

February 2007 Newsletter



'Three Great Clubs One Great Price!'

Broadwater

Athletic Clubs & Hot Springs

West Side
443-5777

East Side
443-6045

Downtown
443-8348

Volume 7, Issue 1

February, 2007



Get On Track with ActivTrax

What is ActivTrax, you say? Broadwater Athletic Club's new ActivTrax Program is an online, customized strength workout. You get:

- A professionally designed plan, built around the equipment at our Westside and Eastside Clubs. Your workout is fully customized and different each time, no boredom here!
- Easy to follow workouts, no more guesswork. And each of the participating Clubs has a binder detailing all of the ActivTrax Exercises.
- Detailed Analysis of your current fitness level and your progress.

Get online and activate your FREE 14-day trial today. Go to

www.ActivTrax.com and follow the prompts.

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Your Name Here
Training Type: Full Body
Result Desired: Tone, Shape, Define



Day Description: Chest

TODAY'S SUGGESTED WARM-UP
Perform 5-10 minutes of cardio, then stretch.

MESSAGE CENTER: IMPORTANT. Fill in shaded areas and leave in the ActivTrax Completed Forms folder.

Exercise Equipment Name	SET 1			SET 2		
	WT	REPS	REST	WT	REPS	REST
Bench Press Dumbbell	12	12-15	0:30	12	12-15	0:30

*Please note: Warm-up exercise is suggested independently of your preferred restrictions.

TODAY'S RESISTANCE WORKOUT						Date of Workout		Resistance Start Time			AM		PM											
Level Two, Day 2		Approximate time of resistance workout: 20				/ /																		
EXPECTED FEEL	SEAT	EXERCISE			SET 1			TODAY'S			SET 2			TODAY'S			SET 3			TODAY'S				
Region	OTHER	Manufacturer	Equipment Name	WT	REPS	REST	REPS	WT	REPS	REST	REPS	WT	REPS	REST	REPS	WT	REPS	REST	REPS	WT	REPS	REST	REPS	
Light	6.5		Seated Chest Press	45	14-20	1:00		45	10-15	1:00														
Chest			Life Fitness Selectorized Pro Series (#9) Chest Press																					
Heavy	N/A		Push Up	None	8-12	1:00		None	8-12	1:00														
Chest																								
Upper	N/A		Floor																					
Medium	N/A		Wide Grip Pulldown (front)	46	BEST	1:00																		
Back			Life Fitness Selectorized Life Circuit (#D) Lat Pulldown																					
Lats																								
Medium	N/A		Seated Tricep Extension	15	14-20	1:00																		
Arms			Hammer Strength Selectorized MTS Series (#12) MTS Tricep Extension																					
Triceps																								
Medium	N/A		Seated Arm Curl	10	14-20	1:00																		
Arms			Life Fitness Selectorized Life Circuit (#J) Arm Curl																					
Biceps																								
Light	N/A		Seated Leg Extension	40	BEST	1:00																		
Legs			Hammer Strength Selectorized MTS Series (#4) MTS Leg Extension																					
Quadriceps																								
Medium	N/A		Seated Leg Curl	49	BEST	1:00																		
Legs			Life Fitness Selectorized Life Circuit (#C) Leg Curl																					
Hamstrings																								
Medium	N/A		Dumbbell Bench Lunge	30	14-20	1:00																		
Legs																								
Glutes	N/A		Bench Step																					

*BEST means do the "best" you can, but don't exceed 20 repetitions.
*P means add a supplemental plate, *2P means add two supplemental plates, and so on.

TODAY'S ABS				Resistance End Time				AM		PM	
Exercise	Reps	Rest	Today's	Exercise	Reps	Rest	Today's				
#1 Ball Crunch Stability Ball	20-25	0:10		#2 Side Oblique Crunch with Heel Push Floor	12-15	0:10					
#3 Reverse Crunch Floor	15-20	0:10		#4 Side Oblique Crunch with Heel Push Floor	12-15	0:15					
#5 Ball Crunch Stability Ball	20-25	0:15									

TODAY'S CARDIO		Record the minutes performed on each of the following activities:					
Minimum Time Recommended	20 Minutes	Stair Master	Recumbent Bike	Upright Bike	Elliptical Trainer	Running	Aerobic Floor
Target Heart Rate	N/A	Tread Mill	Ski Machine	Row Machine			Spinning
							Swimming
							Other

MY NOTES IMPORTANT: This area is for your own notes. They will be recorded, but will NOT be sent to your coach or to ActivTrax.

Broadwater Athletic Clubs and Hot Springs
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This is a sample ActivTrax Workout. Each workout is individualized to your needs. You set your frequency by choosing a 2-day, 3-day, 4-day or 5-day or more plan; your intensity (lighter, normal, heavier); training type (what part of the body you want to focus on); time of each workout (15-25 minutes, 25-35 minutes, 35-45 minutes, or 45-60 minutes) and results desired (endurance, maintenance, mass building, strengthening or tone, shape, and define).



