

November 2006 Newsletter



'Three Great Clubs One Great Price!' **Broadwater**

Athletic Clubs & Hot Springs

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PowerFlex™ Coming to the Broadwater's Westside Club!

You asked and here it is! PowerFlex strength conditioning classes at the Westside Club. We will be offering classes starting November 7th on Tuesdays at 9:15 am and 5:45 pm and Thursdays at 9:15 am and 5:45 pm. These classes are designed for all fitness levels to gain muscle

strength and stamina. The class format includes the use of barbells and weight plates and may also include hand weights and Dynabands. These classes are fun, energetic and effective! For questions, please contact Nanette Huddleston, 443-6045.

Women's Only Health and Fitness Fair

October 9th was a busy evening for many women in Helena. They spent their time at the Civic Center learning about everything from breast self exams, to Avon products to understanding their own body composition readings. The Broadwater Athletic Club's Personal Trainers were on hand giving out information about the Personal Training Programs and explaining body composition printouts. It was great fun for everyone. The fair was held from 6:00 pm - 9:00 pm. Look for us next year and learn more about YOUR womanly self!

Why Take Pilates?

Do you suffer from a stiff or painful back, neck or shoulders? Do you feel tired from sitting or standing too long? Do you want to strengthen your abdominal muscles to prevent or recover from back injury? Have you recently had a baby and are ready to tone your abdominal muscles and hips? These are all reasons Broadwater Athletic Club members give for taking a Pilates class.

Pilates is an intense, measured mat workout, focusing on all core muscles. The intent is to in-

crease the flexibility of the spine while creating a protective shield of strong and supple muscle.

In a survey of Broadwater Pilates students taken earlier this year, these benefits were cited:

- Improvements in **strength** and **flexibility**
- Improvement in the areas of **posture**, **endurance** and **stress relief** were next
- **Increased energy** and/or **pain relief**

We offer Pilates classes at both day and evening times Monday - Thursday and alternate Saturday mornings (yoga-Pilates). Check your schedule or Mind-Body Menu for class times and locations.

If you are interested in trying Pilates for the first time, come to **Pilates I, Monday nights from 6-7 p.m. at the Westside club**. See you there!



Fee Based Group Fitness Classes and Group Personal Training Sessions.

We have received comments recently regarding the cost of classes. I believe there might be some confusion as to what we are actually charging for. Here's how it works. Most of the flyers you see around the Clubs are for Group Personal Training Sessions. These are sessions developed by our Personal Training team that are geared towards specific training modules.

Some are sports specific, such as BOSKI which is a ski conditioning session. Others are goal specific such as Stability Ball Training geared towards developing Core strength. These sessions are developed with a particular fitness goal in mind and limited to a small number of participants. They are Personal Training for a bargain price!

We occasionally

offer group fitness classes that are fee-based such as *Salsa* or *TAG*. These are offered as specialty classes for a nominal fee for special interests and not designed for our on-going Group Fitness Menu. If a specialty class shows potential as an on-going class, it may be added to our regular menu.

We will continue to offer these special classes both for fun and to see what interest they generate.

Look for more dance-related classes and maybe even some Turbo-Kick!

As always, if you have questions regarding our classes, please contact me or include your name and number with your comment cards and I will respond to you.

In good health!
Nanette Huddleston
Fitness Director
443-6045

Sleep Well. Do Well.

Try to exercise every day. Daily exercise often helps people sleep better.



It shouldn't require a Fairy Godmother to get a good night's sleep!

Sleep is one thing that most of us take for granted. It affects how we function daily as well as our mental and physical health. A good night's sleep will enhance performance and over-all health. How well are you sleeping?

Tips for a Good Night's Sleep:

Set a schedule: Go to bed and get up at the same time every day. Even weekends! Disrupting your sleep schedule may result in insomnia...so avoid "sleeping in" on weekends.

Exercise: Try to exercise every day. Daily exercise often helps people sleep better. Does exercising late in the day or evening affect your sleep? Maybe. Everyone is different, however, so experiment with what works best for you.

Avoid caffeine, nico-

tine, and alcohol:

Avoid drinks that contain caffeine, which acts as a stimulant and keeps people awake. Sources of caffeine include coffee, chocolate, soft drinks, non-herbal teas, diet drugs, and some pain relievers. Smokers tend to sleep very lightly and often wake up in the early morning due to nicotine withdrawal. Alcohol robs people of deep sleep and REM sleep and keeps them in the lighter stages of sleep.

Relax before bed: A warm bath, reading, or another relaxing routine can make it easier to fall asleep. Make these restful activities a bedtime ritual.

Don't lie in bed awake: If you can't go to sleep, don't just lie in bed. Do something else, like reading or listening to relaxing

music until you feel tired. The anxiety of being unable to fall asleep can actually contribute to insomnia.

Control your room temperature: Maintain a comfortable temperature in the bedroom. Extreme temperatures may disrupt sleep or prevent you from falling asleep.

See a doctor if your sleeping problem continues: If you have trouble falling asleep, or always feel tired during the day, you may have a sleep disorder and should see a physician. Your primary care physician may be able to help you or help you find a specialist that can help you with treatment.

Good Night and Sleep Tight...

Global Dance

GET IN THE GROOVE WITH SOME WORLDLY DANCE MOVES LED BY ADELLE KLUNGLAND. YOU WILL TRY A LITTLE RELLY DANCING AND SOME AFRICAN DANCE WITH LIVE DRUMS! DON'T MISS THE EXCITING, UNIQUE

OPPORTUNITY! THIS IS A USER-FRIENDLY CLASS FOR ALL FITNESS LEVELS. YOU CAN WORK OUT WHILE ENJOYING A WHOLE NEW EXPERIENCE IN MOVEMENT AND MUSIC!

