



BCHI BUZZ

FEBRUARY 2010



RENEW AT BOTSFORD
Center for Health Improvement • A Medically-based Weight Loss Program

Transform your life in 20 weeks! Botsford Center for Health Improvement announces Renew—a 20-week medically-supervised weight loss program. If you are ready to commit to weight loss and health management, then you are ready for Renew. Renew promotes safe, rapid and effective weight loss thru meal replacement and the introduction of exercise for formerly sedentary participants. Participants typically lose 2 to 5 pounds per week and the average weight loss is 50 pounds over the 20-week period. All participants go through a health screening and meet with Renew's medical director, Dr. Joseph Williams, DO. Kari Smith, exercise physiologist and Denise Marecki, RD, BCHI's registered dietician, along with Dr. Williams, will be the program leaders. Participants meet once a week for 90 minutes and have additional weekly contact with their coach. Since accountability and support are the biggest factors for successful and long-lasting weight loss, both are critical elements of the Renew program. Be a part of this exciting and life-changing program! For more information, please stop by the Member Services Desk at BCHI or call 248-473-3100.



BCHI OFFERS GOLF CONDITIONING CLASSES

For golfers who can't head south for the winter, withdrawal from the game can be long and painful in Michigan, with players losing any momentum they may have gained from the previous season. Botsford Center for Health Improvement has a plan to keep players on top of their game during the cold months through an exclusive 6-week **TPI** (Titleist Performance Institute) designed program which helps improve a golfer's game through educational and hands-on fitness training.

Each participant receives a golf fitness test along with a customized strength and conditioning program that correlates with the biomechanical and physiological demands of the sport. The goal of the program is to increase flexibility, core stability and rotational power, thus improving swing range of motion and power. Injury prevention is a priority at BCHI, and these exercises specifically target and aim to prevent low back pain.

Cliff Ewald, MS, CSCS, is a certified ***TPI** Golf Fitness Specialist and Strength and Conditioning Specialist with more than eight years of golf fitness experience. Cliff has had

great success with the golf conditioning program and is excited about the TPI approach to golf conditioning.

The program features: a golf fitness performance pre-test, 6-week conditioning program and classes, weekly exercise plan, video-based pre- and post-swing analysis & lesson with local PGA pro Ben Bockin.

To kick off session one of this program, BCHI will hold a free informational seminar “The Benefits of Golf Conditioning” on Monday, February 1 at 6:15pm. The actual classes begin February 8 through March 24 (*Mondays 6:15-7:15pm & Wednesdays 10:00-11:00am*). Cost for the complete program is \$180 for BCHI members and \$220 for non-members which includes a 6-week membership to the fitness center.

For more information, contact Cliff Ewald at jewald@botsford.org or call 248-473-3100 to pre-register with a Member Services representative and get in the swing of things!



February Friends and Family Days



Treat your sweetheart to a complimentary day at BCHI! Friday February 12th will be **Treat Your Sweetheart Day**. Show your loved ones just how special they are by encouraging them to improve their health with exercise! **Fit Tuesday will be observed on Tuesday February 16th**. Fit Tuesday is BCHI’s alternative to Fat Tuesday! Bring your friends and family to BCHI for a great workout, away from those tempting paczkis! BCHI has something for everyone! Please introduce your guest at the Member Services Desk so that we may meet them. Call 248-473-3100 if you have any questions about either of these upcoming guest days.



CLASS NEWS

The February 2010 Aquatics and Studio Group Exercise schedules are now available. These schedules are effective Monday February 1st. We have added **Young at Heart** to the Friday morning class schedule at 9am, as well as Monday mornings. **Young at Heart** is designed for those with heart disease or those looking to lower cholesterol and blood pressure. Participants enjoy a low-intensity cardiovascular workout with blood pressure checks at the beginning and end of class. Try this great class led by Fitness Specialist Natalie Becker.

CLASS TIME CHANGES:

- ❖ MONDAY— 5PM **INTERMEDIATE AQUA** WILL NOW MEET AT 5:30PM
- ❖ WEDNESDAY—5PM **INTERMEDIATE AQUA** WILL NOW MEET AT 5:30PM
- 5PM **SPINNING** WILL NOW MEET AT 5:30PM
- AB BUSTERS** WILL NOW MEET AT 6:30PM

❖ THURSDAY—**SET** WILL NOW MEET AT 6:15PM
AB BUSTERS WILL NOW MEET AT 7:15PM

**ATTENTION SATURDAY PILATES CLASS: ON SATURDAY 2/6
PILATES CLASS WILL MEET FROM 9:30-10AM. REGULAR
CLASS TIME WILL RESUME ON SATURDAY 2/13.**



What a Bright Idea!

