



BCHI BUZZ



NOVEMBER 2009



HOLIDAY HOURS

WEDNESDAY 11/25—5:30AM-10PM

THURSDAY NOVEMBER 26th -CLOSED

FRIDAY NOVEMBER 27TH—7AM TO 3PM



Don't forget that Daylight Saving Time ends on Sunday November 1st at 2am. Be sure to set your clocks back one hour so you don't oversleep and miss your morning workout!

IMPORTANT POOL DATES TO REMEMBER FOR NOVEMBER!!

FAMILY SWIM NIGHT WILL BE HELD FRIDAY 11/6.

SWIM LESSONS BEGIN SATURDAY 11/7.

THE POOLS WILL OPEN AT 8AM ON SATURDAY 11/7 TO ALLOW FOR CLEANING.
THE POOLS WILL OPEN AT 10:30 AM ON SUNDAY 11/8 TO ALLOW FOR CLEANING.
THE POOLS WILL OPEN AT 8AM ON SATURDAY 11/21 TO ALLOW FOR CLEANING.

Learn How to Be "Holiday Healthy"

BCHI is committed to teaching healthy lifestyle habits to our members and the community. Join Denise Marecki, R.D. and BCHI's experienced exercise specialists for a panel discussion focusing on how to be "Holiday Healthy" on Tuesday 11/17 at noon or Wednesday 11/18 at 7pm. These sessions will give you some great advice on avoiding many of the pitfalls of the busy season ahead of us all. How can you avoid overeating and maintain your weight while still enjoying the open houses and parties you will be attending? Just how important is it to take care of yourself by eating right and scheduling some workout time? How can you more effectively manage your time to get everything done and not be a "stress mess"? These discussions are complimentary and are open to the public. Think of them as an early holiday gift to you from BCHI! This is a great opportunity to meet Denise and get tips from our knowledgeable staff. Bring a friend and learn how to make this the most enjoyable holiday season yet (and get some



great recipes to take home)! Please stop by the Member Services Desk or call 248-473-3100 to pre-register for either session.

PERSONAL TRAINING PACKAGE OF THE MONTH

You made the commitment to your new and healthier lifestyle by joining BCHI. Now is the time to give yourself that extra edge. Whether you are an athlete trying to enhance athletic performance or someone with more modest goals such as improving flexibility, personal training can benefit *everybody* and *every body*! BCHI is pleased to offer the Intro to Personal Training package. This package is offered to members or non-members who are new to BCHI's Personal Training services. With the Intro package, you receive a goals-setting session and 3 one-on-one sessions with a certified personal trainer for the value price of \$150! The Intro pack is normally offered for \$175 so take advantage of this special pricing. This is your chance to truly focus on getting results and being accountable. Form your good workout habits now and they will carry you far! Stop by the Member Services Desk to have your personal training referral filled out or call 248-473-3100. Start your Personal Training now!

Dining Out orIn?

We know that with the current economic worries, people are staying home for more of their meals. So, the restaurants have responded with coupons and dining deals that can be pretty appealing. But let's look beyond your wallet. How does eating out affect your health? Most studies show that eating out frequently can take its toll on your overall wellbeing. In general, those who eat out more frequently have higher intakes of calories, fat (specifically saturated fat), sodium and sugar and a lower intake of fruits, vegetables, milk and fiber. One study showed that women who ate out 5 times per week or more had an average intake of 290 calories more per day than those who did not. (Clemens et al, 1999). If those calories are above what you need to maintain your weight, that translates to a 30-pound weight gain in one year alone! Other studies have shown a lower intake of calcium and iron among frequent restaurant goers. One study, a 15-year prospective analysis called the CARDIA study (Pereira, MA et al, 2005), showed an increase in insulin resistance (the cause of Type II diabetes). This study was done in a large group of women who were followed for 15 years. Those who had eaten out at least twice weekly were 10 pounds heavier and had a two-fold increase in insulin resistance. Scary stuff!



Restaurant eating and carryout meals can make healthy eating a real challenge. Let's focus on some of the advantages of eating at home.

Consider these:

- It is healthier as you have total control of what is served. Dinner at home is an easy way to work in 2-3 of those veggie/fruit servings.
- It is cheaper.
- You don't have to pay money to get a portion size that is bad for your health.
- You don't have to wait in line holding a disc that you feel like throwing after you have been waiting a while.
- It is quieter unless it is date night and you are escaping your children.
- Speaking of that, you don't have to pay a babysitter when having dinner at home. Maybe you can eat after the kids go to bed.
- You can play music you like.
- You can light candles.

