



'Three Great Clubs One Great Price!'

Broadwater

Athletic Clubs & Hot Springs

West Side
443-5777

East Side
443-6045

Downtown
443-8348

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Group Fitness Updates

Look for these new and repeated classes (with a few changes) in January.

- **NEW – Cardio/Flex Fusion** – is coming to the East-side Club at 9am on Fridays. This is a combo-class using little, or simple choreography and strength moves to give you a total body workout! Come and join Ramie for a high-energy workout that will kick off your weekends!

- **Prime Time Well Being** – This was a great success, so we're doing it again! This session will be 5 weekly sessions and combine some of the topics we covered in November. The sessions begin on Wednesday, January 16 at 1:30pm at the Westside Club. Leslie Smith

and Margot Wright will lead the sessions. FREE to our members and \$25 for non-members. The sessions will include memory skills, drumming & dancing, stress-reduction, heart healthy eating and more! Look for flyers soon. Please sign up for this class at the Westside Club in person or give them a call at 443-5777.

- **Introduction to Group Fitness** – What better time of year to get started right or have a refresher! This class will focus on Step moves and basic strength exercises. When you complete this six-week session, you should feel confident to attend most group fitness classes related to these formats. The sessions begin on Monday, January 14 at 4:15pm at the

Downtown Club and are lead by Ramie Sprenger. FREE to our members and \$30 for non-members. Please sign up for these sessions at the Downtown Club or by calling 443-8348.

If you have questions, comments or concerns about any of our

Group Fitness programs, please call Nanette Huddleston, Fitness Director at 443-6045 or 461-3311.



Happy New Year!

Biggest Loser 2008 (Anneliese Style)

You've seen it on TV, now you can be a part of it at the Broadwater! My Personal Training clients have the option of participating in the first ever

[Biggest Loser Challenge!](#)

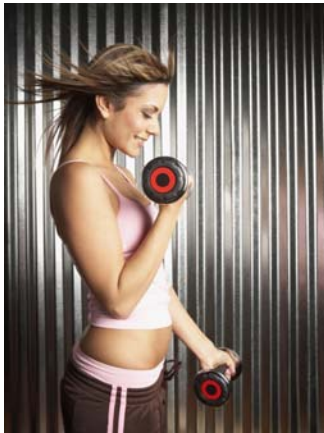
You will receive a cardiovascular and strength "workout-of-the-week", nutritional information and motivational tools for the next three months.

You will have weekly weigh-ins and

your body fat % *loss* will be posted weekly. Find out how you can become a client and participate by calling Anneliese Smith, Master Trainer at 431-4169.

Happy New Year!!

T-WOW (Teen Women-on-Weights)



A take-off the hugely popular Women-on-Weights class started by Anneliese Smith, this is a great opportunity for young women to learn how to properly use free weights and other resistance training. Learning to train properly will enhance developing bodies and self-esteem. Start developing the habit of exercise now! This class is lead by Margot Wright, ACE Certified Personal Trainer.

When: Wednesdays
January 23rd –

February 27th
(6 weeks)
Where: Broadwater Westside Club
How: Sign - up at the Front Desk or call 443-5777
Time: 5:00 P.M. – 5:45 P.M.
Age: 14 – 17 years old,
Prerequisite: Teen Fitness Program (Information available at the Front Desk)
Price: \$45 Members
\$75 Non-members

Direct questions to Margot Wright, 461-8793

TEEN FITNESS PROGRAM

- Teens must be on their parent's membership or have a Student membership.
- Interested teens need to make an appointment to meet with a Fitness Instructor. They will be trained to safely use the equipment, and sign a form agreeing to follow all policies. See the Front Desk to make an appointment today! (Some restrictions apply.)

Fun, fitness and nutrition are the components of this 6-week class for youth ages 9-12.

Kidz Fitness Challenge

Fun, fitness and nutrition are the components of this 6-week class for youth ages 9-12. Boys and girls can expect to learn about healthy eating and physical activity in a fun-filled environment. Classes will include 30 minutes of activities and

15 minutes of education. This class is taught by Margot Wright, ACE Certified Personal Trainer.

When: Wednesdays
January 23rd -
February 27th
Where: Broadwater Westside Club

How: Sign up at the Front Desk or call 443-5777.
Time: 4:00pm - 4:45pm
Age: 9 - 12 years old
Price: \$45 Members
\$75 Non-members
Direct questions to Margot Wright, 461-8793



My motto has always been if it is worth doing, it is worth doing right. Exercise is worth doing, not only because of the health benefits, but also because it defines who you are. I have been in the fitness arena for 16+ years. It has always been an integral part of my life and now I see how my passion for fitness has influenced the lives of those whom I touch.

Friday is Group Training Day!!

Hey! Ready to get in shape, lose weight, eat right, and achieve all of your New Year's Resolutions? Well, grab a friend—or 2 or 3 or 5. Save money by training with a trainer in a group! I

have Fridays dedicated to "Group Day!" Call me for an available time. Sign up for 6 weeks and see what you can accomplish!

You set your own goals and leave the rest to me! The

more people you get to join your group the less you pay! For more details contact Anneliese Smith, Master Trainer 431-4169.

Happy New Year!!

