



'Three Great Clubs One Great Price!'

Broadwater

Athletic Clubs & Hot Springs

West Side
443-5777

East Side
443-6045

Downtown
443-8348

VOLUME 7, ISSUE 3

APRIL 2007

**SPECIAL
POINTS OF
INTEREST:**

- I Lost It at the Broadwater Results
- New Fitness class for kids!
- Is super-sizing that meal really a good value?
- What can laughter do for your health?
- Spring Break Special Hours for Adventure Zone and Lifeguards

**INSIDE
THIS ISSUE:**

- Personal Training 2
- Stability Ball Training 2
- Signs of the Times 2
- Super Size This 3
- Ha Ha Ha! 3
- TAG Class 3
- Camp Broadwater 4
- Spring Break Info 4

I Lost It at the Broadwater

Dear ILABers,

Thank you so much for participating in our 'I Lost It At The Broadwater' lose-weight and get fit program! While the program was only a short 8-weeks to get you started on a healthier lifestyle, your results were fantastic! The percent of weight loss during the 8-week period ranged from just over 2% to our 'winner' at 4.6%. Pounds lost ranged from 3-9. That is excellent and appropriate for the 8 week period.

Who is the biggest 'winner' you might be wondering— PEGGY

HOLLOW-PHELPS who won a \$50 gift certificate. Congratulations Peggy!



The runner up at 4.4% weight loss was Shawna Pratt who won an Ab Roller.

We had a good time at the Graduation Party feasting on healthy 'anti-oxidant'

dark chocolate dipped strawberries and shared lots of good ideas and feedback. For those who were not able to attend, please let me know your t-shirt size and I will get you your official ILAB shirt! Your comments and feedback regarding the program, ActivTrax, etc. is also appreciated.

Keep in touch! We are committed to keeping all of you on track and involved in our Club and staying ACTIVE.

In good health,
Nanette Huddleston
Fitness Director

Fitness Fun 4 U

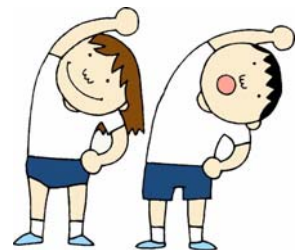
Fitness Fun 4 U is a healthy AND fun opportunity for your school age children. This is a program focused on FUN, Fitness and Nutrition for Grades 1-4 and 5-8.

When: April 17,
2007 - May 10, 2007

Tuesday and Thurs-
day afternoons

Time: Grades 1-4:
3:30pm - 4:15pm

Grades 5-8:
4:30pm - 5:15pm



Cost: \$20 for 8 sessions.
Instructors: Margot Wright, Certified Personal Trainer and Lisa King, Licensed Nutritionist

Personal Training



Our Certified Personal Trainers will help you get the results you want!

Certified Personal
Trainer Kelly
Duncan to offer
Stability Ball Class

Training Corner:

Broadwater Members! Working with a Personal Trainer is now easier than ever.

We now have available to you a program where you may have your personal training payments withdrawn along with your monthly dues via our EasyPay plan.

Here's how it works:

- Monthly withdrawal amount based on how many times/week you train.
- Retainer program guarantees your time slot with your trainer.
- Monthly rates receive a 10% discount off our base training rates.
- Program is based on your intention to train on a continuous basis.
- Program requires a 30 day written notice of cancellation.

Don't wait...start training now for a better, healthier YOU! Contact Nanette Huddleston or any of our Personal Trainers with questions. Nanette can be reached at 443-6045 or 461-3311.

Next month in the Training Corner we will introduce you to our Certified Personal Training Team!

Stability Ball Training

Take your core training to the next level! The stability Ball Training 6-week workshop is back by popular demand! Six fun and simple total body workouts using just the stability ball allows for these workouts to be done anywhere while

promoting abdominal and low back strength.
Days: Mondays
Dates: April 16th through May 21st
Time: 8:00 a.m. to 9:00 a.m.
Location: Broadwater Westside
Cost: \$80.00
How: Sign up at the

Westside club. Class size is limited, payment holds your spot.

For more information contact Kelly Duncan (Class instructor, ACE Certified Personal Trainer) at 202-3623.

What did that sign say?

- Toilet out of order. Please use floor below.
- Automatic Washing Machines: Please remove all your clothes when the light goes out.
- After tea break staff should empty the teapot and stand upside down on the draining board

- We exchange anything – bicycles, washing machines, etc. Why not bring your wife along and get a wonderful bargain?
- Spotted in a safari park: Elephants please stay in your car
- For anyone who has children and doesn't

know it, there is a day care on the 1st floor

- If you cannot read, this leaflet will tell you how to get lessons
- We can repair anything. (Please knock hard on the door – the bell doesn't work.)

Super-Size This



You know the spin: For less than a buck, you can transform your ordinary-sized fast-food meal into a super-sized smorgasbord. Seems like a good deal, eh? According to new research out of the Univer-

Is Super Sizing that meal really a good value?

sity of Wisconsin-Madison, it's really not.

