



BCHI BUZZ



JANUARY 2010



BCHI would like to offer heartfelt thanks to all of our generous members who donated toys to our 3rd annual Toys for Tots drive. The toys were delivered to the Toys for Tots organization in mid-December for distribution to thousands of children in SE Michigan. The need for generous donors was greater than ever this year and our members really came through. Kudos and many thanks to one and all for putting smiles on children's faces!

And our Food Drive was a great success as well! We were able to fill our box many times over with wonderful food donations which benefitted the Hospitality House Food Pantry serving the Walled Lake School District and West Bloomfield. Thanks again to our generous members and guests!

SELF-DEFENSE FOR WOMEN RETURNS!

Back by popular demand ... BCHI's 8-week Beginning Self-Defense Course begins Monday January 11th at 7pm and runs through Monday March 1st. If you were not able to participate in the last session, this is your chance to learn the fundamentals of prevention and preparedness. Empower yourself by learning easy and effective techniques for warding off attacks. BCHI will also offer an Intermediate Self-Defense class for students who are ready to learn advanced safety and escape techniques. The Intermediate session will meet Wednesdays from 7-8pm for 8 weeks beginning January 13th. Each of these classes will be taught by Chris Garner, BCHI's Martial Arts and Self-Defense Specialist and both classes are appropriate for girls and women aged 16 and older. The fee for each class is \$80 and participants can pre-register with Member Services or call 248-473-3100. More information is also available at the Member Services desk.

CLASS NEWS

The January 2010 Aquatics and Studio Group Exercise schedules are now available. These schedules are effective Monday January 4th. Changes include the addition of Intermediate Aqua classes with Stacy on Tuesdays and Thursdays at 10am due to popular demand. Dee's Wednesday evening Intermediate Aqua class will now meet at 5pm. The Wednesday Sweet and Low Tai Chi class is designated as a Beginner level class for participants who have little to no experience doing Sweet and Low Tai Chi.

- There will be no Sculpted Soldiers class on Tuesday 1/5.
- There will be no Cardio Combat on Wednesday 1/6.

Please consider bringing your workout shoes with you to change into once you are in the building during the winter months. This will prevent salt buildup on the exercise equipment and help to keep our floors clean. Thank you for your cooperation!



Sniff...sniff...Cold and flu season is here. To help keep everyone healthy this winter, please be sure to cover your cough, wash your hands frequently and wipe down equipment before and after your workout with the gym wipes that are located at various locations on the fitness floor. Please ask a fitness specialist if you do not know where the wipes are located. In addition, please refrain from wearing strong perfume and cologne while in the facility in order to aid others who may struggle with respiratory issues during this time of year.



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 **Saturday January 9th**. 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!

Family Swim Night

Join us each 1st and 3rd Friday of the month for BCHI's Family Swim Nights! It's a splashing good time! Enjoy this great event on the 8th and 22nd of January 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.

Please note that the pools will open at 10:30am on Sunday January 10th to allow for cleaning. Please plan your workout accordingly! Thank you for partnering with us to keep our pools safe and clean.

KARATE FOR KIDS



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 BCHI's Karate for Kids. The class begins on Saturday January 16th and will meet for 6 weeks from 11:30am-12:30pm. The charge for this class is \$60 for members and \$75 for non-members. Chris Garner, BCHI's martial arts expert, will be teaching this fun class. Register your child at the Member Services Desk or call 248-473-3100.

A 100-Calorie Difference

It's only a hundred calories...not that bad. The food industry recently gave those 100-calorie snack packs with all time favorites such as Oreos and Cheetos. This gives us the impression that these little gems are ok to eat. Most of us know that eating more than one of these will lead to trouble but surely having only one is not a problem. Right? It may satisfy your sweet taste or salt craving but most are devoid of nutrients and fiber. When you only need, let's say 1500 calories a day, it can be a wasted opportunity to consume a food that is more filling and more nutritious. High sugar food are satisfying initially, but an hour or two after they are eaten, they cause a drop in the blood sugar and you will again feel hungry, triggering you to eat another few hundred calories. Maybe not such a good idea.