Chicken and White-Bean Cassoulet by Diane Lofshult

While delicious, French cassoulets are traditionally high in calories and animal fat, owing to the inclusion of sausages, duck and pork. This low-calorie version substitutes chicken breasts for those fatty meats. The recipe gets its great taste from using bone-in chicken breasts with the skin left on (but later removed), which yields a rich broth. It also emphasizes using dry beans, to avoid the excess sodium in canned beans. Note that the beans do need to be soaked the night before!

Ingredients

1 cup dry Great Northern beans
 1 tablespoon (tbs) olive oil
 2 medium fennel bulbs, each cut into 8 narrow wedges
 1 red onion, cut into 8 narrow wedges
 2 bone-in chicken breast halves with skin on (1 1/2 pounds total)
 1 cup dry-packaged sun dried tomatoes, cut into thin strips
 4 cloves garlic, minced
 1/2 teaspoon (tsp) salt
 1/2 tsp fresh ground pepper
 1/2 tsp dried oregano
 1/8 tsp crushed red pepper flakes
 1 tbs grated orange zest
 1/2 cup dry white wine
 1 (14 1/2-ounce) can reduced-sodium chicken broth
 3 tbs fresh orange juice
 2 tbs minced fresh parsley

Rinse beans and place in large bowl; cover with cold water. Allow to stand overnight. Drain and place in saucepan. Add fresh cold water to cover beans, and heat to a boil. Cover and reduce heat, simmering 30–40 minutes or until just tender. Drain cooked beans, and set aside.

Heat olive oil in ovenproof Dutch oven with tight-fitting lid; cook over medium-high heat. Add fennel and red onion, and cook for 5 minutes, stirring frequently. Remove vegetables from pan, and set aside.

Add chicken to Dutch oven, skin side down, and cook until browned, about 6 minutes. Turn and brown second side, about 4 minutes. Remove chicken and drain any liquid.

Combine cooked beans and cooked veggies, plus garlic and tomatoes, in Dutch oven. Place cooked chicken on top. Add remaining ingredients, *except for the orange juice and parsley*. Cover and bake in oven at 350 degrees Fahrenheit for 30–35 minutes, or until chicken reaches 180 degrees and beans are tender.

Remove chicken to discard skin; slice meat and return it to bean mixture. Stir in orange juice, and top with parsley. Makes six servings.

Per Serving: 395 calories; 5 grams (g) fat; 38 g protein; 52 g carbs; 38 g protein; 14 g fiber; 53 milligrams (mg) cholesterol; 753 mg sodium.

Source: McClatchy Newspapers 2007. ■

Source: *IDEA Fitness Journal*, Volume 4, Number 9



This low-calorie version of French cassoulets substitutes chicken breasts for fatty meats.



**BROADWATER
ATHLETIC CLUBS**

NEWSLETTER

Broadwater Westside
4920 Highway 12 West
Broadwater Eastside
607 North Lamborn
Broadwater Downtown
316 North Last Chance Gulch

Phone: 443-5777
E-mail:
info@theBroadwater.com

We're on the Web!
theBroadwater.com



**Broadwater
Athletic Clubs**

Three Great Clubs - One Great Price

Staff Recognition for December, 2007:

- **Billie Perry** works the Front Desk at the Westside location. In addition to her many regularly scheduled shifts, Billie frequently takes on additional shifts when her co-workers need the help. She has and learned to open just in case an opener needs a sub. She has also made herself available for emergency openings, even though it might mean getting a call at 4:30 a.m. to come open. Her professionalism and care for other staff and our members makes her a vital part of our team. Thank you Billie!
- **Kari Moutaw** works in the Nursery at the Westside location. She has been a smiling, helpful face for several years in the 5-8 shift. Her previous experiences as a Social Worker and being the mother of four has come in handy working with the many children who have come through the Nursery. She is reliable and always has a smile on her face. We thank her for her dedication and her abilities to deal professionally with difficult situations!
- **Holly Mook** has taken over billing services for member accounts. She is making this transition with aplomb and a good sense of humor! Taking over a job that someone else has done for 29 years is no easy task! We appreciate her flexibility, ability to learn quickly and adapt to new situations! She is making the job her own and getting comfortable in her new office. Thank you Holly!

**Refer a new member and
YOU get a FREE MONTH!**

Eating Well for Life...

"We are what we eat". We've all heard the saying and most of us know it's true. There are numerous diets and opinions telling us what, when and how to eat. Does it have to be so difficult? Here are a few tips to help you improve your food intake and still enjoy eating!

Learn to eat intuitively.

Listen to your body and pay attention to your mood. Do you eat when you are hungry, bored, sad, celebrating or just because it's there? Learning to identify these cues and 'practicing eating when your body is hungry will possibly be your most valuable tool. If you are an emotional eater – find a healthy alternative to replace the eating behavior.

For example, if you want to eat because you are stressed, take a soothing cup of tea and drink it while you soak in the tub with a candle burning.

You'll feel better and won't suffer the guilt of eating when you weren't hungry. **Make your grains whole.** If you purchase

bread, cereals, crackers or pasta and don't see the word 'whole', put it back and reach for something that does. For example, there is a difference be-

tween wheat bread and whole wheat bread. Add lots of color to your diet. The more color on your plate, the better! Limit refined foods (those grains

that aren't whole grains, processed foods, white sugar and sugary drinks.) **Choose good fats** (yes, fat in your diet is not only good, but necessary). Avoid saturated fats and opt for unsaturated fats found in nuts, olives, avocados and canola or olive oils.

These are just a few ideas, but a good start! Now enjoy your delicious AND nutritious foods.



EATING HEALTHY