- You don't have to dress up.
- You can have family time preparing and cleaning up the meal, all skills your kids need to learn.
- No need to leave a tip (though it would help to thank the cook)!

Eating at a restaurant can be an enjoyable experience but it is important to plan these outings and limit the frequency. This includes ordering take-out food as well. Here are some tips to eating out the healthy way:

Know your menu terms. The following key words can tell you a lot about the food on the menu:

- Low fat and low calorie: **grilled, broiled, baked, steamed, braised, poached, baked, roasted**
- High fat and calorie: **breaded, fried, batter fried, buttered, pan fried, creamed, crispy, au gratin**
- Higher sodium: **cured, barbequed, smoked, teriyaki, pickled, marinated**

Take charge:

- Plan ahead. Many restaurants have websites with menus. Chain restaurants often have nutrition information listed.
- Ask for dressings, butter, sour cream, or sauces on the side.
- Ask if a fried item can be broiled or grilled.
- Ask for a take home container early on. Pack away half your entrée before you begin to eat it.
- Ask for items such as low fat creamer, margarine, low fat dressing, yogurt or fresh fruit even if they are not on the menu.
- Ask how an item is prepared.
- When eating out, have light meals for the other meals of the day. But don't skip meals as extreme hunger can lead to overeating.
- Split a meal, as portions can be very large.
- Eat slowly, enjoy your companions and stop eating when you are full.
- Avoid ordering high fat appetizers. Keep the breadbasket out of reach (or skip the bread altogether.)
- Make sure to order vegetables or a garden salad. Eat these items first.
- Drink lots of water.
- Warning: All you can eat buffets make it a lot harder to control your appetite.

Choose:

- Fish, poultry or a vegetarian dish over beef, pork or lamb
- Water or diet soda over regular pop, mixed drinks, juices.
- Tomato or broth based soups, especially those with vegetables.
- A green, orange or yellow vegetable instead of a starch.
- Whole grain breads, buns, pasta and brown rice.
- A baked potato with the skin on it instead of fries. Watch the sour cream and butter however.
- Lots of veggies for those sandwiches such as tomatoes, onion, lettuce, carrots, cucumbers.
- At the salad bar, stick with the basic vegetables and go easy on the cheese and dressings. Avoid prepared salads.
- For pizza, choose thin crust with lots of vegetables. Choose lean meats such as chicken and ham.

Staying in control of how often you eat out can help trim your waistline and your budget. And by paying closer attention to food choices when you do dine out, you can make your nights spent outside of the kitchen a healthier treat.

Bon Appétit!

Denise Marecki, RD
BCHI's Registered Dietitian

Denise has a number of packages available for individual nutrition consultations. Now is the time to improve your eating habits. Check it out at BCHI's Member Services Desk or call 248-471-3100.

I've been on a diet for two weeks and all I've lost is two weeks.—Totie Fields

CLASS NEWS

The November 2009 Aquatics and Studio Group Exercise schedules are now available. These schedules are effective Monday November 2nd.

ATTENTION BCHI EVENING YOGA STUDENTS: PLEASE NOTE THE CHANGE IN CLASS NAMES AND DESCRIPTIONS FOR THE TUESDAY AND THURSDAY EVENING CLASSES:

- **TUESDAY EVENING FLOW YOGA IS FOR INTERMEDIATE AND ADVANCED LEVELS OF YOGA ABILITY. THIS CLASS IS MUCH MORE VIGOROUS THAN THE THURSDAY EVENING CLASS. FLOW YOGA BUILDS HEAT AND STAMINA AND INCLUDES THE VINYASA FORM. CHALLENGING POSTURES SUCH AS INVERSIONS AND LOTUS POSES ARE USED.**
- **THURSDAY EVENING GENTLE STRETCH YOGA IS APPROPRIATE FOR BEGINNER AND INTERMEDIATE LEVELS. ANYONE NEW TO YOGA IS WELCOME. THE FUNDAMENTALS AND PRINCIPLES OF FORWARD FOLDS, BACKBENDS AND TWISTS ARE EMPHASIZED.**

THESE CHANGES WILL ENABLE STUDENTS TO CHOOSE THE CLASS APPROPRIATE FOR THEIR ABILITY AND EXPERIENCE LEVELS AND WILL ENSURE A QUALITY EXPERIENCE FOR ALL.

SWIM LESSONS

The next session of **swim lessons** begins on **Saturday 11/07 (no class 11/28)**. There is a class offered for any level of ability from beginning backstrokers to freestyle fanatics, from age 6 months and up! The cost for the 6-week session is **\$60 for members and \$75 for non-members**. Pre-registration is required so stop by the Member Services Desk or give

us a call at 248-473-3100. Don't forget about our loyalty discount for returning students!