What exactly does 100 calories mean to the balance of energy in and energy out? We know that if we consume exactly what we need, we maintain our weight. If more energy goes into our body, in terms of what we eat or drink, than we burn up through our daily activity and exercise, then we gain weight. If we eat 100 calories more than we need, we will gain about a pound a month or 12 pounds a year. Likewise, if we eat 100 calories less than we need, that we lose about a pound a month. Our bodies are finely tuned machines, so this small amount of calories does make a difference.

How do you know how many calories you need? If you are at a healthy weight and your weight is stable, then you are most likely in touch with your appetite and instinctively eating the right amount of food. However, many people are not in touch with their appetite and may be consuming too many calories. Easy to do with our abundant food supply. Doctors and dietitians can estimate how many calories you

need based on your age, sex, height, weight and activity level. It is however, only an estimate. An estimate can be tricky, especially if you do not keep very accurate food records. The trickiest part is predicting your basal metabolic rate. It is the rate at which you burn calories while at complete rest. We are much better at predicting calories burned with movement and exercise. The basal metabolic rate can be affected by many factors and varies greatly from individual to individual. For instance, we can test 2 people who are the same age and sex and have the same height and weight and their basal metabolic can be as different as 300 calories per day. It varies due to body composition (muscle weight vs. fat weight), recent changes in weight, health status, medications and many other factors. The good news is that we do have an amazing tool at BCHI. We have metabolic testing machine that can tell you what your basal metabolic rate within 3% accuracy. It is a non-invasive test that only takes 30 minutes to perform and is easy to do. After doing this test and adding in calories burned during daily activity and exercise, we can tell you how many calories you should be consuming in order to maintain your weight. It is available to you for only \$80. You will receive a complete report on what your calorie budget should be based on your goals. We also have software available called Balance Log which can help you track you caloric intake.

That is great way to start any health improvement program. But calories are not the only factor you should consider. Having a balanced diet with the proper nutrient balance is important for good health, prevention of disease and an overall feeling of satisfaction and well-being. In order to complete the picture, you can also meet with BCHI's dietitian, Denise Marecki RD. She can plan an individualized nutrition program for you taking into consideration your health issues, lifestyle and motivation. For the total package, consider the Comprehensive Nutrition Package, which includes the metabolic test, a follow-up session to go over test results and 3 additional nutritional counseling sessions. This package at \$179 is a great deal and wonderful way to invest in your health. You can start 2010 off with the tools you need to be successful. More information on this package and more is available in the lobby at the information station. You may schedule an appointment with Denise at the Member Services desk or call 248-473-3100.



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!

Don't forget about the convenient coat racks available in the men's and ladies' lounges for your bulky winter wear that may not fit into a locker!



DATES TO REMEMBER IN JANUARY!

- 1/1**—HAPPY NEW YEAR! BCHI IS OPEN FROM 10AM UNTIL 4PM.
- 1/4**—JANUARY GROUP EXERCISE SCHEDULE GOES INTO EFFECT
- 1/5**—NO SCULPTED SOLDIERS CLASS
- 1/6**—NO CARDIO COMBAT CLASS
- 1/8**—FAMILY SWIM NIGHT 6PM-8:30PM--\$3 PER MEMBER GUEST/\$5 PUBLIC WALK-INS
- 1/9**—NEW 6-WEEK SESSION OF SWIM LESSONS BEGIN—\$60 MEMBERS/\$75 NON-MEMBERS
- 1/10**—BCHI POOLS OPEN AT 10:30AM
- 1/11**—BEGINNING SELF-DEFENSE CLASS STARTS @ 7PM--\$80 FOR 8 WEEKS
- 1/12**—ARTHRITIS FOUNDATION 6-WEEK SELF-HELP CLASS BEGINS@10AM—SESSION FULL-SEE FRONT DESK FOR WAITLISTING
- 1/13**—INTERMEDIATE SELF-DEFENSE CLASS STARTS @ 7PM--\$80 FOR 8 WEEKS
- 1/16**—KARATE FOR KIDS 6-WEEK CLASS BEGINS @ 11:30--\$60 MEMBERS/\$75 NON-MEMBERS
- 1/22**—FAMILY SWIM NIGHT 6PM-8:30PM--\$3 PER MEMBER GUEST/\$5 PUBLIC WALK-INS



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Monday-Thursday: 5:30am-10pm
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!