



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

**Broadwater**

**Athletic Clubs & Hot Springs**

**West Side  
443-5777**

**East Side  
443-6045**

**Downtown  
443-8348**

Volume 8, Issue 10

November 2008

**Broadwater Athletic Clubs**

**FREEMOTION EQUIPMENT GROUP ORIENTATIONS**



**FREEMOTION FITNESS™**

Time to get started on one of the best functional strength workouts ever! We are offering several small group orientations to get you acquainted with our new Freemotion equipment.

13 – 4:30pm and  
5:30pm

- Angela McDannel – 461-0455
- Debbie Dahl – 459-0491

Groups limited to 8. Please sign up at the Front Desk at the Downtown Club Questions? Call Nanette Huddleston at 443-6045

All you need to do is sign up (in person or by phone) at our Downtown Club Front Desk – 443-8348. Here are the times being offered:

- Monday, November 10 – 4:30pm and 5:30pm
- Thursday, November

Remember, you may also schedule an appointment with our Fitness Floor Trainer by calling the Front Desk or any of these Personal Trainers:

- Margot Wright – 461-8793



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**DRUMMING IS RETURNING BY POPULAR DEMANT!**

There will be two classes in November to get you 'in the groove' and motivated for the Holidays!

Join Leslie in a class that will definitely put a smile on your face and get your heart pumping. If you haven't tried it, NOW IS THE TIME!

No prior experience necessary, just a desire to have fun.

**When:**  
**Thursday, November 13 at 5:30pm**  
**OR**  
**Saturday, November 16 at 10am**

**Where:**  
**Broadwater's DOWNTOWN Club**  
**Cost:**  
**FREE to members**

**Non-members only \$8.50**





**Regular Exercise has many benefits, not just weight loss!**

## Random Bits of Information

### Ten Benefits of Physical Exercise:

- **One...** Extends life expectancy
- **Two...** Increases energy and stamina
- **Three...** Increases self confidence
- **Four...** Improves quality of sleep
- **Five...** Aids body weight maintenance
- **Six...** Reduces illness and disease
- **Seven...** Reduces Stress
- **Eight...** Boosts Brain Power
- **Nine...** Increases energy
- **Ten...** Raises your metabolism

### Population Facts:

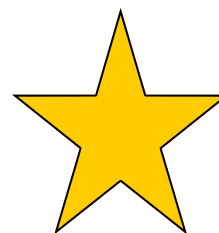
- 87% do not eat a balanced diet.
- 59% do not get enough physical activity.
- 30% are obese
- 24% smoke
- 11% will suffer from heart disease (Census Bureau)

### Random Facts

The strongest muscle in the human body is the tongue

Until 1967 it was legal for Olympic athletes to use performance enhancing drugs

Regular brisk walking can reduce the risk of heart disease by 65%



## Staff Recognition for October

**Tom Pritchett** is our unsung hero at the Eastside Club. Tom opens the club on Wednesday and Friday mornings as reliably as the sunrise! I hear from you (members) all the time how great it is to have him back at the Club. Tom consistently recycles all our newspapers, magazines, cardboard and plastic bottles voluntarily! We all appreciate Tom for going the extra mile. – Thanks Tom!

Each month Broadwater Management recognizes staff who go above and beyond to make the Broadwater the great place it is! This team member is key to our success!



**Pumpkin:** This food is low in Saturated Fat, and *very low* in Cholesterol. It is also a good source of Vitamin E, Potassium and a *very good* source of Dietary Fiber, Vitamin A, C and K, and Iron and Manganese.

## Pumpkin Recipes

**Pumpkin Mousse** This recipe is easy, tasty and low fat!!

1 lg can Pumpkin

1 sm package Instant Sugar Free and/or Fat Free Vanilla Pudding

1 sm package Instant Sugar Free and/or Fat Free Butterscotch Pudding

Add pumpkin pie spices if desired.

Mix together in large bowl, I use my mixer. Fold in 8 oz of Fat Free Cool Whip.

Serve with a dollop of Cool Whip on top or layer in a parfait dish.

These lowfat waffles contain no oil. The batter combines pumpkin, brown sugar, egg, milk and flour with spices.

