



'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 2

March, 2007

**Special points of interest:**

- Get the results you want with ActiveTrax!
- Find out how you could get a FREE membership!
- Grapes are a healthy treat.
- Women On Weights
- Diet Myths
- Swim Lessons

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**ActiveTrax Works for Shelly!**

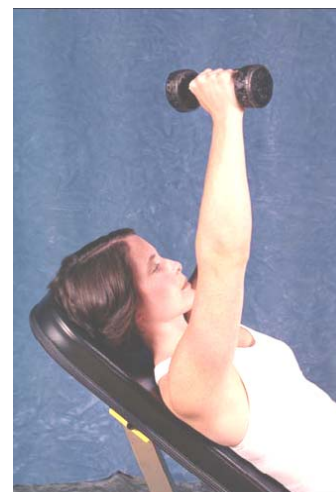
My name is Shelly Rusek. I joined the Broadwater Athletic Clubs on December 23<sup>rd</sup>, 2006. I joined the ActivTrax program on January 21<sup>st</sup>, 2007 at the Broadwater Eastside. As of today (February 11<sup>th</sup>), I have done 16 workouts and just printed out my 17th workout schedule.

The reason I LOVE ActivTrax is because it is SO individualized. I ALWAYS look so forward to my workout and seeing just how many of the sets I can do. My favorite part is entering the information on the computer when I get home and getting the next workout schedule again.

I always study the resistance workout schedule to make sure I know

how to do each exercise. If I am not quite sure about the exercise, I go to the "Exercise Instructions" tab on the ActivTrax page and find that particular exercise and it shows me EXACTLY how to do the exercise properly. Sometimes I even print out the instructions so I can read them over and over again so I KNOW I am doing the exercise correctly and precisely.

Even though I haven't been with the ActivTrax program for very long, I can already feel the difference in my body and the way my clothes fit on me now. I know I am a little more toned and my energy level is MUCH higher now. PLUS - I am sleeping TONS better



**Incline Bench Press**

# 1. Start Position: Inhale as you slowly lower both dumbbells. (Sample Exercise Instruction)

thanks to ActivTrax and the Broadwater.

Get information about ActivTrax at the Front Desk.

**Medicare Enrollees: YOU'RE INVITED!!!**

Sterling Life Insurance Company is a Medicare Advantage Organization contracting with the federal government. They will be here on Friday, March 9th and again on the 23rd at 11:15 a.m. to present information on

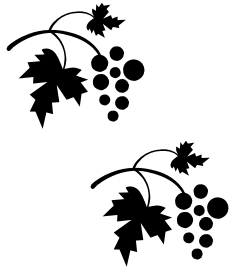
their NEW Prescription Drug Plan with "coverage through the gap."

With Sterling Insurance you may also qualify for FREE membership at the Broadwater!

A licensed agent will

be on hand with information. You can also call 866-218-3777. Join one or both of the meetings to learn more.

Lunch or refreshments will be served!!



**Grapes can be frozen for a cool, sweet treat.**

## Pick a Bunch of Grapes for a Healthy Treat

Grapes were introduced to America hundreds of years ago by Spanish Explorers. Grapes come in more than 50 varieties and in multiple colors, such as black, blue, red, green, white and purple.

### **Nutritional Facts:**

Grapes are rich in plant compounds known as phyto-nutrients. These compounds have been shown to fight disease and enhance health when in-

cluded in a balanced diet. Grapes also contain antioxidants that can help to fight against heart disease and certain types of cancer.

### **Selecting and Handling Grapes:**

When selecting grapes, look for firm, plump clusters of grapes that are securely attached to green stems. Be sure to wash your grapes when you get home from the store!

Store grapes in the

coldest part of the refrigerator in a covered container or a plastic bag.

Fresh grapes maintain good quality for two or three days in the refrigerator.

**Did you know?** Grapes do not continue to ripen after they have been picked.

A 1 ½ cup serving of grapes contains just 90 calories with no sodium or cholesterol.

**Shawna Pratt  
wins Star Client  
for February!**

## Star Client February Winner

Shawna Pratt is the February Star Client winner of a \$30 gift certificate to "Surface Skin Care Salon." Shawna joined "I Lost It at The Broadwater" and works with Personal Trainer Margot Wright to achieve her lifestyle changes. She has been experiencing great success! Congratulations

Shawna. Your hard work has paid off in weight loss success!

The March giveaway is a Gift Basket from Christy Wirts. She sells "Better Health Naturally." Find out how you can become a Star Client by contacting Anneliese Smith 431-4169

**Anneliese Smith,  
Personal Trainer and  
Lifestyle & Weight  
Management  
Consultant, is now  
accepting new clients.  
She can be reached at  
431-4169. Call  
today to get the  
results you want  
tomorrow!**



## WOW—Women On Weights

Come down to the Muscle Mine at the Broadwater's Downtown Club every Wednesday night for six weeks and let ACE Certified Personal Trainers take you through a total body workout using free weights. No experience

necessary. Just sign up at the Front Desk at the Broadwater's Downtown location.

Class size is limited to 12 people. Your payment holds your spot. Grab a friend and join us!

Starts March 7th at the Broadwater

Downtown Club. The cost is \$90 for 6 weeks. Classes will be on Wednesday nights from 5:30 - 7:00 pm. This will be the last session before next fall.

For more information contact Anneliese Smith 431-4169.

## Correcting Common Diet Myths

With all the nutrition misinformation available today, it can be tricky to know what's actually true and what's false. The misinformation can make it especially challenging if you're trying to lose weight or eat healthfully. To help you separate myth from truth, read these insights from Milton Stokes, RD, nutrition writer and managing partner of Culinary Nutrition Consultants Inc. in New York City.

