

**BROADWATER  
ATHLETIC CLUBS**

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**Three Great  
Clubs - One Great  
Price**

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Watch for the *next* Newsletter at the start of September.



**'Three Great Clubs One Great Price!'**

# Broadwater

**Athletic Clubs & Hot Springs**

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443-5777**

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MID-SUMMER 2007

## Member Appreciation Party

### Ho-Down at the Broadwater

Join us on Thursday, August 2nd, 4-8 p.m. at the Water-slide for a Member Appreciation Party! We'll have food, games and lots of fun. As members you will be our guest at this fun-filled party. Plan to join us for lots of family fun!

We'll have a chuck wagon full of good eats! We're plan-

ning on another pig roast! Jim Sparing will be roasting the pig (all 195 pounds!) on the



Join us at our Ho-Down on Thursday, August 2nd 4-8 p.m.

premises. We'll also have Chili, Hot Dogs, Chili Dogs, Fruit, Veggies, Chips and Cake!

We are working on putting together some line dancing and hopefully a singer (or two, do you sing??) and maybe even a yodeler! You won't want to miss out! If you have a talent you want to share, let us know!

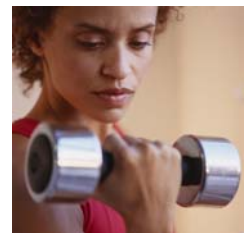
Mark your calendar—Thursday, August 2nd, 4-8 p.m.! (Food will be served until 7:00.) The Water-slide will be closed to the public and we will be celebrating our awesome members!

## Fitness News-Fitness News-Fitness News

**The IDEA Fitness Conference** was in San Diego, California this year. Several of our instructors and Personal Trainers were

able to attend. Look for Nanette Huddleston, Anneliese Smith, Marshall and Carol Price, and Angela McDannel to bring back some of

the latest information in the world of Fitness!



## Metabolism & Your Metabolic Rate



Eating 5 or 6 small meals a day will burn more calories.

Metabolic rate is the amount of energy your body burns on a given day measured in calories. The cells of your body require energy. Fat cells require small amounts of energy and muscle cells require large amounts (a pound of muscle may burn more than 30 calories per day at rest).

Your body burns fuel from the food you eat or takes it from energy that has been stored as glycogen

in the muscles and liver or from fat in the fat cells. A low protein diet and exercise without strength training will cause the body to burn energy stored as muscle.

An active person who also strength trains will maintain muscle and have a higher metabolic rate. They can eat more while maintaining a healthy weight.

An inactive person who follows a low calorie/low fat/low protein diet has

a lower metabolic rate. They must eat less to maintain a healthy weight.

Digestion is a high energy activity. Eating 5 or 6 small meals a day will burn more calories.

“Metabolism increases as people eat more and decreases as people eat less.” New England Journal of Medicine, March 1995

## Outdoor Pools and (ick!) Bugs

We are very proud of our pools here at the Broadwater Athletic Club and Hot Springs. We have the unique honor to provide three outdoor pools heated with our natural mineral Hot Springs water. The pools are kept at a comfortable tempera-

ture year round for everyone's enjoyment in any season.

Having outdoor pools can lead to problems of bugs and other debris in the pools. Our lifeguards and maintenance staff make every effort to keep our pools clean and comfortable.

The surface of the pools are skimmed on a regular basis, as well as having the bottom “vacuumed.” If you ever feel the surface needs to be skimmed, please talk to staff and we will make arrangements.



Lightning Storms are common in the Helena Area on hot afternoons.

## Lightning Storms

This brings us to another issue, lightning. When a lightning storm is in progress, the pools will be closed. Being in the water, at the Water-slide or on the tower is

not a safe place during a storm. Everyone in the pools will be asked to go indoors until the storm clears. Pools will reopen **20 minutes** after the last bolt of lightning is observed.



# Meet Our Newest ACE Certified Personal Trainer

Hello, I am Lisa King, an ACE Certified Personal Trainer and Registered Dietician and Licensed Nutritionist. I hold a Bachelor of Science degree in Nutrition Science and a Master of Science degree in Health Service Administration.

Over many years of Critical Care experience, I have seen firsthand how poor lifestyle choices can have a negative impact on one's health status. Extensive experience working with morbidly obese individuals has reinforced this

opinion. I was challenged with the opportunity to develop a comprehensive nutrition protocol for those individuals choosing to have surgical weight loss procedures to aid in their weight loss. This is not the best route for weight loss as healthy lifestyle changes must also accompany this surgical intervention. Either way, positive lifestyle changes need to be incorporated in order to achieve long term success.

Whether your goal is to lose weight, improve your fitness performance or prevent or correct a medical condition, both good nutrition and physical fitness are essential components of any program. With my combined license in Nutrition and ACE Certification, I can provide you with a comprehensive program that will help you not only reach your goals, but maintain them long term. If you are interested in contacting me, please call me at 461-4920.

**“Both good nutrition and physical fitness are essential components of any program.”**

## Personal Training Client Profile

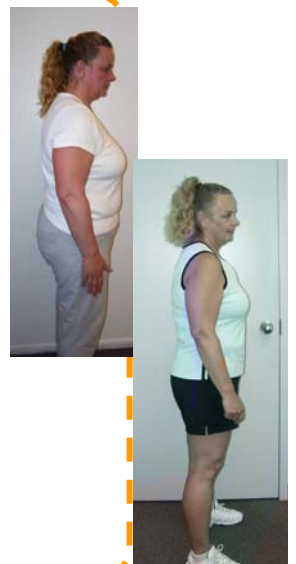
By Anneliese Smith

What has Personal Training done for Jennifer Johnson? As her trainer I can tell you it's changed her life! Meet Jennifer ....she came to me in February asking me to help her "get back into shape."

