



**'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 2

February, 2008—Newsletter

Broadwater  
Athletic  
Clubs—  
Inspiring  
Helena  
to  
Fitness

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## Freak Fitness: The weights you *should* know how to lift

Why are animals so much stronger than humans? It isn't because they do bench presses, curls and leg extensions. Animals only lift one kind of weight, *Body Weight!*

Broadwater's "Freak Fitness" class is a small group class oriented towards body weight-only workouts designed to promote animal-like fitness, including:

- Functional strength
- Mobility and endurance
- Mental focus

"Sounds like just a bunch of calisthenics, what's the deal?" Freak Fitness would better be de-

scribed as extreme body weight calisthenics. It is challenging for the following reasons:

- Very short rest



**Become Freakishly Strong—Take Freak Fitness with Tom Bailey!**

- periods
- Exercise range of motion
- Increased muscular tension

throughout the workout

Bring a water bottle, an open mind and put yourself to the test!

**When is it?**

Wednesdays, February 13 - April 2 @ 5:30pm - 6:45pm

**Where is it?** Broadwater's Downtown Club

**How much?** \$45 for members, \$70 for non-members

**Instructor:** Tom Bailey

\*\*Sign up and make your payment to hold your spot at the Downtown Club.



## Rat-a-tat-tat - More Drumming!!!!!!

**DRUMMING** - Everyone wants more Drumming classes, so here you go!

Research has shown that drumming and activity are associated with improvements in physical, psychological, emotional and social health. Rhythm is a source of pleasure and inspiration.

When: Thursday February 7<sup>th</sup> 5:30 p.m.

**AND**

Saturday February 9<sup>th</sup> 10:45 a.m.

**AND**

Thursday March 6<sup>th</sup> 5:30 p.m.

**AND**

Saturday March 8<sup>th</sup> 10:45 a.m.

Classes are held at the Broadwater's Downtown Club. If you haven't tried it yet, here's your chance!

Classes are FREE to members! Just show up, but don't be late!

## Shin Splints



**DON'T LET SHIN SPLINTS RUIN YOUR WORKOUT PLANS.**

Don't let shin splints ruin your workout plans. Pain in your shins during and after exercise—known as shin splints—is a common overuse injury. Runners often are victims. But anyone who walks, dances, or performs other activities in which the feet continually hit the ground can get them.

Several factors can increase the risk for shin splints. These include:

1. Trying to do too much too quickly
2. Exercising on hard surfaces

3. Wearing old or insufficiently padded shoes
4. Wearing shoes with poor arch support

You can resume your old routine once the activity no longer causes pain. But build up gradually, and be diligent about warming up and stretching your calves well. In addition, stick to softer surfaces, and make sure your shoes are well padded.

If pain persists, tell your doctor.

From *In Motion: active living for all ages* Spring 2007

## Lifeguards Needed

Are you at least 15 years old and hold a current Lifeguard Training Certification w/ Professional Rescue CPR? If so, we have a job for you! Please contact Margot Wright, Aquatics Director for more



**Work honestly,  
Meditate  
everyday,  
Meet people  
without fear,  
And play.**

*Baba Hari Dass*

## Valentine's Day Patrs *YOGA* (Pictures from AcroYoga.org, not necessarily representative of class)



### Valentine's Day Patrs *YOGA*

*Bring your Sweetheart,  
Child or Friend  
for  
Valentine's Day  
Patrs Vinyasa Yoga*



*Thursday, February 14,  
2008  
4:15pm  
Broadwater Downtown  
Club*



## Get "On The Ball" - With Stability Balls



Ace Certified Personal Trainer Margot Wright will be teaching this exciting class.



This is a Total Body Conditioning class using Stability Balls.

Margot Wright, ACE Certified Personal Trainer will teach you a variety of exercises you can easily do on your own to condition your entire body!

Wednesdays—  
February 20th – March 12th at 1:30pm  
Broadwater Westside Club



## STAFF RECOGNITION, JANUARY 2008

**Anneliese Smith**, ACE Certified Personal Trainer. Anneliese has energy that is not only contagious, but motivating! Just ask her participants in Ultra Cardio (Tuesdays, 11:30 a.m., Downtown Club). Anneliese goes the extra mile to stay on the cutting edge of training. She recently completed an internship in Structural Assessment and Corrective Exercise with Justin Price in San Diego, CA. She regularly attends the annual IDEA World Fitness Conferences. She has helped develop and grow the JAWS (young athletic training) Program and is currently training three teams of young athletes

from our community. Her knowledge, creativity and enthusiasm certainly make her an asset at The Broadwater Athletic Clubs. Way to go Anneliese.

**Lori Walter** has been employed by the Broadwater Athletic Clubs for several years now. She started off working in the Short Stop nursery at the Broadwater Downtown Club, where she was a valuable nursery worker. All of the parents and children loved the way she cared for and played with the children. She then was recruited to work at the

Westside club in the office entering new membership into the system, as well as a variety of other office duties. Lori has been a very dedicated, reliable, and flexible employee. She has been very supportive and helpful with the office staff transition. She always offers to help and is motivated to take on new projects.

**Each of these valuable employees have been rewarded with \$25.00 thank you check! Keep up the excellent work!**

## Tips for Weight Loss and Maintenance

### *Tipping the Scales in Your Favor*

Have you decided to start eating healthier and become more physically active? Have you realized that healthy choices have a positive impact on not only yourself, but also those around you?

