



'Three Great Clubs One Great Price!'

Broadwater

Athletic Clubs & Hot Springs

West Side
443-5777

East Side
443-6045

Downtown
443-8348

SPECIAL POINTS OF INTEREST:

- REGULAR ACTIVITY ENHANCES A PERSON'S NATURAL PROTECTION AGAINST THE VIRUSES THAT CAUSE COLDS AND OTHER UPPER-RESPIRATORY INFECTIONS.
- TAKE A LOOK AT OUR GROUP FITNESS SCHEDULE AND TRY SOMETHING NEW THIS MONTH!

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GET MOVING CHALLENGE!

Broadwater members: mark your calendars! On Sunday, May 18, the staff of the Broadwater Athletic Clubs will be *volunteering* at a community-wide workout to



'Inspire Helena to Fitness' sponsored by the Broadwater Athletic Clubs!

As you may be aware, childhood obesity is rising at an alarming rate. There-

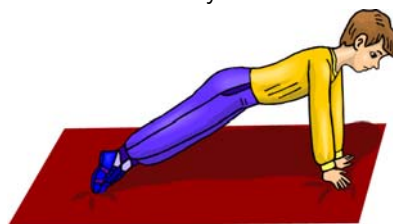
fore, our initial target is Middle School children in the Helena area. Our Instructors will be going to Helena Middle School and C.R. Anderson Middle School for 3 weeks prior to the event. They will be teaching non-competitive exercise and encouraging these youths to participate by having drawings each week to celebrate their successes.

Our "GET MOVING CHALLENGE" event on May 18th is open to the entire community



and it's FREE! The event will be held at Carroll College with a tentative time of 2 p.m.—4 p.m. We will have opportunities to get moving and we

hope to have prizes. We will **definitely** have FUN! More details to follow!



2008 Montana State Singles Racquetball Tournament

The Broadwater Athletic Club is proud to be sponsoring this tournament April 11th, 12th, and 13th. The tourney is directed by Mike Taylor and Josh Doniak (431-8402).

Multiple divisions are available within Men's, Women's, and Juniors.

Entry fee is \$50 1st even, and \$10 for additional events. **Entry deadline is Monday, April 7th.**

Hospitality includes Friday Dinner; Saturday Breakfast, Lunch and Banquet Dinner; Sunday Omelet bar for breakfast. Drinks, fruit and snacks throughout the tourney.

Registration forms are at the Westside Club.



Tips for Weight Loss and Maintenance



Scale Stuck? Strategies to help you peel away stubborn pounds.

“Take your time! Eat only when you are hungry and enjoy the taste, texture, and smell of your meal as you eat it.”

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 [FruitsandVeggies-Matter.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.

Prepare and eat meals and snacks at home. This is a great way to save money, eat healthy, and spend time with your family. When preparing meals, choose low-fat/low-calorie versions of your favorite ingredients and learn how easy it is to substitute. For example:

- Switch to 1% or nonfat milk and low-fat cheeses.

- Use a cooking spray instead of oil or butter to decrease the amount of fat when you cook.

- Prepare baked potatoes with low-fat blue cheese dressing or low-fat plain yogurt instead of butter or sour cream. (Editor's fav.: low/no fat sour cream and salsa!)

Some good Web sites to help you plan a healthy meal:

- [National Institutes of Health's Interactive Menu Planner](#)

- [American Heart Association's Delicious Decisions](#)

Start by using a scale and measuring cup to serve your food. Read food labels to determine serving sizes. One bowl of cereal may actually be two $\frac{3}{4}$ -cup servings. A small frozen pizza may contain up to three servings (check the nutrition information label). This could add up to more calories than you think you're getting. Being aware of serving sizes may make it easier to avoid those extra calories.



Choose snacks that are nutritious and filling. A piece of fresh fruit, cut raw vegetables, or a container of low-fat yogurt are excellent (and portable) choices to tide you over until meal-times. Take these snacks with you for a healthy alternative to chips, cookies, or candy.

Take your time! Eat only when you are hungry and enjoy the taste, texture, and smell of your meal as you eat it. Remember, it takes approximately 15 minutes for your stomach to signal your brain that you are full.

If you choose to eat out, remember these important suggestions: Watch your portions. Portion sizes at restaurants (including fast

Tips for Weight Loss and Maintenance, cont.

food) are usually more than one serving, which can result in overeating. Choose smaller portion sizes, order an appetizer and a leafy green salad with low-fat dressing, share an entree with a friend, or get a "doggy bag" and save



half for another meal.

Forgive yourself. If you occasionally make mistakes, don't give up! Forgive yourself for making that choice and keep working on it. Eat an extra healthy lunch and dinner if you had a high-calorie, high-fat breakfast. Add more physical activity to your day.