Jennifer had specific goals in mind when she was

given a Personal Training gift certificate. She has not only exceeded her goals, but has continued on far past her wildest dreams. The biggest change that I have seen has been in her attitude. Her results have kept her motivated and coming back for more. Jennifer has lost 24 pounds and reduces her

body fat percentage by 12 points!!! She as lost over 11 1/2 inches overall and dropped 4 clothing sizes! These results are huge and cannot be ignored! I couldn't be more proud of Jennifer! She's a true example of how changing your lifestyle and behavioral habits changes your life! Congratulations!!!



## Staff Recognition

**Travis Jones** – If you workout at the Eastside or Downtown clubs, you are probably very familiar with Travis Jones at the Front Desk. Not only is Travis a terrific worker, keeping our clubs in good order, willing to sub for his co-workers and always reliable, but he is adored by the members that come in dur-

ing his shifts! Thanks to Travis for being a Star Employee!

**Michelle Johnson** – Instructor extraordinaire with the fabulous smile! Michelle has been with the Broadwater Athletic Clubs 10 years. She brings her talents as a Middle School teacher to her classes

which makes her one of our most talented instructors. If you have not been to one of Michelle's classes, it's time to check one out. She currently is teaching PowerFlex on Thursday mornings at 6am and the 'PowerPack' classes on Tuesday evenings at 4:15/5:15pm.

**Always a friendly face! Do you have a favorite staff person? Let us know!**

### Member Comments and Concerns:

#### **May we have the instructors' names on the Group Fitness Schedule?**

YES. we will be enlarging our schedule and including the names of the 'lead' instructors. Please keep in mind that we do have subs occasionally and so you may see a different instructor sometimes. Look for the new revised schedule soon.

#### **Why don't Childcare workers wear name tags?**

We have been unable to find a name tag that wouldn't present a hazard to either the worker or the children. Name tags that are stuck on, pinned on or use magnets can fall off becoming choking hazards; and name tags that hang are also dangerous. We aren't trying to hide anyone's identity, so please ask if you don't recognize the worker!

## **CAMP BROADWATER**

Kim and her Camp Broadwater Crew have been having a great time this summer! They have been swimming, watersliding, making Ooo-blik, taking a class in Kickboxing, playing Flag-Tag, jumping rope, drawing on the sidewalk and parking lot and oh so much more!!

Don't miss out on the fun she has planned for the rest of the summer. Here are the themes she has planned:



July 16-19  
July 23-26  
July 30– Aug. 2

August 6-9  
August 13-16  
August 20-23

Climb Away!  
SPORTS!  
Take Me Out to  
the Ball Game!  
Aquacise  
Kid's Boot Camp  
Go for the Gold!  
Jr. Olympics



## **Ten Reasons to Hire a Personal Trainer**

1. **Motivation** – Personal trainers wear many hats, serving not only as coach, but as an educator, confidant, role model and a major source of motivation and encouragement as well.
2. **Consistency** – Do you find it difficult to stick to your program? Scheduling regular appointments with a personal trainer helps eliminate any excuses you might come up with for not exercising.
3. **Safety** – Unsure about how to use the chest press machine at the gym or how to perform walking lunges without hurting your knees? A personal trainer will show you how to exercise safely (including which exercises to avoid) and instruct you on the proper and safe use of exercise equipment.
4. **Individualized Instruction** – What works for one person, may not work for another when it comes to choosing an exercise program. A personal trainer will develop the most effective program for you based on your fitness evaluation results and personal goals. Beginners in particular benefit from instruction on how

- to perform specific exercises and program planning.
5. **Effective Workouts** – Today's hectic lifestyles mean you don't have time to waste on ineffective exercise routines. Personal trainers help maximize your time by providing workouts designed to meet your goals quickly and efficiently.
6. **Supervision** – Personal attention during exercise is the primary function of personal trainers. Need someone to spot you while you do pull-ups? Looking for feedback on your running form? No problem – that's what your personal trainer is for – to observe, assist and if necessary, correct as needed.
7. **Sport-specific Training** – Many amateur and professional athletes work with a personal trainer during the off-season to prepare themselves for in-season competition. Whether you want to shave some strokes off your golf score or beat your brother-in-law at tennis, a personal trainer can tailor your program to your sport of choice.
8. **Injury Rehabilitation** – Injuries and

- accidents can prevent you from participating in your favorite activities. An experienced personal trainer, however, can make the road to recovery a smooth one by recommending exercises that emphasize overall muscular balance to prevent future injuries.
9. **Special-needs Training** – Research confirms that individuals with health challenges such as diabetes, asthma, osteoporosis or heart disease benefit greatly from regular physical activity. These conditions, however, can make exercising safely a challenge. Many personal trainers are experienced in designing programs that address the special needs of these and other conditions.
- Ego Boost** – It's a fact – feeling good makes you look good, and vice versa. Not only can your personal trainer help you achieve your health and fitness goals, they provide you with positive feedback on your performance and bolster your confidence to take on new challenges.