

# October Newsletter



# Broadwater ATHLETIC CLUBS Helena, Montana



## BodyAttack and BodyVive coming soon!!!



Broadwater instructors will be attending a Les Mills 'BodyAttack' workshop at the Eastside Club on October 10 & 11. (***Weekend classes will be cancelled on those dates.***) BodyAttack builds strength and stamina for a total body workout. It can accommodate all fitness levels. Look for us to launch this super exciting program in November! It will be the most fun you've had in a long time getting fit! We will be adding BodyAttack classes to our Group Fitness Menu at the Eastside Club later this Fall.

In November, some of our instructors will be attending the Les Mills 'BodyVive' workshop, also at the Eastside Club on November 6-8. (***Friday classes on November 6 will be cancelled from 11am on through Saturday and Sunday.***) BodyVive is a total body workout using the VIVE ball and VIVE tube. A combination of cardio, resistance, core, mobility and balance with great music from the 70's, 80's and 90's! Look for BodyVive to launch in December and be added to our Westside Group Fitness Menu.

## Lose to Win Challenge Update



With nearly 40 participants, this Lose to Win Challenge looks to be a very exciting and successful event. The winner of this Challenge will take away \$1500!!

September, participants learned about the 'Skinny on Nutrition' and sampled healthy foods at Dinners Done Right.

The next weigh in is Saturday, October 10 between 11:30 am-1:30 pm at the WESTSIDE CLUB.

### Last Chance Workout

**Saturday, Oct. 10  
10am  
WESTSIDE CLUB**

### OCTOBER SCHEDULE

|       |  |            |                     |
|-------|--|------------|---------------------|
| 10/5  | Meal preparation                       | 6pm        | Diners Done Right   |
| 10/5  | Recipe Night                           | 6:30pm     | Vital Energy Chiro. |
| 10/6  | Biggest Loser                          | 7pm        | NBC, Channel 12     |
| 10/10 | Last Chance WO                         | 10am       | Westside Club       |
| 10/10 | 2nd Weigh In                           | 11:30-1:30 | Westside Club       |
| 10/13 | Biggest Loser                          | 7pm        | NBC, Channel 12     |
| 10/14 | ABC's of Nutrition                     | 6pm        | Westside Club       |
| 10/20 | Biggest Loser                          | 7pm        | NBC, Channel 12     |
| 10/21 | Healthy Lunches & Recipe Substitutions | 6pm        | Westside Club       |
| 10/27 | Biggest Loser                          | 7pm        | NBC, Channel 12     |
| 10/28 | Surviving the Holidays                 | 6pm        | Westside Club       |

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October 2009

### WEDNESDAY NIGHT CYCLING RETURNS!

It's getting dark outside, so come in and ride!

**Starts October 7 at  
6:15 pm**

**Eastside Club**



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## Trainer's Corner

**Anneliese Smith** has 'semi-retired' from the club to pursue an expanded career in fitness. She will be working at Blue Cross/Blue Shield in a new wellness department specializing in fitness. You will still see her filling in as a sub in Group Fitness classes and continuing to head up our Lose to Win Challenge. **Good Luck Anneliese!**



### Fall Fitness Tune Up

It's October and time to bring your workouts back indoors! This is a great time to invest in yourself with a **Personal Training Package** starting at \$120 for 3 sessions! Let our knowledgeable trainers get you back on track with your exercise program or diet. This is a great way to kick-start your post-summer exercise program.

|                    |              |                     |              |
|--------------------|--------------|---------------------|--------------|
| <b>3 Sessions:</b> | <b>\$120</b> | <b>8 Sessions:</b>  | <b>\$320</b> |
| <b>6 Sessions:</b> | <b>\$240</b> | <b>12 Sessions:</b> | <b>\$450</b> |

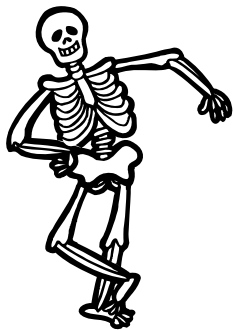
If you're interested in hiring a Personal Trainer, give Nanette Huddleston a call at 443-6045 and she will assist you in getting on board with the trainer for you!



## Group Fitness Updates

"We do not quit playing because we grow old, we grow old because we quit playing."

