



"Three Great Clubs—One Great Price"

Broadwater ATHLETIC CLUBS

Broadwater Athletic
Club & Hot Springs
4920 Hwy 12 W
443-5777

Broadwater's Life
Fitness Center
607 N. Lamborn
443-6045

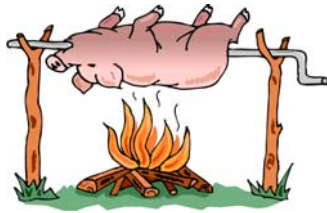
Broadwater's Downtown
Athletic Club
316 N. Last Chance Gulch
443-8348

July 2006

Newsletter

Membership Appreciation Party!

We're having a PARTY at the Broadwater! In appreciation of our fantastic members, we are having a Member



Appreciation Luau and Pig Roast. Join us on Thursday, July 13th at the Waterslide from 4-8 p.m. for food and fun! The menu will include a Pig Roast (limited quantity, first come, first served!), Hawaiian Luau Pork Sandwich, Salads, Hotdogs, Fresh Fruit, Chips, Pop and Cake! We will also be serving poi, a traditional Hawaiian staple made from the Taro Root.



At 5:30 and 7:00 we will also have a Broadwater HULA Demonstration! You won't want to miss that! The first 400 people to arrive will get a free lei!

The Waterslide will be Open to **members only** for this fun-filled party!

Poi, What is THAT!?!?

Poi, a glutinous purple paste made from pounded taro root (one of the most



nutritious carbohydrates known) is the staple starch food of the Hawaiians. Nutritionally the root crop is rich in fiber, calcium, potassium, iron, vitamin A, vitamin B1, vitamin B2, and vitamin C.

Poi has had great significance in the Hawaiian culture, as it represents *Haloa*, the ancestor of chiefs and *kanaka maoli* (Native Hawaiians). There was a great reverence for the presence of *poi* at the table. It was unforgivable to have a quarrel, argue or haggle when *poi* was on the table. Pleasant conversation and heartiness was promoted.

Is it dangerous to keep drinking water out of the same plastic bottle?

Whether you're trying to cut Mother Nature some slack or just save a buck, there's no reason not to keep filling up that bottle with fresh water.

Despite urban legends claiming that reusing plastic bottles can cause carcinogens to leach out of the plastic and into your drink, you really have nothing to worry about. According to Peter Iwen, Ph.D., a microbiologist with the University of Nebraska, there is absolutely no evidence of carcinogens or unhealthy compounds in plastic bottles leaking out and tainting water. "Treat your water bottle as you would your coffee cup – wash it with soap and warm water between uses, and you should be fine," he says. *Men's Fitness*, August 2006.



CARDIO SALSA !!!!!

- ☞ Get your cardio workout while moving to a Latin beat!
- ☞ Plan on an hour of fun.
- ☞ Wear tennis shoes.
- ☞ For people who want a good workout and love to dance.
- ☞ **Men and women welcome – no experience necessary!** Bring a friend!
- ☞ **This class is for one night only, so save Thursday, July 20, at 5:30 pm at the Downtown Club**

Cost: Free to members, \$ 5 to non-members.

Call Leslie with questions: 368-2372

Welcome New Personal Trainers

We would like to say “Welcome and Congratulations” to the following people who have recently received their Personal Training Certificates!

- 🏆 Beverly Bell
- 🏆 Katie Campbell
- 🏆 Mark Nay

“Welcome and Congratulations” to the following who have obtained their certifications as Lifestyle Weight Management Consultants:

- 🏆 Shirley Little
- 🏆 Connie Jacobson

If you are interested in hiring a Personal Trainer or Lifestyle Weight Management Consultant, contact Anneliese at 443-6045.

Keeping Perspective

- ☞ Always remember, you are unique, just like everyone else.
- ☞ If you think nobody cares if you are alive, try missing a couple car payments.



- ☞ If at first you don't succeed, skydiving is not for you.
- ☞ Duct tape is like The Force. It has a light side and a dark side, and it holds the universe together.
- ☞ Everyone seems normal, until you get to know them.
- ☞ Never take a sleeping pill and a laxative on the same night.
- ☞ If you tell the truth, you don't have to remember.

CAMP BROADWATER

Camp Broadwater is going strong but has room for more kids! Don't let your kids be bored this summer. Sign them up for this fun program and have our staff keep them busy all afternoon (12:30 – 5:30)!

Themes for the rest of the summer:

- ☞ July 10-13 Baseball & Basketball 
- ☞ July 17-20 Kickball & Boomer Ball
- ☞ July 24-27 Crazy Carnival & Water World
- ☞ July 31-Aug 3 Sports, Sports, Sports
- ☞ August 7-10 Volley Ball, Bad Mitten & Extreme Soccer 
- ☞ August 14-17 Water World
- ☞ August 21-24 Jr. Olympics



Daily Schedule includes the Adventure Zone, Club Fitness, Theme Activity, Snack, Story, Health & Nutrition Activity, Kid's Choice, Swimming, Waterslide and Games!

Cost is only \$10.00 per day or buy a punch card and save!