Try one of our fun and energizing Group Fitness Classes!!

Winter Group Fitness Schedule

Our newest Group Fitness Schedule came out in January. There are 88 classes on the schedule, 8 of which are new! Flexibility and Strength at 4:15 p.m. on Thursdays Downtown is now Step & Strength, same day and time. Other new classes are BOSU Step-n-Kick on Mondays, Downtown at 9:15 a.m.; Step & Sculpt on Mondays, Eastside at 5:30 p.m.; Anusara Yoga on Wednesdays and Fridays, Downtown at 9:00 a.m. (Wednesday's class was

at 9:30 a.m.); CardioBlast on Wednesdays, Downtown at 12:10 p.m.; Vinyasa Yoga on Thursdays, Downtown at 4:15 p.m.; and Target Zone Express on Fridays, Downtown at 11:30 a.m.

Group Fitness Class Breakdown

Our 88 Group Fitness Classes fit roughly into seven categories. Spinning, Cardio, Strength/Muscle, Mind/Body, Water Classes, Senior

Classes, and Dance. Some classes fit into more than one category, but the classes break down as follows:

- Spinning: 11 classes
- Cardio: 23 classes
- Strength/Muscle: 25 classes
- Mind/Body: 18 classes
- Water Fitness: 10 classes
- Senior Fitness: 2 classes
- Dance: 1 New Class!!!

Pick up a schedule today!

Help us welcome new instructor Ramie Sprenger!

Welcome Ramie Sprenger

Ramie joins our Group Fitness Team from Spokane, Washington. Ramie is an ACE and AFAA Certified Group Fitness Instructor. She also is Johnny G. Spinning certified. She and her husband Jon recently moved to Helena along

with their daughters Taylor and Jordyn.

Look for Ramie Wednesday, 12:10pm at the Downtown Club teaching Cardio Blast and Thursday, 4:15pm at the Eastside Club teaching Step & Strength.

She will also be on our weekend rotation as well as subbing other classes occasionally. Ramie is a terrific instructor with great energy. Please join us in welcoming her to our Team!



Help solve the "Mystery of the Disappearing Sweat Towels!"

THE MYSTERY OF THE SWEAT TOWELS

Sweat towels at the Westside Club have been disappearing at an alarming rate. Apparently, when they have absorbed enough sweat and human DNA they are capable of growing legs and running away. Either that or they disintegrate. As we have

been unable to determine the cause of the disappearing sweat towels, we have developed a new strategy. Sweat towels will now be dispensed from the Front Desk. If you would like one, just ask. We also ask that you return your used sweat towels to

the basket in the locker room or at the front desk. That way we can watch for leg growth or disintegration. Thank you for your cooperation in helping us solve this mystery! (If we can't resolve this situation, we might have to discontinue this service.)

2007 Broadwater Blast Racquetball Tournament

When: February 16, 17 and 18, 2007

Host Club: Broadwater Athletic Club and Hot Springs, 4920 Highway 12 West, Helena, Montana

Entry Fee: \$40.00 first event, \$10.00 additional events. Juniors \$25.00 first event, \$10.00 additional events. Entry fee must accompany entry form!! Entry deadline is February 13th.

Start Times: Available February 15th at 10:00 a.m. Please call 443-5777.

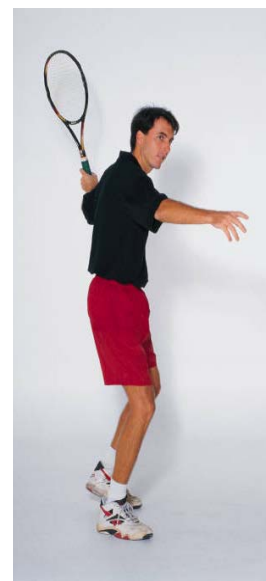
Rules: Losers Ref throughout the tournament. Late starts will be considered, but not guaranteed.

Tournament Director: Roger Rowsey—465-5307 or 457-8359

Hospitality: Friday—Dinner; Saturday—Breakfast, Lunch & Dinner; Sunday—Breakfast; Drinks, Fruit & snacks throughout the tournament.

Host Hotel: Wingate Inn 2007 North Oaks, 449-3000

Applications are available at the Front Desk at the Westside Broadwater. Come have a



Come to a presentation by Sterling Health Plans on Wednesday, February 7th or 21st and learn how YOU could get a FREE Broadwater Membership!

Medicare Enrollees: YOU'RE INVITED!!!

Sterling Life Insurance Company is a Medicare Advantage Organization contracting with the federal government. They will be here on Wednesday, February 7th and again on the 21st at 11:15 a.m. to present information on their

NEW Prescription Drug Plan with "coverage through the gap."

With Sterling Insurance you may also qualify for FREE membership at the Broadwater!

A licensed agent

will be on hand with information. You can also call 866-218-3777. Join one or both of the meetings to learn more.

Lunch or refreshments will be served!!