The lighting around the BCHI track has been greatly improved. We are excited that this lighting upgrade has been completed and are confident that our members will enjoy this newly-brightened area of our facility. Lighting improvements are imminent in the aquatics center as well. Every attempt will be made to keep the pools open as the lighting installation is performed, however if it is deemed unsafe to have members in the pools closures will be announced. Please read signs posted around the building, listen to class announcements and check your email inbox for important updates from BCHI.

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.**



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 fun event on the 5th and 19th of February from 6-8:30pm.



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 remember that all members and guests must be out of the
building by 9pm.

Please note that the pools will open at 10:30am on Sunday
February 7th to allow for cleaning. Please plan your workout
accordingly! Thank you for partnering with us to keep our pools
safe and clean.

SWIM LESSONS

The next session of **swim lessons** begins **Saturday February 27th**. 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!



Healthy Food Gifts for Those You Love!

February is our month to celebrate Valentine's Day and for that reason, it is also Healthy Heart Month. It is great time to give gifts to those special people in your life for good health. Listed below are some suggested power foods and their health properties.

Now for those power foods for your loved ones:

Chocolate: Made from cocoa, it has lots of phenolic phytochemicals and a high antioxidant content, even more than found in blueberries, tea and red wine. Flavonols found in dark chocolate, have been proven to increase insulin sensitivity, decrease blood pressure, improve memory and reduce LDL's (the bad



cholesterol) and suppress the growth of cancers. Flavonols are found in dark chocolate so choose your chocolate wisely.

Cherries: An apparent natural pain reliever, cherries are known to reduce pain from exercise induced muscle fatigue, headaches, gout and arthritis. Tart cherries are also known for increasing insulin production in diabetics. In addition, they contain melatonin, which is an antioxidant that helps to promote sleep. Chocolate covered cherries anyone?

Honey: Did you know that honey, especially the darker versions, contain flavonoids and phenolic acids which are antioxidants known to promote good health. Honey appears to inhibit cell growth in colon and bladder cancers in a few early studies. One study also showed a decrease in triglycerides, a fat in the blood, as compared to other sugar sources. One caution: No honey for babies under 1 year old due to the baby's inability to kill botulism spores.



Passion fruit: Folklore tells us that right after you eat passion fruit, you will fall in love with next person you meet. So be careful where you eat your passion fruit. Passion fruit is a great source of Vitamin A and Vitamin C. It also contains calcium, iron and potassium as well as fiber, a nutrient packed fruit to be sure. Research is early on the passion fruit but it has been shown to lower blood pressure in rats and total lipids in hamsters so it may have potential for humans. It is rich in those all-important phytochemicals, which are great for fighting off diseases.

Pecans: The US dominates the world in its production of pecans, which are a great sources of nutrients such thiamine, magnesium, protein, fiber and Vitamin E. They have the same kind of fat, oleic acid, that is found in olive oil. One research study (Loma Linda University) showed that eating 1½ ounces of pecans daily reduced the LDL (bad cholesterol) twice as much as those who did not eat the nuts. The researchers also found that HDL levels (good cholesterol) were increased with pecan eaters. Pecans in moderation are definitely good for your heart.

In addition, we need to remember to take care of our own hearts. A lower salt diet is one way to protect your cardiovascular system. Low salt diets are linked to a lower blood pressure. Keeping your blood pressure normal will reduce risk of heart attacks and strokes. Low salt diets also reduce fluid retention, which reduces stress on the heart. Pick up a free handout at the front desk to learn more about the benefits of a low-salt diet.

Here's wishing you a healthy heart month!

Denise Marecki RD, BCHI's registered dietitian



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!



Try one of our healthy treats available for purchase from the juice bar. We are now stocking G2, a low-calorie Gatorade!



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.

DATES TO REMEMBER IN FEBRUARY!

- 2/1—FREE SEMINAR—“THE BENEFITS OF GOLF CONDITIONING” @ 6:15PM—OPEN TO THE PUBLIC**
- 2/1--FEBRUARY GROUP EXERCISE SCHEDULES GO INTO EFFECT**
- 2/5—FAMILY SWIM NIGHT 6PM-8:30PM--\$3 PER MEMBER GUEST/\$5 PUBLIC WALK-INS**
- 2/6—PILATES CLASS WILL MEET FROM 9:30-10AM—THIS DAY ONLY!!**
- 2/7—BCHI POOLS OPEN AT 10:30AM**
- 2/12—TREAT YOUR SWEETHEART DAY—FREE GUEST DAY**
- 2/16—FIT TUESDAY—FREE GUEST DAY**
- 2/19—FAMILY SWIM NIGHT 6PM-8:30PM--\$3 PER MEMBER GUEST/\$5 PUBLIC WALK-INS**
- 2/27—NEW SESSION OF SWIM LESSONS BEGIN—\$60 MEMBERS/\$75 NON-MEMBERS**



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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!