



# BCHI BUZZ



2009

## HOLIDAY HOURS

CHRISTMAS EVE, THURSDAY 12/24/09—5:30AM-3:30PM

CHRISTMAS DAY, FRIDAY 12/25/09—CLOSED

NEW YEAR'S EVE, THURSDAY 12/31/09—5:30AM-7:00PM

NEW YEAR'S DAY, FRIDAY 1/1/10—10AM-4PM—NO GROUP EXERCISE CLASSES

**BCHI WILL OBSERVE NORMAL HOURS ON ANY DAYS NOT NOTED ABOVE.**



## Member Appreciation Days

We love our members and to show you how much we appreciate your patronage we are offering Friends and Family Days every Monday in December. Every member may bring up to 4 guests at no charge to BCHI on our Friends and Family Days--walk the track, enjoy the sauna, take a pool class—they can do it all! Share your favorite fitness center with your favorite people every Monday in December (7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>).

## It's Our Birthday!



Happy birthday to us! Monday December 7<sup>th</sup> marks our 3<sup>rd</sup> birthday! BCHI is 3 years old and better than ever. Please celebrate this important milestone with us with special activities. All guests are welcome on this day at no charge!

- 11am-1pm—Nutrition Question and Answer Session
- 4:30pm-6pm—Sports Hula Hoop Demonstration
- 5pm-6pm—Strength and Endurance Training Session
- 7pm-8pm—Self-Defense Introductory Session
- 10% discount on all workout gear and gift certificates

With every birthday, we strive to improve our services and our facility, whether it's adding a new class that members have been asking for or upgrading the building. 2010 will bring more facility improvements and added programming. Stay tuned to see what happens!

## **TRX™ Suspension Training Comes to BCHI!**

TRX™ is a muscle endurance training program designed to maximize both your time and your results. If you are looking for something new to add to your workout to supplement your strength training regimen, TRX may be just what you have been waiting for! TRX uses bodyweight training to increase muscle definition, balance and endurance. Regular participants notice an increase in calorie burning, core strength and flexibility, joint stability and decreased body fat percentage. To introduce members to this specialized training system, BCHI is offering special introductory packages: **For a limited time, get three 30-minute sessions for only \$55 or six 30-minute sessions for \$99.** These sessions are one-on-one with a Personal Trainer. Stop by the Member Services Desk for more information and to fill out a referral form.

## **6-WEEK ARTHRITIS FOUNDATION SELF-HELP CLASS RETURNS!**

**NEWS FLASH!** There are only 6 slots left for the next 6-week Arthritis Foundation self-help class which will be held **Tuesdays beginning January 12<sup>th</sup> and running through Tuesday February 16<sup>th</sup>.** The class will meet from 10am to noon. Don't be left out in the cold! An instructor trained by the Arthritis Foundation will lead this 6-week course. 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 to your doctor? Are there strategies for decreasing pain that actually work? All of these questions will be answered, and many more! Stop by Member Services or call 248-473-3100 to reserve your spot. There will be a wait-list for a future class for those who are not able to get into the January session.

## **SELF-DEFENSE CLASS RETURNING in 2010!**

Back by popular demand...BCHI's Beginning Self-Defense class will begin a new session in early 2010. If you were not able to participate in the last session, this is your chance to learn the fundamentals of self-defense for women. Empower yourself by learning easy and effective techniques for warding off attacks. BCHI will also offer an Intermediate Self-Defense class for students who finished the Beginner's class and wish to learn advanced techniques. Each of these classes will be taught by Chris Garner, BCHI Personal Trainer and Martial Arts and Self-Defense Specialist. Stay tuned for more information about both of these offerings!

## ***We've Got an Answer for Everything...***

We're asked questions every day. We have compiled a sampling of the most Frequently Asked Questions (FAQ's) and supplied the answers to these questions. Some of the answers may surprise you....



**Q:** *Why do you ask members to shower before using the pool?*

**A:** Pool users are sharing the water with each other. If a member does not shower before getting in the pool, any germs and bacteria that are carried into the pool by that member are now in the pool water. According to the CDC, the average person carries 0.14 grams of feces on their bottoms. YUCK!! Taking a simple shower with soap before entering the pools can eliminate the risk of carrying contaminants into the pools. It only takes a few minutes to shower and can prevent the staff from having to close the pools for hours.

**Q:** *Why is there a charge for the spinning classes?*

**A:** The \$2 charge for taking a spinning class helps BCHI cover maintenance on the spinning bikes as well as the level of certification that our spinning instructors obtain.

**Q:** *Why does BCHI close early on the weekends?*

**A:** During our first year of operation, we found that member usage on the weekends dramatically dropped off after 4pm. The decision to close at 4pm on Saturday and Sunday was made to control staffing expenses while impacting the fewest number of members.

**Q:** *Why is there a \$5 charge for a replacement BCHI scan card?*

**A:** All members are given a scan card when they join BCHI. The \$5 replacement charge for a new card helps to cover BCHI's expense of purchasing the cards.