### Pumpkin Pie Waffles:

1 cup all-purpose flour  
2 teaspoons baking powder  
3/4 teaspoon ground cinnamon  
1/8 teaspoon ground cloves  
1/8 teaspoon ground ginger  
1/8 teaspoon salt  
1 cup milk

1/2 cup pure pumpkin (not prepared pumpkin pie mix)  
1/4 cup packed dark brown sugar  
1 large egg, lightly beaten

### Directions:

In a medium bowl combine flour, baking powder, spices and salt. Whisk to blend. In a small bowl combine the milk, pumpkin, sugar & egg. Whisk to blend. Pour the pumpkin mixture over the flour mixture and stir until just combined. Put 1/4 cup batter in the center of preheated grid. Cook until the steam starts to subside, about 5-7 minutes. Serve with butter and/or maple syrup. Enjoy!

## Family Dinner-time Benefits Too Tempting to Pass Up

The benefits of the family dinner hour are more than nutritional. Children in families who spend dinner-time together gain dietary, educational and behavioral benefits, as well.

Bringing the family back to the dinner table has been proven to instill life-style nutrition values in children, assist in higher academic performance, improve well-being and reduce the risk of unhealthy weight control behavior, particularly in girls, according to the University of Minnesota School of Public Health's Project EAT.

Family dinnertime is also an opportunity to strengthen communication between parent and child. In a recent Columbia University study, nearly half of the 1,000 teens surveyed said the best time to talk to their parents about something important was during dinner. The report also found that more than 80 percent of teens said they preferred having dinner with their families to eating alone.

Research conducted in 2006 by the NPD Group's National Eating Trends and CREST Services showed that moms prepared 70 percent of the supper meals eaten at home, meaning that in addition to juggling children's activities moms are often the bottom line when it comes to getting dinner on the table.

"We've been tracking mom's dinnertime trends over the years and consistently find that the intrinsic benefits of family dinnertime are undeniable - but it doesn't need to be stressful for mom," says Linda McCashion, vice president of public relations at the United States Potato Board.

The United States Potato Board's new online resource, [www.MomsDinnerHelper.com](http://www.MomsDinnerHelper.com), makes it

easy for moms to get a family-worthy meal on the table. On this site, moms are invited to borrow family-favorite recipes from "The Famous Potato Recipe Exchange," browse "Helpful Dinner Hints" and participate in the "Tater Talk" blog, which is an ongoing dialogue that covers all things potatoes. Most importantly, the site's content is generated by the nation's champions of dinnertime: fellow moms.

"Between sports practice, homework and dance recitals, sometimes dinnertime falls to the bottom of the priority list," McCashion says. "The potato recipes available at [www.MomsDinnerHelper.com](http://www.MomsDinnerHelper.com) can help take some of the pressure off."

Moms already know and trust the potato as a family-favorite vegetable. More than 20 percent of in-home dinner meals include potatoes, according to

one of the best sources of potassium in the produce section.

The potato recipes available at [www.MomsDinnerHelper.com](http://www.MomsDinnerHelper.com) show that there's no reason to sacrifice nutrition or taste when it comes to the benefits of family dinnertime.

### But We're So Busy!

It's no secret that Americans are busy, and getting together for dinner often seems like an extraordinary task. As food prices continue to increase, families are not only taking hits to their household budgets, they are experiencing long work hours, conflicting schedules and not finding enough time to cook a meal and have dinner together.

A June 2008 survey of more than 1,000 Americans conducted by eNation found that those responsible

researched the time and cost involved in preparing a traditional pasta dinner and compared it to the cost and convenience of ordering a new alternative -- Pizza Hut Tuscani Pastas. Through her research, Gold compiled a list of tips for busy families looking for ways to eliminate the stress involved with extensive planning for a family meal. Her tips include:

### Plan to Order In

Round out your meal planning every week by ordering one meal in. Choose main dish items like pasta or pizza, and serve your own side dish and drinks at home. It will keep costs down and give you a real break by offering something you might not otherwise make at home.

### Include Kids in Planning

Make a list of your family's favorite meals and let your children help you make a cooking schedule. Post this in a place where everyone can see it so you know what's for dinner each day of the week. Your kids will love the responsibility.

### Shop Smart

Cut back on repeat trips to the grocery store by making a list and referring to your weekly grocery store ads to see what's on sale. Build your weekly menu around what main dish items are the least costly and you will easily be able to rotate your dinner recipes to keep your family happy.