Oliver Wendell Holmes



### Welcome New

#### Group Fitness Instructors!

**Shana Goddard** joins us from our members. Shana has been taking classes for quite a while and it was time for her to 'step up to the mic'! She is currently teaching every other Monday and Tuesday morning at our Westside club at 8:45 am and every other Monday and Wednesday morning at our Eastside Club at 9 am

**Melanie Shirilla** began shadowing to become a Personal Trainer and then fell in love with Group Fitness as well. Besides Personal Training, Mel will be taking on the crazy-fun Tuesday Ultra Cardio class at 11:30 am, Eastside.

**Kim Weisert** comes to us from Bozeman where she has been teaching for the past few years while attending the University. Among Kim's talents are Zumba and Cycling. Look for her to be added to our Group Fitness Schedule very soon!

**GOOD LUCK SHANA, MELANIE AND KIM!**

## Daytime Dance October Schedule

October's Daytime Dance schedule is jam-packed full of fun and variety. You'll have everything from Rock 'n Roll to QiGong! October 29th is a Halloween theme, so bring your favorite Halloween outfit if you dare!

|            |                  |           |
|------------|------------------|-----------|
| October 1  | Rock 'n Roll     | w/Leslie  |
| October 8  | QiGong           | w/Leslie  |
| October 15 | Polka            | w/Danette |
| October 22 | Drumming         | w/Leslie  |
| October 29 | <b>Halloween</b> | w/Leslie  |

#### Daytime Dance—

**When:** Thursdays  
**Time:** 10AM  
**Where:** Eastside Club

## Members in the News

### Handball Players head to Portland, Oregon

The Broadwater's very own **John Larsen** and **Don Hurd** are off to the **WORLD HANDBALL CHAMPIONSHIPS** in Portland, Oregon. The tournament takes place the first weekend of October. Next year it is in Ireland. John will compete in the 55 year old bracket, while Don will be in the 65. We are very proud to have Broadwater Handball Players that can compete at that level. Good luck to you both.

### Nursery Director's Daughter Competes in Hawaii

Helena Lions Swim Team Member **Kaitlyn Kleppelid**, daughter of **David and Emmie Kleppelid**, competed in the **Western Zone Championships at Central Oahu Regional Park in Waipio, Hawaii in August** finishing well in the breaststroke. There are four regional championship meets around the country with roughly a quarter assigned to each meet.

**Kaitlyn was seeded 16<sup>th</sup> going into the 13-14-year old girl's 200 Breaststroke and swam a 2:53.82 to qualify for eighth for the finals before swimming a 2:46.50 to finish 3<sup>rd</sup>. In the 100 Breast, Kaitlyn swam a 1:18.72 to qualify for third for the finals. She finished with a 1:16.46 for a 2<sup>nd</sup> place finish. Kaitlyn's times qualify her to compete in Senior Sectionals in Federal Way, WA in March.**

**After a little break, Kaitlyn and the Helena Lions are back in the pool beginning the short course season on September 14<sup>th</sup>. She is very excited to swim for the Helena Bengals this year in High School as well as the Helena Lions.**



Adult and Junior Racquetball lessons will again start up this October. Lessons are FREE to members. Adult lessons are on **Wednesdays** from 6-7 pm. They are 20 minute private lessons. Junior lessons are on **Mondays** from 6-7 pm. Sign-up sheets are back by court #2. Come learn more about racquetball. It is a great cardio workout and great hand-eye-coordination. See you on the courts.

## Mike's a Big Brother

Mike Taylor will be participating in the Big Brothers Big Sisters "Big for a Day" program on October 9th. Mike will meet with his 'Little' from Big Brothers Big Sisters and bring him to work for the day at the Broadwater. Mike's 'Little' will shadow him and other staff while at the club, learning about different job requirements and responsibilities. If you see them walking around, say "Hi" and help the "Little" feel welcome!



**Big Brother Mike**

## Fitness Tips

### Exercise and Nutrition Strategies for Bone Health

#### Exercise

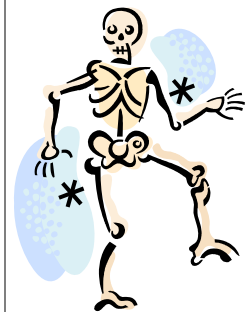
- High-intensity resistance exercise
- Resistance exercise that focuses on the muscles of the lumbar spine and front and back hip regions
- Plyometric exercises (such as hops, jumps and bounding)
- An emphasis on movement in varying directions
- Weight-bearing exercise during adolescence, before skeletal maturity is reached

For guidance on developing an exercise program to maintain bone health, consult a qualified Personal Trainer. Contact Nanette Huddleston at 443-6045 for more information.

