



# BCHI BUZZ



**APRIL 2010**

BCHI WILL BE CLOSED ON SUNDAY APRIL 4<sup>TH</sup> IN OBSERVANCE OF EASTER SUNDAY.



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

## **LEARN MORE ABOUT RENEW AT FREE INFO SEMINARS!**

Transform your life in 20 weeks! If you are ready to commit to weight loss and health management, then you are ready for ReNew, BCHI's 20-week medically supervised weight and health management program. Learn more about ReNew at complimentary information seminars being offered at BCHI on **Saturday April 10<sup>th</sup> at 11am** and **Monday April 12<sup>th</sup> at 9am**. Pre-registration is required by calling the Member Services Desk at 248-473-3100. You may also stop by the Member Services desk to reserve your spot. 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, BCHI exercise physiologist and Denise Marecki, RD, BCHI's registered dietician are the wellness coaches. Participants meet once a week for 90 minutes and have additional weekly contact with their coach. Because 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!

ReNew can help you:

- Lose weight in a **SAFE, RAPID** and **EFFECTIVE** manner, 2-5# per week.
- Improve control of diabetes and high blood pressure and improve blood lipids.
- Make permanent lifestyle changes

ReNew includes:

- Medical monitoring
- 20 weeks of educational/behavioral sessions
- Coaching contact in addition to weekly sessions
- The use of a high quality meal replacement
- Assistance with meal planning and transition phase of program
- Introduction to physical activity
- Ongoing practice sessions after 1<sup>st</sup> 20 weeks

Come learn how ReNew can change your life. Don't let your weight impact your health and lifestyle any longer. Make 2010 the year you ReNew!

## **OPEN HOUSE NIGHT AT BCHI APRIL 12<sup>TH</sup> !**

BCHI will be opening its doors on Monday April 12<sup>th</sup> from 6-8pm for an open house. This event is free to family and friends and there is no guest fee for visitors coming during these hours. We will be offering some of our most popular classes: Iron Maidens at 6pm and Zumba at 7:30pm. Or your guests can observe the TRX Suspension System group training class meeting at 7pm or enjoy our cardio or strength training equipment.

## **TRX SUSPENSION TRAINING IS HERE!**

What is going on with that big metal frame in front of the free weights area and why are people hanging from straps? TRX Suspension Training is a new training program that builds core strength while developing balance, flexibility and joint stability. Because of the increased muscular demand more calories are burned which makes TRX training an effective tool for weight-loss. There are hundreds of exercises that can be performed on the TRX and the growth of the TRX program since its recent introduction at BCHI proves that members love this new workout option! If you would like to participate in a future 6-week group training session, please leave your name at the Member Services Desk. Members also have the opportunity to participate in the current session on a drop-in basis for a \$20 per day fee. Please see a Member Services Representative at the front desk to be added to the drop-in list and you will be contacted if there is availability in the current session. Member Services is currently creating an interest list for future sessions, so leave your name at the front desk if you want to participate in a future group training session. Remember: Personal training on the TRX system is available with a BCHI personal training package. There is a package size for everybody and every budget. Please see the Member Services Desk or call 248-473-3100 for more information.

Are you finding it hard to make time for your weekday workouts in the afternoons or evenings? Don't forget that BCHI opens at 5:30am Monday thru Friday. This is a great time to come to the gym. BCHI is less crowded during the early morning hours and, according to *Prevention* magazine, early-morning exercisers are more successful with their workouts because activities and obligations are less likely to interfere. BCHI offers two early-bird classes: Core Conditioning with Cristina on Tuesdays at 6am and Spinning with Kari on Wednesdays at 6am. So set that alarm early, jump into your gym shoes and start the day the right way!