Courtesy of ARAcontent



the NPD Group's National Eating Trends. That means nearly one out of five week-night meals features a potato dish of some variety.

Aside from tasting great and being easy to prepare, potatoes are also highly nutritious. One medium-sized (5.3 ounces) potato, eaten with the skin on, has only 110 calories and contains no fat, sodium or cholesterol. Potatoes provide 45 percent of the recommended Daily Value (DV) of vitamin C and are also

for planning meals usually spend an average of 30 minutes per day shopping for and preparing those meals, and 60 percent of the time dinner plans come together the same day a meal is served. The need for quick, economic solutions that still allow families to sit down together has never been greater.

Time management expert Molly Gold, a consultant for Pizza Hut, Inc.,

## Broadwater Athletic Clubs

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4920 Highway 12 West

Broadwater Eastside  
607 North Lamborn

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316 North Last Chance  
Gulch

Phone: 443-5777  
E-mail:



## Broadwater Athletic Clubs

### The "Caloric Cost" of Thanksgiving Dinner

To burn off the AVERAGE 3000-CALORIE THANKSGIVING DINNER, a 160-lb person would have to run at a moderate pace for four hours, swim for five hours or walk 30 miles, according to the American Council on Exercise. Festive snacks can add another 1,500 calories to the day's tally. Yikes!



### Sappy Thanksgiving!

All Three  
Broadwater Clubs will  
be **CLOSED** on  
Thursday, November  
27th for Thanksgiving.  
Enjoy the holiday and the  
freedoms we have in the  
wonderful United States  
of America!

## See how much you (don't) know about our Thanksgiving holiday:

1. When was the first Thanksgiving celebration held?
2. What was the reason for holding a Thanksgiving celebration?
3. How long did the first Thanksgiving celebration last?
4. Which president proclaimed the first "National Day of Thanksgiving?"
5. Which president made the "National Day of Thanksgiving" a national holiday?
6. Who was the last president to change the date of the Thanksgiving holiday?
7. Who wanted to make the turkey the national bird of the United States of America?
8. What part of the turkey is used in a good luck ritual?
9. What drink did the Puritans bring with them on the Mayflower?

We're on the Web!  
[theBroadwater.com](http://theBroadwater.com)

*Gift of Health*  
The  
Broadwater's annual  
*Gift of Health*  
will be available  
November 12th!  
They make  
wonderful Stocking  
Stuffers for you,  
your friends and  
loved ones! They  
are available at all  
three Clubs, 18  
visits for only  
\$25.00! They can  
also be purchased  
online. One user  
per pass. Valid at  
time of purchase,  
visits expire  
1/31/09.

### Does eating turkey make you sleepy?

No. It's a myth. You can't pin post-dinner drowsiness on the Thanksgiving bird. The most likely culprit is high carbohydrate intake from a big multicourse meal. The lethargy you experience can be attributed to blood rushing from the brain to the stomach to aid digestion. Recent studies have associated L-tryptophan, an essential amino acid, to drowsiness. Although it occurs naturally in turkey, you'd have to consume massive amounts of meat on an empty stomach for it to cause any sedative effect.

1. The Plymouth Pilgrims held their first Thanksgiving celebration in the fall of 1621.
2. On December 11, 1620 the first Pilgrims (or Puritans, as they were initially known) landed at Plymouth Rock. By the fall of 1621, of the hundred or so passengers who had sailed on the Mayflower, only half were still alive. (Of these, only four were adult women and almost forty percent were children.) The survivors, thankful to still be alive, decided to give a feast.
3. It lasted three days (the celebration consisted of games as well as food).
4. On October 3, 1863 Abraham Lincoln issued a "Thanksgiving Proclamation" that made the last Thursday in November a national holiday. (Before that, the president had to make an annual proclamation naming the day when Thanksgiving was going to be held.)
6. President Franklin D. Roosevelt changed Thanksgiving to the Thursday before the last Thursday (the reason was to make the Christmas shopping season longer and thus stimulate the economy).
7. Benjamin Franklin, but he was opposed by Thomas Jefferson. Legend has it that Franklin then named the male turkey a "tom turkey" to spite Jefferson. (The female is called a "hen turkey" and the baby a "poul.")
8. The wishbone.
9. Beer.