



BCHI BUZZ



MAY 2010

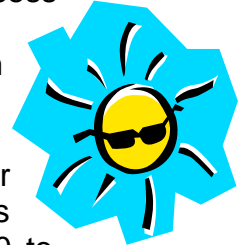


BCHI WILL BE CLOSED ON MONDAY 5/31 IN OBSERVANCE OF THE MEMORIAL DAY HOLIDAY.

BCHI WILL CLOSE AT 9PM MONDAY THRU FRIDAY BEGINNING TUESDAY JUNE 1ST. THESE NEW HOURS WILL CONTINUE THRU LABOR DAY. WEEKEND HOURS OF OPERATION WILL NOT CHANGE.

SUMMER FITNESS PASSPORT RETURNS!

Summer Fitness Passport is a short-term membership package perfect for students home for the summer from college or school employees who want to make the most of their summer off! This membership is a great value at only \$175 for a 3-month all-access membership to BCHI and is available from Memorial Day to Labor Day. Participants receive a brief orientation with a Fitness Specialist to help them make the most of their workouts and are able to take unlimited group exercise classes as well. So, if you know a student or school employee who is looking for a way to maintain their fitness level or use their summer vacation for more than sitting in the sun, tell them about the Summer Fitness Passport! For more details on this membership, please call 248-473-3100 to speak to a Membership Consultant.



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. Pre-register for one of the complimentary information seminars being offered at BCHI by calling Member Services at 248-473-3100. You may also stop by the Member Services desk to reserve your spot. Choose from any of these seminar dates:

Wednesday 5/5 @ 7:45pm

Saturday 5/8 @ 11am

Wednesday 5/12 @ 7:45pm

Saturday 5/15 @ 11am

The next session of ReNew begins on Wednesday 5/19 @ 7:45pm.

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 dietitian, 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 1st 20 weeks

Come learn how ReNew can change your life. Don't let your weight impact your health and lifestyle any longer.

GROUP TRX SUSPENSION TRAINING FORMING NOW!

The next 6-week group session of TRX Suspension Training begins the week of May 17th. Group sessions are an affordable way to be introduced to the TRX Suspension Training System. Choose from either Level I which meets on Mondays at 7pm or Level II which meets on Wednesdays at 4pm. TRX Suspension Training is the ultimate total body workout and group training is a great value at only \$136 for 6 weeks. If you would like more information on TRX or aren't sure which level is appropriate for you, please see a Member Services Associate for more information.



CLASS NEWS

Be sure you pick up your copy of the May 2010 Group Exercise Calendar and Aquatics Schedule! These new schedules become effective Saturday May 1st. Please review them

carefully for any scheduled class cancellations which are noted on the calendars. Some of the changes for May include:

- ❖ Saturday morning Spinning with Stacy will now be held from 8:30-9:45am beginning May 1st.
- ❖ Sit and Be Fit has been renamed "Fitness For Everybody." This name more appropriately describes the content and intention of the class.
- ❖ Wednesday morning Pilates has been renamed "Core Conditioning."
- ❖ An additional evening of Zumba will now be held on Thursday nights from 7:30-8:30pm beginning May 6th. There will now be a \$2 fee for Zumba classes (see note below).

Scheduled class cancellations during the month of May are as follows:

- ❖ There will be no Cardio Combat class on Wednesday May 5th.
- ❖ There will be no SET class or Ab Busters class on Thursday May 6th.



Attention Spinning Students! On Tuesday May 11th, two of our spinning instructors will go head-to-head and lead their teams in a race to the finish! Which team will go the fastest? Who will go the farthest? Be sure to attend this exciting class to give your favorite instructor the winning edge!

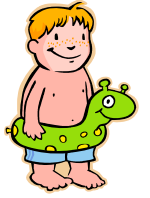
IMPORTANT ZUMBA NEWS: In March BCHI began offering this very popular class on an introductory basis and the response has been overwhelming. The class has had consistently high attendance and members have been begging for more! And we are lucky to have Diane Quigley, Licensed Zumba Instructor (and physical 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 on Thursday nights at 7:30pm to accommodate the large number of people who would like to participate in this class. Members will be charged a \$2 fee which can be charged to their member account for each Zumba class they participate in. 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!!

Don't give up your workouts this summer. BCHI has big plans for the summer months! How about dueling spinning classes or an outdoor boot camp? Maybe you would like to do an indoor triathlon? Yep. We thought of that too! More information will be in the June BCHI BUZZ!

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 May 7th and May 21st 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.