WHEN: THURSDAY, NOV. 30, 5:30 PM
WHERE: THE BROADWATER'S DOWNTOWN CLUB (UPPER STUDIO)
COST: FREE TO MEMBERS
NON-MEMBERS \$5.00



Expand your world with Adelle at her Global Dance Class coming Thursday, November 30th!

T.A.G. Thighs, Abs, & Glutes

It's TAG time again! This time there will be a cardio twist. Get your heart pumping and firm up your thighs, abs and glutes at the same time! You will LOVE this work out.

When: Saturday, Dec. 2,
9:30am
Where: Broadwater Eastside Club
Cost: Members, \$3.00
Non-members,
\$8.00

Attention Spinners!!!

The rumors are true! Get ready for a better ride and a better bike! Coming our way soon are 22 new LeMond cycles. According to our spinning instructors, you will love these. There are more options for the handle bars and they are belt-driven so less maintenance. Yeah!! Prepare yourselves...the instructors are excited and you know what that means – get ready to sweat!



Built to deliver an amazing workout, the LeMond RevMaster was team designed by eight-time national champion cyclist Paul Swift and legendary cyclist Greg LeMond - the first American to win the Tour de France.

Halloween at the Eastside was a SCREAM this year!

Donna Hulse (aka Dolly Parton, the Fitness Instructor) and her 6 am H.I.T. class got in the Halloween spirit big time. There were 19 members in class, most of them donning costumes! They did what is becoming the well-

known Mystery Bag workout and everyone went away with a prize! Check out our bulletin board for some Ghoulish Photos!!

H.I.T. STRENGTH: High Intensity Training with an emphasis on strength. This is a non-

traditional strength class using medicine balls, weights, body weight and lots of sweat.

Join Donna and the rest of her class on Tuesdays at 6:00 a.m. They start bright and early at the Eastside Club!



Left over HALLOWEEN CANDY can be donated to Food Share for use in Holiday Baskets.

Gift of Health

The Broadwater's annual **Gift of Health** will be available November 20th! They make wonderful Stocking Stuffers for you, your friends and loved ones! They are available at all three Clubs, 12 visits for only \$25.00! They can also be purchased online. One user per pass. Valid at time of purchase, visits expire 1/22/07.

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

Help Brighten Christmas for Rocky Mountain Care Center Residents

Starting in early November the Broadwater Athletic Clubs will begin collecting gifts for some of the residents at Rocky Mountain Care Center. Gift Tags with information on what the residents would like will be available at each Club. All gifts should be returned to the Clubs and we will deliver them to the Center. Thank you for your generosity!

The "Caloric Cost" of Thanksgiving Dinner

To burn off the AVERAGE 3000-CALORIE THANKSGIVING DINNER, a 160-lb person would have to run at a moderate pace for four hours, swim for five hours or walk 30 miles, according to the American Council on Exercise. Festive snacks can add another 1,500 calories to the day's tally. Yikes!



Happy Thanksgiving!

All Three Broadwater Clubs will be **CLOSED** on Thursday, November 23rd for Thanksgiving. Enjoy the holiday and the freedoms we have in this wonderful United States!

See how much you (don't) know about our Thanksgiving holiday:

1. When was the first Thanksgiving celebration held?
2. What was the reason for holding a Thanksgiving celebration?
3. How long did the first Thanksgiving celebration last?
4. Which president proclaimed the first "National Day of Thanksgiving?"
5. Which president made the "National Day of Thanksgiving" a national holiday?
6. Who was the last president to change the date of the Thanksgiving holiday?
7. Who wanted to make the turkey the national bird of the United States of America?
8. What part of the turkey is used in a good luck ritual?
9. What drink did the Puritans bring with them on the Mayflower?

Does eating turkey make you sleepy?

No. It's a myth. You can't pin post-dinner drowsiness on the Thanksgiving bird. The most likely culprit is high carbohydrate intake from a big multicourse meal. The lethargy you experience can be attributed to blood rushing from the brain to the stomach to aid digestion. Recent studies have associated L-tryptophan, an essential amino acid, to drowsiness. Although it occurs naturally in turkey, you'd have to consume massive amounts of meat on an empty stomach for it to cause any sedative effect.

1. The Plymouth Pilgrims held their first Thanksgiving celebration in the fall of 1621.
2. On December 11, 1620 the first Pilgrims (or Puritans, as they were initially known) landed at Plymouth Rock. By the fall of 1621, of the hundred or so passengers who had sailed on the Mayflower, only half were still alive. (Of these, only four were adult women and almost forty percent were children.) The survivors, thankful to still be alive, decided to give a feast.
3. It lasted three days (the celebration consisted of games as well as food).
4. George Washington (in 1789 and then again in 1795).
5. On October 3, 1863 Abraham Lincoln issued a "Thanksgiving Proclamation" that made the last Thursday in November a national holiday. (Before that, the president had to make an annual proclamation naming the day when Thanksgiving was going to be held.)
6. President Franklin D. Roosevelt changed Thanksgiving to the Thursday before the last Thursday (the reason was to make the Christmas shopping season longer and thus stimulate the economy).
7. Benjamin Franklin, but he was opposed by Thomas Jefferson. Legend has it that Franklin then named the male turkey a "tom turkey" to spite Jefferson. (The female is called a "hen turkey" and the baby a "pout.")
8. The wishbone.
9. Beer.