The researchers figured you would gain 1.3 ounces of body fat simply by consuming one super-size meal. Multiply that by the average number of fast-food meals eaten by Americans per year (159 per person, according to the NPD Group, a market research firm), and that's 12.6 pounds.

And we're not even talking dollars yet. A King-size value meal from Burger King costs 80 cents more than a regular value meal, meaning you would spend an extra \$127.20 per year (and \$888.81 total) by upsizing. And your health care costs would rise anywhere from \$130 to \$1055 per year, depending on how much you already weigh, simply due to the extra weight. Not such a good deal after all, is it? --Rick Chillot, *diane*, Winter 2007

Your Fitness Goals Are Within Your Reach

- * Lose Fat
- * Tone Muscles
- * Increase Flexibility
- * Improve your overall health
- * Change your lifestyle

Margot Wright, Certified Personal Trainer is accepting new clients. She may be contacted at 461-8793.

Ha Ha Ha!!

A big belly laugh does more than make a comedian's reputation – it makes your body healthier, too. Psychologist Paul McGhee, PhD, a pioneer in humor research, explains why what tickles your funny bone is also a boon to your well-being.

Both humor (a mental experience) and laughter (a physical act) stimulate the im-

mune system to prevent you from getting sick, and they can also reduce chronic pain, such as arthritis. They can help prevent heart disease by actually enhancing your blood vessels' ability to relax and dilate, improving your blood pressure. And there's also strong evidence that laughter causes muscle relaxation – the good kind of

tired after you work the muscle. Simulating a laugh can probably generate that good feeling, but if it's genuine, you'll get better results. In most cases even when laughter is forced, once you start, it can turn into the real thing. – Lindsay Stehman, *diane* Winter 2007



Tag Class (Thighs, Abs & Glutes)

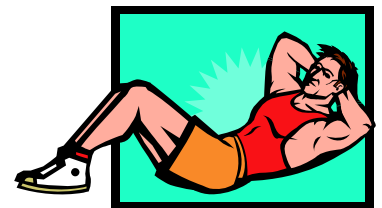
Get ready for summer with Spring Tag (Thighs, Ab, Glutes) class! Target those trouble areas in this high energy circuit class suitable for all fitness levels! Copies of the workout are provided to all participants!

When: Saturday, April 30th

Time: 9:30 – 10:30 a.m.
Location: Broadwater Eastside Club
Cost: Members \$3.00
 Non-Members \$5.00

For more information, contact Kelly Duncan (Ace Certified Personal

Trainer) at 202-3623 or Margot Wright (Ace Certified Personal Trainer) at 461-8793



Tone up for the summer and lounge at the Waterslide!

Camp Broadwater

Directed by Kim Bifford

Starts June 11th & Ends August 23rd

Mondays, Tuesdays, Wednesdays and Thursdays

12:30 p.m. – 5:30 p.m. Fitness activities, swimming, Waterslide, games and more!

	Member	Non-Member
Single Visit	\$10.00	\$15.00
10 Visits	\$90.00	\$140.00
20 Visits	\$160.00	\$260.00
30 Visits	\$210.00	\$360.00
All Summer	\$250.00	\$420.00

Camp Broadwater is a summer program that incorporates the fun of the Waterslide and natural Hot Springs pools with a children's fitness program designed to teach and shape the lives of our younger members.

Participants aged 7 to 13 need to pre-register at the Broadwater Westside. Once your child is registered, they are registered for the whole summer. Your child can attend the days that work for your schedule. (Registration will begin April 9th.)

Registration is at the Broadwater Athletic Club and Hot Springs. Parents must accompany child when registering for Camp Broadwater and sign waiver.

For more information call the Broadwater Westside at (406) 443-5777.



Spring Break is April 9th – 13th

Adventure Zone Hours

Saturday, April 7 th	9:00 - 8:00
Sunday, April 8 th	CLOSED
Monday, April 9 th	9:00 - 8:00
Tuesday, April 10 th	9:00 - 8:00
Wednesday, April 11 th	9:00 - 8:00
Thursday, April 12 th	9:00 - 8:00
Friday, April 13 th	9:00 - 8:00
Saturday, April 14 th	9:00 - 8:00
Sunday, April 15 th	1:00 - 7:00

Just a reminder, all the Clubs will be CLOSED on April 8th in observance of Easter. Happy Easter!

Spring Break Lifeguard Hours

Saturday, April 7 th	1:00 - 7:00
Sunday, April 8 th	CLOSED
Monday, April 9 th	1:00 - 7:00
Tuesday, April 10 th	1:00 - 4:00
Wednesday, April 11 th	1:00 - 7:00
Thursday, April 12 th	1:00 - 4:00
Friday, April 13 th	1:00 - 7:00
Saturday, April 14 th	1:00 - 7:00

Spring Break Rock Wall Hours

Tuesday, April 10 th	4:00 - 7:00
Thursday, April 12 th	4:00 - 7:00