If your goal is to lose weight or maintain your current healthy weight, here are some tips to help you achieve that goal. Remember, to maintain weight, you must **balance calorie intake with calories burned through physical activity**. If you eat more than you expend, you gain weight. If you eat less (reduce calories) than you expend, you lose weight!

- **Make healthy choices a habit.** This leads to a healthy lifestyle! Make a commitment to eat well, move more, and get support from family and friends. Even better, start eating healthier and being active together!
- **Remember to be realistic about your goals.** If you try to reduce the calories, fat, saturated fat, and sugar in your diet AND promise to make a drastic change in your physical activity level, you may be setting yourself up for failure. Instead of trying to make many changes at once, set smaller, more realistic goals for yourself and add a new challenge each week.
- **Conduct an inventory of your meal/snack and physical activity patterns.** Keep a food and activity journal. Write down not only what you ate, but where, when, and what you were feeling at the time. You will see what triggers your hunger and what satisfies your appetite. What foods do you routinely shop for? What snacks do you keep in the pantry?
- **Eat enough servings of vegetables and fruits per day.** The amount you should eat depends on your age, sex, and activity level. [Dietary Guidelines for Americans 2005](#) provides advice about how good dietary habits for people aged 2 years and older can promote health and reduce risk for major chronic diseases. If you're adding fruits and vegetables to your diet, try substituting them for higher calorie, less nutritious foods. Check out [FruitsandVeggiesMatter.gov](#) for suggestions on how to incorporate more fruits and vegetables into your diet, and [healthy recipes](#).
- **Eat foods that are high in fiber to help you feel full.** Whole grain cereals, legumes (lentils and beans), vegetables, and fruits are good sources of fiber that may help you feel full with fewer calories.

Check back next month for more information!

For info on these links go to: [http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition\\_for\\_everyone/quick\\_tips/tipping\\_scales.htm](http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/quick_tips/tipping_scales.htm)

### THREE GREAT CLUBS—DOING FITNESS RIGHT!

#### Broadwater Westside

Helena's Fun, Family Fitness Center! This facility includes 5 courts for racquetball, handball, wallyball and one for basketball; three Hot Springs pools, the Adventure Zone, childcare, full locker room facilities and full fitness facilities including cardio and strength equipment, Group Fitness Classes, Teen Fitness Program, tanning and The Rock indoor climbing wall.

#### Broadwater Downtown

Helena's only Adult Only Health Club! The facility includes a regulation squash court, childcare, full locker room facilities and full fitness facilities including cardio and strength equipment, Group Fitness Classes, and massage.

#### Broadwater Eastside

Helena's only Handicapped Accessible Health Club! The facility includes childcare, full locker room facilities and full fitness facilities including cardio and strength equipment, and Group Fitness Classes.

## Broadwater Athletic Clubs and Hot Springs

**Broadwater Westside**  
4920 Highway 12 West  
**Broadwater Eastside**  
607 North Lamborn  
**Broadwater Downtown**  
316 North Last Chance Gulch

Phone: 443-5777  
E-mail: [info@theBroadwater.com](mailto:info@theBroadwater.com)

Three Great Clubs - One Great Price



## Broadwater Athletic Clubs

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

## Get out of the car!

*(This is supposedly a true account recorded in the Police Log of Sarasota, Florida.)*

An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle.

She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, "I have a gun, and I know how to use it! Get out of the car!"

The four men didn't wait for a second threat. They got out and ran like mad.

The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition.

She tried and tried, and then realized why. It was for the same reason she had wondered why there was a football, Frisbee and two 12-packs of beer in the front seat.

A few minutes later, she found her own car parked four or five spaces farther down.

She loaded her bags into the car and drove to the police station to report her mistake.

The sergeant to whom she told the story couldn't stop laughing.

He pointed to the other end of the counter, where four pale men were reporting a car jacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly grey hair, and carrying a large handgun.

No charges were filed.

Moral of the story? If you're going to have a senior moment...make it memorable!

## 2008 Broadwater Blast Racquetball Tournament



Broadwater Blast Racquetball Tournament is coming up on February 15th, 16th, and 17th! Sign up at the Westside!

The Broadwater Athletic Clubs is proudly hosting the 2008 Broadwater Blast Racquetball Tournament February 15th, 16th, and 17th.

**Entry Fee:** \$45.00 1st event, \$10.00 additional events. Jrs. \$15.00 1st event, \$10.00 additional events.

**Sign up:** Entry deadline is Monday, February 11th. Start times will be available Thursday, Feb. 14th at 10:00 a.m. by calling 443-5777.

**Rules:** Losers ref throughout tournament. Late starts will be considered but cannot be

guaranteed.

**Divisions:** Men's and Women's Open, A, B, C, Novice; Juniors 12 and under, 13-17 yrs old; Men's Senior and Masters 35+, 45+, 55+, and four Doubles divisions.

**Tournament Directors:** Mike Taylor (443-5777) and Josh Doniak (431-8402)

### Hospitality:

- Friday—Dinner
- Saturday-Breakfast, Lunch & Dinner

- Sunday: Breakfast Omelet Bar
- Drinks, fruit and snacks throughout tournament

**Host Hotel:** Park Plaza (Top Sponsor) \$69.00 per night (Max 4 people to a room.) The hotel also offers a deluxe hot breakfast, heated pool and spa. Mention the tournament when making reservations.

**ASK ABOUT THE MYSTERY CASH PAYOUT DIVISION!!!**