## **MOTIVATION MATTERS!**

Staying motivated to exercise on a regular basis can be more challenging when the weather is beautiful. "Spring Fever" often motivates people to sit on their decks instead of on a recumbent bike. And with the increasingly warm temperatures comes an increase in afterschool activities, which can interfere with a parent's or caregiver's workout schedule. So, here are some easy ways to reprogram and train your brain to continue on the path to fitness with BCHI.

**Vary your routine.** Mix it up. Get out of your comfort zone. Step outside the box. However you phrase it, trying something new in your workout can make the difference between getting to the gym and not getting to the gym. Try our Monday night Zumba class at

7:30 or commit to some personal training appointments to challenge yourself in a whole new way.

**Treat yourself to a new workout gadget or outfit.** Heart rate monitors or a new MP3 player can make your workout more challenging and enjoyable. And who doesn't enjoy a new outfit every now and then? Exercise clothing does not have to be expensive. Check out discount retailers for low-cost alternatives to the t-shirt you usually put on.

**Use your exercise log.** All BCHI members are given an exercise log to keep track of their workouts. This is a great tool to track progress. There is nothing more motivating than seeing that your strength-training program is working!

**Have your fitness reassessments!** Membership to BCHI includes four reassessments each year. Reassessments are great benchmarks to show you how much progress you are making on your wellness journey. Be sure to schedule those appointments so that you can compare your results to previous reassessment findings. See the member services staff or your fitness specialist to schedule.



## CLASS NEWS

Get your copy of the April 2010 group exercise and aquatics schedules now! Beginning with the April Group Exercise calendar, any previously scheduled class cancellations will be listed on the group exercise calendars, so please review the monthly schedule carefully!

Here is a listing of scheduled class cancellations in April:

Friday April 9<sup>th</sup>—no Young at Heart

Monday April 12<sup>th</sup>— no Young at Heart

Thursday April 15<sup>th</sup>—no morning Yoga with Juli

Monday April 26<sup>th</sup>—no Zumba

Please note that last-minute class cancellations may occur.

**NEW CLASS BEGINNING SATURDAY APRIL 10<sup>TH</sup>! ADVANCED YOGA WITH ROB AT 10AM!** Advanced Yoga is a vigorous class that builds heat and stamina through sun salutations and standing poses. If you are interested in challenging yourself in your yoga practice, this is the class for you! **NOTE:** this class is for intermediate and advanced yoga fitness levels. **PRIOR YOGA EXPERIENCE IS RECOMMENDED.**

**IMPORTANT ZUMBA NEWS:** In March BCHI began offering this very popular class on an introductory basis and the response has been overwhelming. The class has had consistently high attendance and members have been begging for more! And we are lucky to have Diane Quigley, Licensed Zumba Instructor (and physical therapist!) leading the class. Because of the huge interest in this class, BCHI is happy to announce that in May we will begin offering a second class of Zumba to accommodate the large number of people who would like to participate in this class. Members will be charged a \$2 fee for each Zumba class they participate in beginning with May classes, which can be charged to their member account. Many facilities offering Zumba consider it a "premium class" and the BCHI surcharge is comparable to or less than the charge found at other facilities offering Zumba. Thanks for coming to the party and helping us grow our Zumba program!!



**AN IMPORTANT NOTE FOR AQUA FIT STUDENTS:** Botsford Center for Health Improvement is a medically-based fitness center, and as such, it is imperative that we follow safe guidelines for exercise. Vigorous activity in warm water can raise the body's core temperature to an unsafe level. In warm water, it is difficult for the body to get rid of excess heat. High intensity warm water exercise may increase the work of your heart beyond a safe margin. For all of these reasons, Aqua Fit will be held ONLY in the lap pool. If participants find that the cooler lap pool temperature is uncomfortable for the entire duration of the class, they are encouraged to participate in Intermediate Aqua, which is a lower intensity class held in the therapy pool. Check the aquatics schedule for class times. Thank you for your cooperation. We hope you continue to enhance your health and wellness through our aquatics classes.

