condition your core with October's Spotlight Personal Training Package! The Hard Core package targets the low back, core, abdominals and balance skills. Your core helps to power you through your day, so give it the special attention it deserves! Focus on low back stabilization, core conditioning, abdominal training and balance exercises with one of BCHI's great personal trainers. The Hard Core package consists of four (4) 30-minute personal training sessions for only \$105 for members and \$115 for non-members. Add on a Posture Analysis for only \$50 more! Stop by the Member Services Desk or call 248-473-3100 for more information.

Attention new members: The Jump Start Package is a great value that can get your journey to wellness on the road today! This 3-pack of 1-hour sessions is normally \$175 but if you purchase it within your first 90 days of membership you will receive the special price of \$150! There is no better commitment you can make than your commitment to yourself. So make the commitment today with the Jump Start Package!



FACILITY IMPROVEMENTS

Dri-Deck tiling is being installed in both locker rooms to minimize the risk of falls. Members are encouraged to wear shower shoes in the locker rooms for increased safety. Gym Wipes dispensers have been installed in the locker rooms as well. We encourage members to wipe down benches and lockers both before and after use to prevent the spread of germs and to assist us in keeping our facility clean and sanitary. Remember, flu season is here! And on that note, please remember to use Gym Wipes located at various points on the fitness floor to wipe down any equipment you use. Again, wiping down the equipment before and after use is a good rule of thumb (not everyone has the same standards of cleanliness as you!). If you have trouble finding the Gym Wipes dispensers, please ask a fitness specialist to point them out to you.

Walktober is Here!

The leaves are falling from the trees and there is a definite nip in the air...it must be Walktober! Fall is a great time to log some feet-time. Have you discovered how walking can improve your health? Fitness walking may be the world's most perfect exercise. So, you don't believe us? Well, keep reading. You might be surprised at how small steps can add up to big results!



Walking can help you maintain your perfect weight! When you combine walking with healthy eating habits, you could be amazed at how this low-impact and inexpensive exercise will help you whittle your waistline. Walking a mile burns off about 100 calories. That might not seem like a lot, but when you combine that one mile with the average 3 miles most folks walk during a typical day, that's 400 calories a day! If you take a lunchtime stroll or evening walk 4 days a week, you can burn 1,600 calories a week. That's about ½ pound of fat. Add those ½ pounds up over the course of a year, and that could be a significant weight loss. By combining calorie control and walking you will see your body change!

Walking can strengthen bones! Maintaining bone density is a concern for every person, not just women. Weight-bearing exercise is an important weapon in the fight against osteoporosis, and walking is one of the best weight-bearing exercises you can do! Consistent exercise reduces the risk of hip fracture, so a daily stroll can really benefit your bones!

Walking can reduce your risk of stroke! According to a Harvard study of 11,000 men, regular and moderate exercise equivalent to brisk walking one hour 5 days a week can cut the risk of stroke in half. So, join your loved one on their evening walk!

Walking can control your blood pressure! A strong heart can pump more blood with less effort, thus putting less pressure on the body's arteries. And walking is a great way to get a strong ticker! So, have a heart...a strong heart!

Hopefully, after reading about some of the great benefits of walking, you are ready to commit to stepping out more during the day. How about some tips on how to incorporate more steps into your daily routine? Well, we've got them!

Put that riding lawnmower away! Mow your grass the old-fashioned way! Just be sure to protect your feet and cover your toes!

Need a half-gallon of milk? **Try walking to the corner store instead of driving.** With the price of gas, this will benefit your wallet as well.

Stop using your office email and phone. Pay a visit to the person you need to communicate with. Those trips down the hallway can really add up!

Keep track of your steps with a pedometer. Nothing will motivate or surprise you more than seeing exactly how many steps you take during your day. BCHI has user-friendly pedometers for sale. Stop by the front desk to purchase one. Remember, every step counts! Aim for 10,000 steps or more every day!



Tai Chi—"Medicine in Motion"

Harvard Women's Health Watch has labeled Tai Chi as "medicine in motion" after evidence has shown that this low-impact exercise prevents and treats many different age-related health conditions. In addition to improving the well-being of Parkinson's patients, tai chi also stabilizes bone density, lowers blood pressure and cholesterol! BCHI offers a traditional tai chi class on Wednesday evenings at 7pm as well as seated tai chi, our popular "Sweet and Low" series, on Mondays, Wednesdays and Fridays at 1:30pm. These classes are taught by Genie Parker who has taught tai chi for Botsford for many years and has a very loyal following among BCHI patrons. Try these popular classes which are complimentary with your membership!



CLASS NEWS

The October 2009 Aquatics and Studio Group Exercise schedules are now available. These schedules are effective Monday October 5th. Please note that there are no changes to the aquatics schedule. Changes to the Studio Group Exercise schedule include the following:

- **Sculpted Soldiers is now open to both women and men! Join in on Tuesdays at 6pm for a great co-ed strength training session.**
- **Total Body Conditioning on Thursday @ 6pm has been discontinued.**
- **Spinning on Fridays @ 6am has been discontinued.**
- **Saturday morning Spinning classes have been consolidated to one class beginning @ 8am.**



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

Family Swim Night



October's Family Swim Night will be held Friday October 2nd from 6pm until 8:30pm. Guests are welcome for a charge of \$3. This is a great way to share BCHI with the little ones in your life or friends and family who aren't members. Pool toys are welcome and our great BCHI lifeguard will be on duty. See you in the pool!

November's Family Swim Night will be held on Friday, November 6th.

SWIM LESSONS

The next session of Red Cross Swim Lessons begins on Saturday November 7th! Please note there will be no class on November 28th. These classes fill up quickly so register your child now! Any returning student from the current session will receive a \$5 loyalty discount. Stop by the Member Services Desk or call us at 248-473-3100 to register!

BCHI is growing! We are welcoming new members every day. This is an exciting time for all of us as our reputation as one of the area's leading fitness center spreads. With a growing membership population come inevitable growing pains. Additional towels have been ordered, however please conserve towel usage to ensure that there are enough towels for everyone! Please limit towel usage to 2 per visit if at all possible. If you are renting a locker, please keep no more than one clean towel in your locker at a time. Thank you.



A GENTLE REMINDER

Our staff is **REQUIRED** to clock out promptly at closing time. We are glad you enjoy your workouts with us, but members who are still in the building at closing time prevent our staff from leaving on time. Please remember that all members must be **out of the building** by 10pm Monday thru Thursday, 9pm on Friday and 4pm on Saturday and Sunday. Please be considerate and conscious of our hours and plan on ending your workout **before** closing time.
Thank you.

Dates to Remember October 2009

October 2nd— Family Swim Night 6pm-8:30pm--\$3/guest

October 5th—New Group Exercise schedules begin
6-week Monday arthritis class begins 10am-12pm

October 6th—6-week Tuesday arthritis class begins 9:30am-11:30am

October 12th—Women's Self-Defense Class begins @ 7pm—8-week session--\$80 fee



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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!