#### Nutrition

- 1,000 mg of calcium per day for women aged 19-50 years; 1,200 mg per day for women over 50 years.
- 400 IU of vitamin D per day for women aged 19-50 years; 600-800 IU per day for women over 50 years.
- Adequate caloric intake to meet metabolic needs.

From IDEA Fitness Journal, September 2009





# Broadwater Athletic Clubs

## October Newsletter

**Broadwater Westside Club**  
4920 Highway 12 West  
Helena, MT 59601  
(406)443-5777

**Broadwater Eastside Club**  
607 N. Lamborn  
Helena, MT 59601  
(406)443-6045

Email: info@thebroadwater.com

*"Inspiring Helena to Fitness"*

WE'RE ON THE WEB!  
THEBROADWATER.COM

### Fitness Tip:

**Question:** What burns more fat? Running on the treadmill or 1/2 hr of weights.

**Answer:** Running will burn more calories at the moment (perhaps 300 calories for 1/2 hour) but a 1/2 hour session of weight training will suck up more calories throughout the day because the body needs to recover from muscle break down. In addition, the more muscle you have the more your body will metabolize fat and increase your caloric effectiveness.

So...make sure weight training is part of your routine!  
**PUMP UP!**



## Vegetarian Black Bean Soup with Cilantro-Lime Cream

This recipe serves: 8  
Prep. Time: 20 minutes—Cooking Time: 60 minutes

### Ingredients:

- 2 cups dried black turtle beans, soaked
- 1 teaspoon olive oil
- 1 cup diced onion
- 1/2 cup diced celery
- 1/2 cup diced green pepper
- 1 tablespoon minced jalapeño pepper
- freshly ground black pepper
- 1 clove garlic, minced
- 1 bay leaf
- 2 tablespoons finely chopped cilantro stems
- 6 cups low-sodium canned vegetable broth salt to taste
- 1/4 cup chopped cilantro leaves
- 1 tablespoon fresh lime juice
- 4 tablespoons non-fat sour cream

### Cooking Instructions:

1. Drain the beans and set aside.
2. Heat the oil in a 4-quart pot over low-medium heat for 2 to 3 minutes. Add the onion, celery, green pepper and jalapeño pepper, season lightly with black pepper and cook until the vegetables begin to soften, about 5 minutes. Add the garlic and cook for 1 more minute.
3. Add the bay leaf, cilantro stems, beans and broth and bring to a boil quickly over high heat.
4. Lower the heat and simmer until the beans are completely tender, about 30 to 40 minutes.
5. Remove and discard the bay leaf, puree half of the soup in a blender and then add it to the rest of the soup. Season with salt and pepper and keep warm.
6. Blend the cilantro leaves, lime juice and sour cream together.
7. Serve the soup in warm bowls with a dollop of cilantro-lime cream. NOTE: Do not add salt until the beans are fully cooked because salt will prevent them from becoming tender.



### Nutrition Facts:

**Serving Size = 1 cup**  
**Calories 203**  
**Protein 13 g**  
**Carbohydrate 34 g**  
**Dietary Fiber 12 g**  
**Total Fat 2 g**  
**Saturated Fat 1 g**

## Staff Recognition

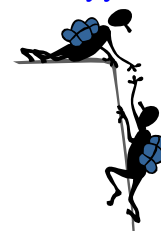
### Tom Stockton

Tom is always going the extra mile at our Eastside Club! He frequently steps up to sub shifts when needed and took it upon himself to reorganize and file all our forms at the front desk. These, along with many other things he does every time he works, makes him stand out! You will see Tom regularly on Wednesday and Friday evenings. Way to go Tom and thanks!



### Scott Payton

Scott works at the Front Desk - Westside - He has been with us for more than six years. Scott is extremely reliable and professional. He is definitely the "go to" person when needing a sub. He is always the first to help out his fellow team members, even with short notice. Scott works a full time job with the state and still seems to always be able to help out here. We are very lucky to have someone like Scott. Thanks for the many years of dedication!



No picture available.