



"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

## Newsletter

January  
2004

### *Body Buddies – New Program!*

*Body Buddies* is a partner-based program designed to provide accountability, consistency, and compliance to make your workouts more productive and fun!

*Body Buddies* will focus on cardio exercise to improve cardiovascular health and lose weight. The goal of *Body Buddies* is to help you increase the amount of time you exercise each week and lose weight at the rate of a pound a week.

*Body Buddies* will meet every Thursday at 6:30 p.m. at the Life Fitness Center beginning January 22<sup>nd</sup> for 7 weeks. Meetings will last about 45 minutes. At the first meeting you will record your weight and waist size as well as determine your target heart rate. Weekly meeting topics will include:

- Learning how to set goals and establish a workout routine with your buddy
- Question and answer periods
- Problem solving your fitness issues
- Meeting group fitness instructors
- Learning specific exercise techniques
- Presentations by other health and fitness professionals including a dietician
- PRIZES AND INCENTIVES!

The class is lead by Carolyn Truscott, ACE Personal Trainer and certified by the American College of Sports Medicine as a Health/Fitness Instructor. Cost is \$60.00 for an individual or \$100.00 for buddies (two). Sign-up at the Life Fitness Center. Your payment holds your spot. For more information, call Carolyn at 443-7814.

### *New Equipment at the BAC & LFC*

Santa Clause Delivered! The west-side location now has three of the new Life Fitness Elliptical Cross-Trainers and two new upright bikes. The LFC has two additional Cross-Trainers. Thanks, Santa!

### *Are Fad Diets Weighing You Down?*

More protein, high protein, low carb, low fat, all liquid...the dieting choices are endless and so are their promises. Come and hear a dietitian's perspective on the pros and cons of these diets and the clinical evidence (or lack thereof) supporting their claims. Learn to break the dieting cycle and embrace better nutrition. Let's discover how to choose foods for their overall nutritional benefit to health. Start your New Year off by giving yourself a head start on good nutrition.

When: Wednesday, January 21st, 12 PM  
NOON (Bring a sack lunch if desired)  
Where: BAC  
Cost: FREE  
Leader: Tara Mercer, Registered Dietitian  
Call the BAC to sign up now! Questions??  
Call Tara at 227-5793.

**Be patient. If it's difficult, it  
takes time. If it's impossible, it  
takes a little bit longer.**

### *Prime Time Muscle Class for Seniors*

Prime Time Muscle will introduce you to muscle work and help you gain strength and fight disease. No experience is necessary.

Classes are once a week on the fitness floor at the BAC. Each session lasts six weeks. Sessions are starting on Monday, February 23<sup>rd</sup> at 1:00 p.m. Each class will be 60 minutes.

Cost is \$60.00 and sign-up is at the Front Desk at the BAC. Class size is limited to 7 people so your payment holds your spot. Grab a friend and sign up today! Call Carolyn Truscott at 443-7814 for more information.

## Five Fitness Truths

### 1. Fatigue means you need to exercise!

It may seem counterintuitive, but exercise gives you energy. When you first begin a workout regime, you may feel more tired because you're not used to it. As your body adjusts, however, you feel peppier, more alert and have more stamina, even when you're not exercising.

If you haven't exercised for a while, start off slowly. Within four to six weeks, you should notice a difference in your energy level.



### 2. A day or two off won't hurt your progress.

Actually, you should always take a day off between strength-training sessions. Your muscles need time to recover, so alternating with cardio is a good idea. Even if you miss a longer period of time, just ease back into your routine.

### 3. Calories really do count

Exercising does not give you carte blanche to eat whatever you want that day. If you burned 300 calories during your workout, eating an extra 300 or more calories negates your weight loss efforts.

### 4. Every little bit helps

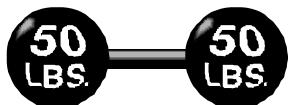
You don't need to work out one or two hours a day to benefit. Even working out 10-15 minutes in a day has its benefits. For maximum benefit, the Surgeon General recommends working out for at least a total of 30 minutes a day most days of the week



### 5. The more muscle you have, the more calories you will burn.

Muscle is more metabolically active than fat, which means it burns more calories. Building muscle can help you shed pounds. Thus the notion, "Lift weight to lose weight."

A pound of muscle burns about 50 calories a day. If you lose one pound of *muscle*, you're losing the capacity to burn up to 50 calories a day. Conversely, if you gain a pound of *muscle*, you will gain the ability to burn an extra 50 calories a day.



## WOW – Women on Weights

Classes are starting up for Women on Weights at the Downtown Athletic Club. WOW is instructed by ACE certified Personal Trainers and Instructors who will take you through a total body experience using free weights. These sessions will introduce you to the weight room and help you gain strength and fight disease. No experience is necessary.

Classes are once a week at the Muscle Mine at the DAC. Each session lasts six weeks. Sessions are starting on Monday, January 12<sup>th</sup> at 5:45 p.m. Cost is \$80.00 and sign-up is at the Front Desk at the DAC. Class size is limited to 12 people so your payment holds your spot. Grab a friend and sign up today! Call Anneliese Smith at 443-4538 for more information.

### Adventure Zone Regulations

The Adventure Zone is for kids 5-13 years old. **Children who are 4 and under must be checked into the Nursery.** Nursery age children may only play in the Adventure Zone under the direct supervision of adults and with permission of the Adventure Zone or Nursery staff. Please do not ask the Front Desk to make this decision. In addition, children still in diapers or pull-ups will not be allowed to play in the Adventure Zone. There will be no exceptions to this rule. This is a health and hygiene issue. We appreciate your assistance in helping us maintain a safe environment for children.

Children bringing food and drinks into the Adventure Zone need to leave them at the desk. They may sit in the party room to have their snacks. Food and drinks will no longer be allowed in the play area. Thank you for helping us keep the Adventure Zone clean!

### Thank You Tami!

The TV in the BAC Nursery kicked-the-bucket on January 2<sup>nd</sup>. I guess it just couldn't face another year of Barney!! Thanks to Tami Ellis, the kids have a new TV so they can watch their favorite characters! Tami had an extra TV she donated. Thank you so much for your generosity!