**Q:** *Why can't I have two scan cards?*

**A:** Each scan card has a unique code assigned to it that helps identify the member using that card. Only one code can be assigned to a member at a time.

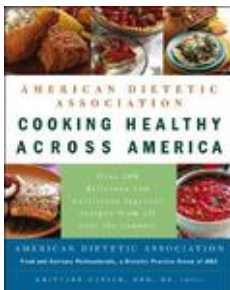
**Q:** *Why does my exercise specialist encourage me to be reassessed?*

**A:** Reassessments are a valuable tool for both the member and their exercise specialist. Think of a reassessment as a status check. Reassessments help the exercise specialist and the member set new goals and establish a workout program that matches the new goals. Reassessments can also uncover hidden injuries or chronic conditions that may have occurred since the last reassessment.

## Get Cooking This Holiday Season!

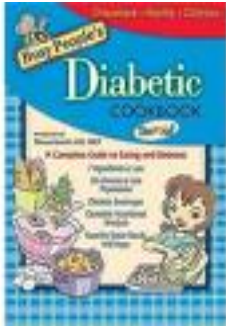
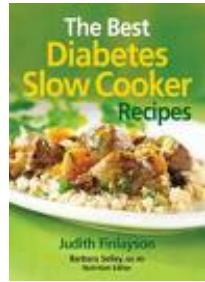
During the season of gift-giving, promote health among your friends and family by choosing a healthy cookbook. Most of the following cookbooks promote healthy eating by using fruits and vegetables, desirable protein and fat choices and the use of whole grains. Often, nutrient contents are provided. Many of these recipes are easy to do, even for the novice chef. The prices are listed but many can be obtained at a lower cost by ordering online or by using bookstore membership cards. Happy Shopping!!

**Denise Marecki, BCHI Registered Dietitian**



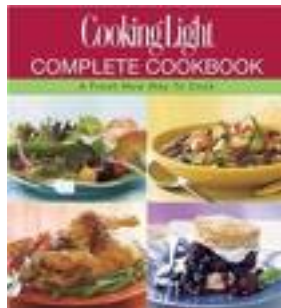
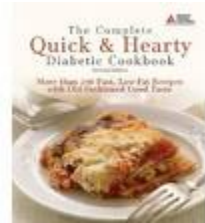
***American Dietetic Association Cooking Healthy Across America*** by The American Dietetic Association, Kristine Napier, Editor--\$24.95. This cookbook features healthy foods from all regions of the USA, and has nutrient analysis for each recipe and menu plans, serving suggestions and guidance related to chronic diseases.

**Best Diabetes Slow Cooker Recipes** by Judith Finlayson--\$24.95 Dust off that crockpot and prepare diabetic-friendly meals which will satisfy the pickiest eater in the busiest household!



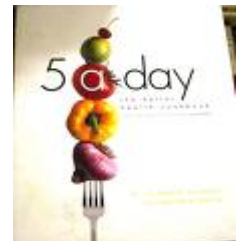
**Busy People's Diabetic Cookbook : Healthy Cooking the Entire Family Can Enjoy** by Dawn Hall, Thomas Knecht--\$16.99 Quick and healthy meals that use no more than 7 ingredients and require less than 30 minutes prep time with diabetic exchanges and nutrient breakdown.

**Complete Quick and Hearty Diabetic Cookbook** by American Diabetes Association--\$15.95 Diabetics often miss the old days of potatoes and pasta. Here is a cookbook that will help those preparing meals for a diabetic give them dishes that they will love and that will satisfy them in a healthy way!



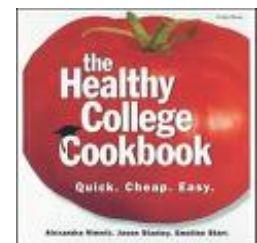
**Cooking Light Complete Cookbook : A Fresh New Way to Cook** with CDROM by Editors of Cooking Light Magazine (Ringbound) Includes interactive CD--\$34.95 What could be better than a comprehensive collection of recipes from one of our favorite healthy lifestyle magazines?

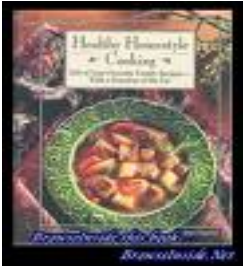
**5-A-Day Fruit and Vegetable Cookbook** by Susannah Blake \$19.95 Great recipes to help you get in at least 5 fruits and vegetables daily, with color coding to highlight nutritional qualities and great tips on how to store vegetables.



**From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce** by Madison Area Community Coalition Staff--\$33.00 A must-have for vegetarians. If you are wondering what to do with produce, then this is the book for you! Arranged alphabetically by vegetable, it's easy to find recipes for that bundle of kale sitting in your fridge!