Fitness Flash

Miles of Smiles: No doubt exercise can work like a happy pill, but how much does it take? You see peak mood benefits by hoofing it 11 to 19 miles a week (only 2 miles a day!), finds a study at the University of Texas Southwestern Medical Center in Dallas. Step to it!

Straighten up: Don't be a slouch when it comes to using the leg-extension machine. Exercisers who positioned the seat to a 90-degree angle targeted

their quads more efficiently and eased lower-back stress, according to findings from the University of Miami in Coral Gables, Florida. Less pain, more gain!

Timing is everything: Ignorance isn't bliss when you're working out. Joggers at the University of Cape Town in South Africa who were told to run for 20 minutes found the treadmill session easier than runners who didn't know how long they had to go. Set a time

limit for your routine beforehand—it may make each stride seem more manageable.

The CEO Workout: 75% of top-ranking execs say being fit is critical to their career strides, a poll by the online job search company TheLadders.com notes. Sweat for success: Check out gym facilities before traveling on business at AthleticMindedTraveler.com.

Fitness Flash from Self Magazine, April 2006, page 142



Always position the seat on the leg-extension at a 90 degree angle to target your quads and ease lower-back stress.

FEBRUARY 2007 NEWSLETTER

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Broadwater Eastside
607 North Lamborn
Broadwater Downtown
316 North Last Chance Gulch

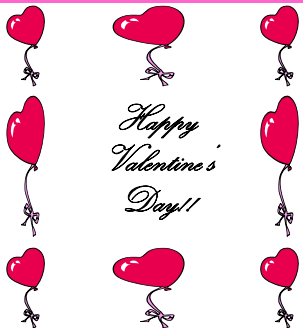
Phone: 443-5777

E-mail:
info@theBroadwater.com

We're on the Web!
www.theBroadwater.com

Lost and Found

Have you lost a coat, jacket, pair of shoes or other item? Check out the Lost and Found at the Westside Club. We are overflowing! The Front Desk Staff will happily help you look for your lost items!



"Three Great Clubs One Great Price!"



Broadwater
ATHLETIC CLUBS

Thin People Don't

By Barbara Florio Graham, From McCall's, June, 1983

I read every diet I can get my hands on. I even follow their suggestions. But eventually, inevitably, I always get fat again. Now, at last, I've found The Answer. After living for almost 14 years with a man who never gains an ounce no matter what I serve him, I've found out what it is that keeps him thin: He thinks differently. The real difference between fat and thin people is that thin people:

- avoid eating popcorn in the movies because it gets their hands greasy
- split a large combination pizza with three friends
- think Oreo cookies are for kids •nibble cashews one at a time
- read books they have to hold with both hands
- become so absorbed in a weekend project they forget to have lunch
- fill the candy dish on their desks with paper clips
- counteract the mid-afternoon slump with a nap instead of a cinnamon Danish
- exchange the deep-fryer they received for Christmas for a clock-radio
- lose their appetites when they're depressed
- think chocolate Easter bunnies are for kids •throw out stale potato chips
- will eat only Swiss or Dutch chocolate, which cannot be found except in a special store
- think it's too much trouble to stop at a special store just to buy chocolate
- don't celebrate with a hot-fudge sundae every time they lose a pound
- warm up after skiing with black coffee instead of hot chocolate and whipped cream
- try all the salads at the buffet, leaving room for only one dessert
- find iced tea more refreshing than an ice-cream soda
- get into such interesting conversations at cocktail parties that they never quite work their way over to the hors-d'oeuvre table
- have no compulsion to keep the candy dish symmetrical by reducing the jelly beans to an equal number of each color
- think that topping brownies with ice cream makes too rich a dessert
- bring two cookies into the TV room instead of a box

The 20-Minute Body Miracle

If the U.S. government recommendation of exercising 30 to 60 minutes a day makes you want to defect to Canada, you can now happily stay home. A Study from McMaster University in Hamilton, Ontario, suggests you can cram an hour's worth of cardio into 20 minutes and still get many of the same shape-up results.

Seconds Count-

Researchers found that exercises who cycled for only 20 minutes three times a week, doing 30- to 60-second sprints during each session, improved their exercise capacity (i.e., their ability to push themselves) as much as those who pedaled for 90 to 120 minutes at a moderate pace thrice weekly.

Calorie Question-



Amp up your treadmill workout by interspersing 30- to 60-second sprints during each session.

"Obviously, you'd burn more calories in one hour of exer-

cise," says study author Martin Gibala, Ph.D. But for improving fitness, "three 20-minute interval sessions might be comparable to five one-hour sessions of moderate training." Plus, an earlier study at McMaster found that active people doubled how long they could exercise – from about 26 minutes to 51 – after only two weeks of doing the intervals. Translation: With more capacity and stamina, when you want to go longer to drop pounds, you'll be able to.

Bottom Line- If you have only 20 minutes, exercise at the highest intensity you can sustain for a minute, then recover at an easy pace for 75 seconds. Do 8 to 12 intervals total and call it a workout. – Jenny Stamos, *Self* September, 2005 page 81