In order to ensure that the building closes in a timely manner, the BCHI pools will close promptly at 3:45pm on Saturday and Sunday. Thank you for your cooperation.



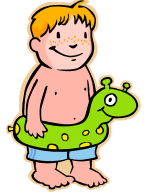
**ALL POOL USERS MUST SHOWER BEFORE ENTERING THE POOL.  
THANK YOU FOR ASSISTING US IN KEEPING OUR POOLS CLEAN.**

# Family Swim Night

Join us each 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month for BCHI's Family Swim Nights! It's a splashing good time! Enjoy this fun event on April 2<sup>nd</sup> and April 16<sup>th</sup> 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.

There will be no Red Cross Swim lessons on Saturday April 3<sup>rd</sup>. The final lesson of the current session will be held on Saturday April 10<sup>th</sup>.

Summer will be here before you know it, so prepare the young ones in your life for a summer of safe swimming by registering them for our American Red Cross swim lessons! The next session begins April 17th and ends May 22<sup>nd</sup>. There is a class for everyone, from parent-supervised swimming for toddlers to advanced stroke development. Pre-registration is required—sign up with the front desk or call 248-473-3100. These lessons are a great value—only \$60 for members and \$75 for non-members. And continuing students receive a \$5 discount!



Don't let your golf swing suffer because of aches and pains. BCHI offers golf massages with Jody, Karin, and Marie—BCHI's highly-qualified certified massage therapists. Golf massage focuses on muscle groups utilized most by golfers—hamstrings, low back and shoulders. This service is \$60 for a one-hour massage. Schedule your golf massage today at the Front Desk or call 248-473-3100.



Are you looking forward to a massage with one of our fabulous massage therapists? Be sure to book your future massage while at your massage appointment to qualify for our massage client loyalty discount. Clients receive \$5 off their next massage as a reward for rebooking.

**Conditions:** Appointments must be booked in person at the Member Services Desk and must be made while at a current massage appointment. Appointments that are rescheduled after a cancellation do not qualify for the loyalty discount program. Beginning May 1<sup>st</sup>, the massage client loyalty discount will no longer be available to Botsford Hospital employees. We apologize for any inconvenience and thank you for your continued patronage.



April 22<sup>nd</sup> is Earth Day. Remember to drop your empty plastic beverage bottles in the container provided at the juice bar in the lobby. We will gladly recycle them for you.

## DATES TO REMEMBER IN APRIL!

- 4/1**—APRIL GROUP EXERCISE SCHEDULES GO INTO EFFECT!
- 4/2**— FAMILY SWIM NIGHT 6PM-8:30PM--\$3 PER MEMBER GUEST/\$5 PUBLIC WALK-INS
- 4/4**—BCHI CLOSED IN OBSERVANCE OF EASTER
- 4/10**—RENEW INFORMATION SEMINAR—11AM—PRE-REGISTRATION REQUIRED
- 4/11**—BCHI POOLS OPEN AT 10:30AM
- 4/12**-- RENEW INFORMATION SEMINAR—9AM—PRE-REGISTRATION REQUIRED  
BCHI OPEN HOUSE FROM 6PM-8PM—OPEN TO THE PUBLIC
- 4/16**—FAMILY SWIM NIGHT 6PM-8:30PM--\$3 PER MEMBER GUEST/\$5 PUBLIC WALK-INS
- 4/17**—SWIM LESSONS BEGIN—PRE-REGISTRATION IS REQUIRED; \$60 MEMBERS/\$75 NON-MEMBERS (\$5 LOYALTY DISCOUNT IS AVAILABLE FOR RETURNING STUDENTS FROM PREVIOUS SESSION)



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.



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Monday-Thursday: 5:30am-10pm

Friday: 5:30am-9:00pm

Saturday: 7:00am-4:00pm—Pools close at 3:45pm.

Sunday: 10:00am- 4:00pm—Pools close at 3:45pm.

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!**