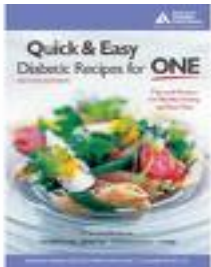
**Healthy College Cookbook** by Alexandra Nimetz, Emeline Starr, Jason Stanley, Rachel Holcomb-- \$14.95 Send your favorite college student back to school after winter break with "Quick, Cheap and Easy" recipes.





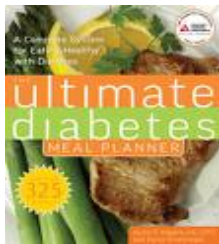
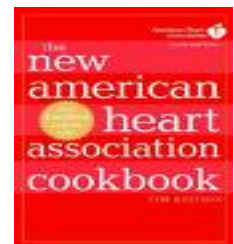
**Healthy Homestyle Cooking : 200 of Your Favorite Family Recipes with a Fraction of the Fat** by Evelyn Tribole--\$16.95 Quick and easy dishes with ingredients you'll easily find in your local grocery store. One chapter is entirely devoted to one-dish meals!

**Lickety-Split Meals : For Health Conscious People on the Go!** by Zonya Foco--\$24.95 Skip the drive-thru and pick up this book with recipes for healthy and fast meals. Learn what to have on hand so you will never be without ingredients for a last-minute meal.



**Quick & Easy Diabetic Recipes for One** by Kathleen Stanley, Connie Crawley--\$14.95 Small-scale recipes perfect for one person (or 2 very light eaters)! Easy and tasty!

**The New American Heart Association Cookbook** by American Heart Association--\$30.00 You won't miss what's missing from these recipes—high salt and high fat. Instead, these recipes are high on flavor. You will have happy taste buds and a healthier heart!



**Ultimate Diabetes Meal Planner : A Complete System for Eating Healthy with Diabetes** by Jaynie Higgins--\$21.95 This cookbook is approved by the American Diabetes Association. Written by a diabetic, this book is an excellent choice for diabetics or for anyone cooking for a diabetic.

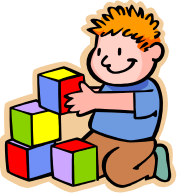
BCHI offers Nutrition and Lifestyle Management packages with Denise Marecki, RD, including nutrition assessments and packages designed to help you take control of your diet and meal planning, as well as metabolic testing. Stop by the Member Services Desk or call 248-473-3100 for more information.

Gift certificates are always the perfect gift! Member Services can prepare a gift certificate for any BCHI service. Massage, Nutrition and Lifestyle Management packages, Personal Training packages, even Reiki sessions make great holiday gift. Check with Member Services for details.





Donations for Toys for Tots are being accepted thru December 16<sup>th</sup>. 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!

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!



## Family Swim Night



Start your holiday season off the right way at our final Family Swim Night of 2009! Enjoy our pools on Friday, December 4<sup>th</sup> from 6pm 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.

Our first Family Swim Night in 2010 will be held on Friday,  
January 8<sup>th</sup> from 6pm-8:30! Save the date!

The pools will open at 10:30am on Sunday 12/6/09 to allow for  
cleaning time. Please plan your workout accordingly.



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

## SWIM LESSONS

The next session of **swim lessons** begins on **Saturday January 9<sup>th</sup>**. There is a class offered for any level of ability from beginning backstrokers to freestyle fanatics, ages 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!

### KARATE FOR KIDS



Coming soon... give your child tools for life-long success! Self-control, respect, courtesy, integrity, self-esteem, and confidence are just a few of the benefits of Karate for Kids. Stay tuned for more information!

## CLASS NEWS

The December Aquatics and Studio Group Exercise schedules are now available. These schedules are effective Tuesday December 1st. Be sure to pick up your copies today to learn about all of the exciting changes!

- There will no Tai Chi classes on Monday, December 28<sup>th</sup> or on Wednesday, December 30<sup>th</sup>.
- There will be no group exercise classes on Friday, January 1st.

The salt season is 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!



## **DATES TO REMEMBER IN DECEMBER!**

- 12/4—FAMILY SWIM NIGHT 6PM-8:30PM--\$3 PER GUEST**
- 12/6—BCHI POOLS OPEN AT 10:30AM**
- 12/7—BCHI'S 3<sup>RD</sup> BIRTHDAY! SEE NEWSLETTER FOR DETAILS!**
- 12/14—FRIENDS AND FAMILY DAY**
- 12/16—TOYS FOR TOTS COLLECTION ENDS**
- 12/21—FRIENDS AND FAMILY DAY**
- 12/24—BCHI OPEN 5:30AM-3:30PM**
- 12/25—BCHI CLOSED**
- 12/28—FRIENDS AND FAMILY DAY**
- 12/31—BCHI OPEN 5:30AM-7PM**
- 1/1/10—BCHI OPEN 10AM-4PM—NO GROUP EXERCISE CLASSES**



39750 Grand River Ave ♦ Novi, MI 48375 ♦ (P)248-473-3100 ♦ (F)248-473-4007

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!