**1) MYTH: ALL FAT SHOULD BE BANNED FROM THE DIET. Fact:** Fat is an essential nutrient for good health. Among other roles, it is used by the body to maintain proper temperature, protect vital organs, constitute cell membranes and produce hormone-like effects. In addition, fat is a dense energy source that helps you feel satisfied for longer periods of time (essential for dieters!). It is also vital for absorption of other essential nutrients.

That said, you should monitor the *type* and *amount* of fat in your diet. Studies have found that unsaturated fatty acids, like those in a mostly plant-based diet, may offer cardiovascular protection and prevent chronic disease. However, re-

search has also shown the importance of limiting saturated and trans fat to reduce the risk of cardiovascular disease.

Varying your overall food intake is the best way to get adequate amounts of the healthy fats. "I recommend using a dab of extra-virgin olive oil with bread, instead of butter or margarine," says Rebecca Wright, MS, RD, LD, a clinical dietitian in Murray, Kentucky. She also suggests limiting the "bad" fats (meaning saturated and trans fats) and replacing them with nuts, seeds and healthy oils, such as canola and olive. How *much* fat is healthy? The American Heart Association recommends that your daily intake of fat should be around 30% of total calories.

**2) MYTH: CARBOHYDRATES WRECK DIETS. Fact:** A diet rich in carbohydrates—particularly high-fiber items, such as fruits, vegetables and whole grains—is essential. Carbs are the body's ideal fuel source, and getting adequate amounts ensures sufficient energy for daily physical activity, metabolic functions and repair. People who avoid carbs while dieting need to resort to an alternate, less efficient energy

source.

"It's best to aim for 50%-60% of total calories from carbohydrates for optimal health," says Cynthia Sass, MPH, MA, RD, LD, author of *Your Diet Is Driving Me Crazy* (Marlowe & Co. 2004). Limiting carbs often results in headaches, poor endurance, muscle tissue breakdown and dehydration, she explains.

**3) MYTH: TO BURN FAT, IT'S BEST TO EXERCISE ON AN EMPTY STOMACH. Fact:** Wrong. "An empty stomach is likely to cause you to fatigue more quickly when working out," notes Jenna Bell-Wilson, PhD, RD, LD, IDEA contributing editor and assistant professor in medical dietetics at Ohio State University. Becoming tired too soon can result in a suboptimal workout.

If you head straight for the gym before eating breakfast, this strategy can compromise your ability to work out at your optimal performance level. A better plan is first to eat a quick breakfast meal or snack that contains both protein and carbohydrates, such as whole-grain cereal topped with low-fat milk.

### *The myth of night eating and weight gain:* Does eating after 6:00 p.m. make you gain weight?

No. "There is no magic hour at which everything suddenly turns to body fat," advises Ellie Krieger, MS, RD, A New York City-based dietitian and author of *Small Changes, Big Results* (Clarkson Potter 2005). She says nothing is wrong with having a light supper or snack at night as long as you don't overindulge by eating more than your recommended daily calorie allowance.

However, many people eat too much in the evenings during sedentary activities like watching television. Make sure you are eating in response to true hunger and not for another reason, like boredom or loneliness.

***"An empty stomach is likely to cause you to fatigue more quickly when working out."***

MARCH  
2007 NEWSLETTER

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We're on the Web!  
www.theBroadwater.com

Happy  
St.  
Patrick's  
Day!



## Spring Swim Lessons

**Parent and Tot:** Ages 6 months to 3 years.

*Morning*

**Dates:** Session 1 — March 20 April 5  
Session 2 — April 17– May 3  
Session 3 — May 8–May 24  
**Times:** Tuesday and Thursday  
mornings, 9:00 – 9:30 AM

**Cost:** \$30.00 member/ \$60.00 non-member

**Mixed Class/Levels 1, 2, 3:** Ages 4 and up.

*Evening*

**Dates:** Session 1 — March 20 April 5  
Session 2 — April 17– May 3  
Session 3 — May 8–May 24  
**Times:** Tuesday and Thursday evenings, 5:30 to 6:15 PM.

**Cost:** \$40.00 member/ \$80.00 non-member

**Mixed Class/Levels 1 & 2:** Ages 4 and up.

*Evening*

**Dates:** Session 1 — March 19 – April 4  
Session 2 — April 16 – May 2  
Session 3 — May 7–May 23  
**Times:** Mondays and Wednesdays, 6:00 to 6:30 PM.  
**Cost:** \$30.00 member/ \$60.00 non-member

**Mixed Class/Levels 3 & 4:** Must have appropriate skills.

*Evening*

**Dates:** Session 1 — March 19 – April 4  
Session 2 — April 16 – May 2  
Session 3 — May 7–May 23  
**Times:** Monday and Wednesday, 7:00–7:45 PM.  
**Cost:** \$40.00 member/ \$80.00 non-member

If you are on the waiting list for any class, more classes may be added depending upon availability of instructors and pool space.

**Specialty Classes:**

Includes Lifeguard certification, Water Safety Instructor, and special needs classes. Specialty classes will be added on an as-needed basis. For more information, please contact Katie at 443-5777.

**Private Swim Lessons**

Private swim lessons are available upon request. For more information, please contact Katie Holnbeck at 443-5777.

	Members	Non-Members
One Child	\$10	\$15
Additional Child (same family, same lesson)	\$5	\$5

- ◆ All lessons must be paid for at the time of service.
- ◆ Cancellations are required 24 hours in advance and notification must be made with the instructor directly.
- ◆ Prior to lessons, please check in at the front desk, sign in and pay.