Remember physical activity! Aim for at least 30 minutes (adults) or 60 minutes (children) of [moderate-intensity physical activity](#) five or more days of the week. If you are just starting to be physically active, remember that even small increases provide health

benefits. Check with your physician first, and then start with a few minutes of activity a day and gradually increase, working your way up to 30 minutes. If you already get 30 minutes of moderate-intensity physical activity a day, you can gain even more health benefits by increasing the amount of time that you are physically active or by taking part in more vigorous-intensity activities.

For more information on making physical activity a regular part of your healthy lifestyle, visit [CDC's Physical Activity Web site](#).

If you want **personal assistance with changing your diet and/or becoming more active, Personal Training might be just what you're looking for!** Ask at the Front Desk for more info!

Staff Recognition

Teresa Hooper is someone with a voice and laugh you can't miss! You will see her working the front desk at the Downtown and Eastside Clubs on occasion as well as busy cleaning around the same two clubs. Teresa has been with the Broadwater Athletic Clubs for about 8 years and her loyalty and hard work has been constant throughout the years. She has consistently

offered extra help and ideas to make our clubs better. She always greets our members with a warm smile and name. Thank you Teresa for going the extra mile!

Misty Kipp has been with the Westside Nursery for six months now. She is always cheerful and welcomes the kids and their

parents into the nursery. She's a huge asset to the staff because of her willingness to sub many shifts, especially during these winter cold-season months. All the while, we never hear Misty complain. She is a positive and uplifting person to have around.

Do you know a Broadwater employee who is deserving of special recognition? Just let us know!

Go Green! Go EFT!

NACHA's "Pay It Green Alliance" is a new industry group focused on educating consumers about the positive environmental impact of choosing electronic bills, statements and payments rather than sending out paper statements and paying with paper checks.

"As an industry, we recognize the opportunity to take an enormous

amount of paper out of the waste cycle and to reduce the need to transport paper bills, statements and payments across the country," said Craig Vaream, vice president, JPMorgan Chase, and co-chair of the Alliance. "Today, there are many choices for customers to easily and safely choose to stop the paper." By choosing to pay bills electronically through EFT

(Electronic Funds Transfer) businesses and their customers can contribute to a cleaner planet.

You can now feel even better about using electronic fund transfers (EFT) since by doing so you are also helping the environment. If you are receiving a paper billing statement, save yourself some money and the earth some trees! Ask anyone at

the Front Desk how to switch to EFT using your checking or saving account or a Credit Card. Go green!



No more writing out checks each month with Electronic Funds Transfer!

Broadwater Athletic Clubs

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Broadwater Athletic Clubs

**Three Great Clubs -
One Great Price**

**Whole Grain ingredients
should be first on the list.
Such as:**

- **Brown rice**
- **Bulgur**
- **Graham flour**
- **Oatmeal**
- **Whole-grain corn**
- **Whole oats**
- **Whole rye**
- **Whole wheat**
- **Wild rice**



Tips to help you eat whole grains

At Meals:

- To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to *substitute* the whole-grain product for the refined one, rather than *adding* the whole-grain product.

- For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.

- Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casserole or stir-fries.

- Create a whole grain pilaf with a mixture of barley, wild rice, brown rice, broth and spices. For a special touch, stir in toasted nuts or chopped dried fruit.

- Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more leavening.

- Use whole-grain bread or cracker crumbs in meatloaf.

- Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.

- Try an unsweetened, whole grain ready-to-eat cereal as croutons in salad or in place of crackers with soup.

- Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.

As Snacks:

- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.

- Add whole-grain flour or oatmeal when making cookies or other baked treats.

- Try a whole-grain snack chip, such as baked tortilla chips.

Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

What to Look for on the Food Label:

- Choose foods that name one of the following whole-grain ingredients *first* on the label's ingredient list in the box to the left.

- Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually *not* whole-grain products.

- Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.

- Use the [Nutrition Facts label](#) and choose products with a higher % Daily Value (%DV) for fiber – the %DV for fiber is a good clue to the amount of whole grain in the product.

- Read the food label's ingredient list. Look for terms that indicate added sugars (sucrose, high-fructose corn syrup, honey, and molasses) and oils (partially hydrogenated vegetable oils) that add extra calories. Choose foods with fewer added sugars, fats, or oils.

Most sodium in the food supply comes from packaged foods. Similar packaged foods can vary widely in sodium content, including breads. Use the [Nutrition Facts label](#) to choose foods with a lower % DV for sodium. Foods with less than 140 mg sodium per serving can be labeled as low sodium foods. Claims such as "low in sodium" or "very low in sodium" on the front of the food label can help you identify foods that contain less salt (or sodium).

Whole Grain Tips for Children

- Set a good example for children by eating whole grains with meals or as snacks.

- Let children select and help prepare a whole grain side dish.

Teach older children to read the ingredient list on cereals or snack food packages and choose those with whole grains at the top of the list.

Source: MyPyramid.com