



"Three Great Clubs—One Great Price"

Broadwater ATHLETIC CLUBS

Broadwater Athletic Club & Hot Springs
4920 Hwy 12 W
443-5777

Broadwater's Life Fitness Center
607 N. Lamborn
443-6045

Broadwater's Downtown Athletic Club
316 N. Last Chance Gulch
443-8348

September 2006

More Cardio Salsa!

What: Cardio-Salsa 4-week Series

When: Oct 5, 12, 19 and 26.

Time: 5:30-6:30 p.m.

Where: Broadwater Downtown

Cost: Members - \$10.00

Non-members - \$20.00

This cost pays for the whole series.

Sign up and pay

Downtown.



The Series will progress from beginning Salsa to more complicated steps and will include dancing with a partner. It is not necessary to have

experience or to bring a partner. Questions should be directed to Leslie Smith at 368-2372 or to Nanette Huddleston at 443-6045.

What is Fusion?

Fusion is a term currently used in the Fitness Industry to describe classes using two or more exercise modalities. Fusion classes are considered time efficient for those of us with limited time to exercise and also are fun and different. Some examples to look for on our Fall Fitness Menu are Cardio/Flex Fusion, Spin and Strength, Spin and Stretch, Flexibility/Strength and more! They are fun, balanced and more "bang for your buck!"

Boot Camp

Join Sergeants Anneliese Smith and Leo Wiggins on Mondays, starting September 11th at 5:30 pm. Boot Camp is a team-based class using your own body weight for a workout that you won't believe! Based on camaraderie, you will become a part of a team that is guaranteed to make you more fit and hooked on a class you won't want to miss.



Member Spotlight

The Broadwater proudly recognizes Sheila Daniel! She has diligently worked with a Personal Trainer for the last 12 weeks and has lost 4 pounds of fat mass and dropped a total of 7 1/2 inches overall.

Sheila has been working with a trainer off and on for the last year before deciding to try a different approach, a 12-week program incorporating lifestyle and behavioral changes along with her diet and exercise program. All of her hard work has paid off! Way to go Sheila!!!

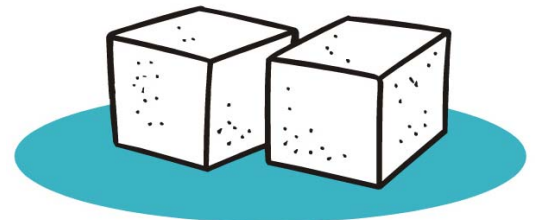


To learn more about Lifestyle and Weight Management Coaching, contact Anneliese Smith at 443-6045.

Artificial Sweeteners and Kids

Are artificial sweeteners okay for kids? Is Splenda really as safe as sugar?

Despite what you may have heard, the FDA says that all



sweeteners on the market are safe for children. Splenda (sucralose) was introduced six years ago as an alternative to saccharin and aspartame. It tastes more like real sugar, doesn't break down in cooking and baking, and can be used in products that have a long shelf life.

Although studies haven't found any problems with Splenda, science is always evolving, so it's best to use it in moderation. There had been some concerns that saccharin and aspartame might increase the risk of cancer, but studies have never confirmed those reports. Source: Parents, June 2006

"At my gym they have free weights, so I took them."

What runs but never gets tired? Water.

Star Client Winner



This month's Star Jar winner is Shannon Walker. Shannon won a Gift Certificate to the Real Food Store.

September's give away is an Accusplit Pedometer!!! To find out how YOU can become a Star Client and enroll in the Star Client program, call Anneliese 443-6045.

Personal Training Classes for the Month of September

Look for the exciting Special Class **S & M (Stamina and Muscle)** conducted by Kelly Duncan. Work on your endurance and strength using a variety of different class formats. Sessions start: September 21, Thursdays at 8:45 am - 10:00 am at the Broadwater Downtown and run for 6 weeks. Limited to 10 people. Call Kelly for more information at 202-3623.

Also starting in September a BRAND NEW **Stability Ball** class!!! Learn exciting new ways to work out with a Stability ball using hand weights, Pilates and stretching exercises. This class will fill up fast, so don't hesitate to sign up! It starts September 25, on Mondays from 8:45 am - 10:00 am at the Broadwater Westside. This class is limited to 8 people. Call Kelly Duncan for more information at 202-3623.

Coming in October just in time for ski season: **BOSKI**. A new class developed by Margot Wright utilizing the Bosu to condition all levels of snow skiers!! Watch for more details!!!

WOW (Women on Weights) will also be coming in October. Look for the sign up times and get ready to pump some iron!

Fall is **Back-To-School** time and time to kick-start your fitness program. Give Anneliese (431-4169) or Nanette (461-3311) a call to find out more about our terrific Personal Training or Lifestyle Fitness Coaching programs!



Lifestyle Fitness Coaching and Personal Training...

What's the difference?

Lifestyle Fitness Coaching is a relatively new area in the world of fitness. As Personal Trainers realized that some clients required more than traditional training modules for exercise such as diet information, motivational support, guidance and behavioral feedback, the realm of lifestyle fitness coaching arose. The Lifestyle Fitness Coach combines lifestyle coaching and personal training.

Lifestyle Fitness Coaching focuses on relationship building and communication. Coaches provide motivational support and strategies to help clients achieve their goals. They help clients find their self-limiting beliefs in order for them to become more self-aware and take responsibility for their behaviors. The focus for the coach is on action and providing feedback and support in making transitional changes.

Personal Training is similar, but relies more on providing instructional and technical information. It is a "hands-on" approach guiding clients through various exercises and training programs. Personal Training helps clients modify behavioral changes in providing learning experiences in the area of physical fitness. The goal is most often specific body change outcomes.

Finally, it is interesting that Personal Trainers are usually thought of as experts in their field and it is easy for clients to relate to getting specific instruction and guidance. Lifestyle Fitness Coaching brings an interesting challenge in that it asks clients to make life goals and assume responsibility for their behaviors. This often is something that is achieved through more discussion than hands on training and definitely more intangible for the client to realize.

A blonde is terribly overweight, so her doctor puts her on a diet. "I want you to eat regularly for two days, then skip a day, and repeat this procedure for two weeks. The next time I see you, you'll have lost at least five pounds."

When the blonde returns, she's lost nearly 20 pounds. "Why, that's amazing!" the doctor says. "Did you follow my instructions?"

The blonde nods. "I'll tell you, though; I thought I was going to drop dead that third day."

"From hunger, you mean?" asked the doctor.

"No, from skipping."

See, exercise works!