Summer is right around the corner 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 June 5th and ends July 17th (no class on July 3rd). 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!



Swim lessons aren't just for children! Did you know BCHI offers private lessons for adults? These ½ hour lessons are sold in a 3-pack for only \$62.50 for members and \$75 for non-members (buy 2 get 3rd half price!) or a convenient 6-pack for \$125 for members and \$150 for non-members (buy 5, get one free!). Stop by the Member Services Desk for more information.



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

The pools will open at 10:30am on Sunday May 9th to allow for cleaning. Please plan your workout accordingly.



For your convenience we offer swim caps for \$5 and swim goggles for \$10 at the Member Services Desk.



Due to popular demand, BCHI will soon be selling weighted hula hoops! Get in on the spin and hula your way to a more sculpted waistline! Hula hoops will be available in 3, 4 or 5 pound weights and will be available in the next couple of weeks through the Member Services Desk.



Are you having a massage by one of our fabulous massage therapists? Be sure to book your next 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 immediately 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 1st, the massage client loyalty discount will no longer be available to Botsford Hospital employees. Thank you for your continued patronage.

GIVE YOUR HEALTH A BOOST!

There are some easy ways to give yourself the edge when it comes to boosting your health. If you want to cut your risk of heart disease, fight cancer, slow the signs of aging and protect your smile, keep reading. These changes are easier than you think!

- ❖ **Don't pass on the pistachios!** Eating one handful of pistachios every day can reduce your total cholesterol by about 7%, according to researchers at the University of Pennsylvania. And that 7% cholesterol reduction reduces your risk of heart disease by 14%. Why? Pistachios are one of the best sources of plant sterols, compounds which reduce the body's absorption of cholesterol.
- ❖ **Eat the peel!** Experiments done by Cornell University show that there are more than a dozen chemicals in the peels of Red Delicious apples that inhibit the growth of breast, liver and colon cancer cells. Experts recommend eating only the skin of organically grown apples.
- ❖ **Cook with garlic.** Just one clove of garlic a day (or 300mg 3 times daily) discourages red blood cells from sticking together and blocking arteries, reduces arterial damage and discourages cholesterol from lining arteries and narrowing them.
- ❖ **Take 5.** When stress starts to build, ride it out by taking 5 minutes to close your eyes and focus on your breathing.
- ❖ **Pucker up!** Kissing your partner increases saliva in your mouth which helps to clean your teeth of bacteria that can cause cavities. If you don't have anyone to kiss, try chewing sugar-free gum with xylitol.

DATES TO REMEMBER IN MAY!

5/1—MAY GROUP EXERCISE SCHEDULES GO INTO EFFECT!

5/5—FREE INFO SESSION ON RENEW PROGRAM @ 7:45PM—PRE-REGISTER WITH MEMBER SERVICES.

5/7— FAMILY SWIM NIGHT 6PM-8:30PM--\$3 PER MEMBER GUEST/\$5 PUBLIC WALK-INS

5/8— FREE INFO SESSION ON RENEW PROGRAM @ 11AM—PRE-REGISTER WITH MEMBER SERVICES.

5/9—BCHI POOLS OPEN AT 10:30AM

5/12--FREE INFO SESSION ON RENEW PROGRAM @ 7:45PM—PRE-REGISTER WITH MEMBER SERVICES.

5/15--FREE INFO SESSION ON RENEW PROGRAM @ 11AM—PRE-REGISTER WITH MEMBER SERVICES.

5/19—NEW 20-WEEK SESSION OF RENEW BEGINS @ 7:45PM. PRE-REGISTRATION IS REQUIRED.

5/21—FAMILY SWIM NIGHT 6PM-8:30PM--\$3 PER MEMBER GUEST/\$5 PUBLIC WALK-INS

5/31—BCHI CLOSED IN OBSERVANCE OF MEMORIAL DAY.

6/1—BCHI BEGINS OBSERVING SUMMER HOURS OF OPERATION, CLOSING AT 9PM MONDAY THRU FRIDAY. WEEKEND HOURS OF OPERATION WILL NOT CHANGE.



39750 Grand River Ave ♦ Novi, MI 48375 ♦ (P)248-473-3100 ♦ (F)248-473-4007
Monday-Thursday 5:30am-10:00pm **(CLOSING AT 9PM BEGINNING TUESDAY 6/1)**

Friday 5:30am -9:00pm

Saturday 7:00am-4:00pm—Pool and sauna close at 3:45pm.

Sunday 10:00am-4pm—Pools and sauna 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!