Family Swim Night



Friday, November 6th from 6:00pm until 8:30pm.
Members swim free and may bring guests at a charge of \$3/guest.

Non-member walk-ins are also welcome at a charge of \$5 each.

Kids? Grandkids? Neighbors?

ALL ARE WELCOME!

Lifeguard on duty.

Save the date for our final 2009 Family Swim Night to be held Friday, December 4th!

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



For your convenience we now offer swim caps for \$5 and swim goggles for \$10 at the Member Services Desk. Check out the display in the case by the towel desk!



Beat Back Pain!

According to *Prevention.com*, back pain sends more people to doctors than any condition other than the common cold. It's the fifth most common reason for hospitalizations and the third most common cause of surgery. Believe it or not, there are easy things that you can do to lessen back pain.

- Get up off of your can! Sitting puts 40% more pressure on your spine than standing. If you sit during much of the day, take short stretching

or walking breaks every ½ hour. And don't forget the importance of daily exercise.

- Yoga, yoga, yoga! Researchers at the University of Washington say yoga eases lower-back pain faster than conventional exercises. Yoga encourages circulation, deep breathing and relaxation, as well as stretching. BCHI offers morning and evening yoga classes which are included with your membership. Pick up a group exercise schedule for class descriptions and times.
- Unload that purse! Ladies, your fully-loaded handbag should weigh no more than 10% of your body weight. Alternate which shoulder you carry your handbag from and put only the necessities in your purse. Consider keeping non-essential items in a separate bag kept in your car.

See your fitness specialist for some easy and effective low back stretches!

Great news! Our very popular 6-week Arthritis Foundation self-help class will be held again beginning in January 2010. If you were not able to attend the current 6-week session, register now for the next one! The current classes filled quickly and we expect the January session to fill just as quickly. Don't be left out in the cold! Learn how to live a full and active life in spite of arthritis pain. Stop by the Member Services Desk or give us a call at 248-473-3100 to reserve your spot today. The exact start date will be revealed soon!



It's cold and flu season! Please partner with us to keep BCHI healthy this winter. Here are some simple precautions to take while you are working out in our facility:

- **Cover your coughs and sneezes!**
- **Wash and disinfect your hands frequently! For your convenience, we have placed antiseptic foam dispensers and bottles of hand sanitizer throughout the building.**
- **Use those GymWipes! Please wipe down the equipment you are using before and after your workout. GymWipes are also located in the locker rooms for using on benches and lockers and in the Group Exercise studios.**
- **If you are sick, please stay home until you are healthy!**

Don't feel like lugging your gym bag to BCHI during the winter months? Well, you don't have to! BCHI has full-size lockers available on a monthly rental basis for only \$16/month! You can keep your workout clothing, shoes, and personal items here...we'll even wash your workout clothing for you! For more information please see any of your friendly Member Services Associates!



The salt season is almost here! Please bring your workout shoes with you to change into once you are in the building. This will prevent salt buildup on the



exercise equipment and help to keep our floors clean. Thank you for your cooperation!



BCHI is once again participating in the SE Michigan Marine Corps 2009 Toys for Tots toy drive as an official drop-off site. Look for the toy drop box in the front lobby soon. Members are encouraged to donate a new unwrapped toy. **Please note: No stuffed animals! The Toys for Tots organization can no longer distribute stuffed animals as they harbor germs, but any other new toy or game is gratefully accepted. Toys appropriate for boys and girls ages 9-12 are especially needed.**

Since 1947, the U.S. Marine Corps has distributed more than 370 million toys to over 175 million needy children through its yearly Toys for Tots campaign. Every child deserves a wonderful holiday, so spread some holiday joy with a new unwrapped toy!

Dates to Remember November 2009

November 1st— Daylight Saving Time ends

November 6th—Family Swim Night 6pm-8:30pm--\$3 for guests of members/\$5 for non-member walk-ins

November 7th—Pools open late @ 8am to allow for cleaning/American Red Cross Swim Lessons begin—6-week session \$60/members; \$75 non-members

November 8th—Pools open late @ 10:30am to allow for cleaning

November 17th—“Holiday Healthy” Panel Discussion @ noon—no charge and open to the public—pre-register with Member Services or call 248-473-3100

November 18th—“Holiday Healthy” Panel Discussion @ 7pm—no charge and open to the public—pre-register with Member Services or call 248-473-3100

November 21st—Pools open late @ 8am to allow for cleaning

November 26th—BCHI Closed—Happy Thanksgiving!

November 27th—BCHI Open 7am-3pm



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Monday-Thursday: 5:30am-10pm

Friday: 5:30am-9:00 pm

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!