

The BAC Connection

workout and play in a new way

Gear Up for Fall!

Come in to the BAC Pro Shop and check out the stylish new men's and women's BAC logo warm up jackets. Pullover, quarter- zip and full-zip styles are available. From racquetball racquets and swimwear to t-shirts and sweatshirts, your BAC Pro Shop has it all. ●

Join Us as the BAC Celebrates Eight Years!

Join us on Saturday, November 7 from 7:30 p.m. – midnight for the club's eight year anniversary party. The anniversary party is our way of saying thank you to all our members for helping make the club what it is today — the Best Health Club in the 2008 Kalamazoo Gazette's Reader's Choice Awards.

This year's party will feature the popular band Montage who will play a variety of music including contemporary rock, country and R&B tunes. Members are encouraged to bring guests to the party. Please RSVP at the service desk.

Enjoy complimentary appetizers and a cash bar (beer, wine and non-alcoholic beverages – proceeds go to the Edison Neighborhood Association) throughout the evening. The party is for members and guests age 18 and older. Dress code is business casual.

We appreciate your support in making the club a great place to workout and play for the last eight years. ●



Popular local band 'Montage' will headline at the BAC's eight year anniversary party.



THIS ISSUE

October MVP.....	2
Training Tips.....	2
Inside Bronson.....	2
Healthcare Investments ..	3
Trainer's Corner.....	3
Member Profile	4

'Golf For a Cause' a Success



Winning Team (Pictured from left to right) Richard Skalski, Steve Skalski, Robert Wright, Todd Wright

The BAC held it's first 'Golf For a Cause' outing on August 1 at Heritage Glenn Glen Golf Club. The BAC and Heritage Glen each donated \$5 from every entry fee to the Bronson Health Foundation. Winners at the day's event included:

Winning Team: Team #1

Closest to Pin: Joe Reinoehl

Longest Drive: Katie Vanslager ●

Ryan Patterson

Personal Trainer



Ryan Patterson

Ryan Patterson was MVP three years ago when he was a member of the BAC fitness staff while attending Western Michigan University. He earned a degree in professional writing and health/physical education. Now a certified personal trainer and two-time MVP for continued excellence in serving members, Ryan is pursuing a sports administration masters degree at Michigan State University. While health and fitness are part of his academic portfolio, they are more than theoretical subjects. A lifelong athlete who participated in many sports and ran marathons, Ryan finds time to exercise almost every day.

As a personal trainer he interacts with a wide range of clients. "I enjoy working with people," Ryan says. He recently created and directed a BAC program designed to help members lose weight and develop healthy habits. "We had 63 people join our Weight Loss Challenge program in this first 12-week session and 180 in our second 12-week session" he explains. "Each week I met with small groups of six to eight people for nutrition counseling and 45 to 60 minutes of exercise." The program's impressive results included a group weight loss of 900 pounds. "It's been a really great thing," Ryan reflects. Sharing information and empowering people to make meaningful changes keeps Ryan happily busy. He says, "It doesn't seem like I'm going to work." ●

Are You Training Too Hard and Too Long?

Are you exercising 90 minutes to two hours a day, five to six days per week without seeing change?

Messages have bombarded us for years stating that we need 60-90 minutes of cardiovascular exercise 3-5 days per week and 30-60 minutes of weight training 3-4 days per week. Many people have done this day in and day out for years. In the beginning they saw some changes but over time they followed that routine without positive results. In a sense, they are treading water! If you're stuck in this rut, contact a BAC personal trainer.

A personal trainer can help you stop treading water and start making progress with your health and fitness. Our trainers teach you how to maximize your time and effort so you can reach your goals while freeing up your leisure time.

For more information, contact a BAC personal trainer at (269) 544-3200. ●

Bronson Earns National Recognition for Nursing Excellence



Bronson Methodist Hospital has been designated a Magnet® Hospital for Nursing Excellence. Considered the gold standard of nursing care, Magnet status has been attained by only 5% of U.S. healthcare organizations. The credential is awarded by the American Nurses Credentialing Center a subsidiary of the American Nurses Association.

Research shows clear benefits to patients and communities served by a hospital that has achieved Magnet status. Magnet facilities have lower mortality rates, shorter lengths of stay and higher patient satisfaction. They also have more nurses per patient and more nurse involvement in patient care decisions that contribute to better outcomes, as well as a better work environment for staff. Magnet designated hospitals consistently outperform non-Magnet facilities in recruiting and retaining high caliber nurses, physicians and other specialists.

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Inside Bronson

(continued from page 2)

“We are extremely proud of our nurses and the exceptional care they provide,” said Neil Johnson, vice president patient care services & chief nursing officer. “Magnet status validates the knowledge, experience and commitment that Bronson nurses have to deliver optimal care for every patient, every time.”

For more information, visit bronsonhealth.com/magnet. ●

Bronson Receives AHA-McKesson Quest for Quality Award

Bronson Methodist Hospital is the 2009 recipient of the American Hospital Association-McKesson Quest for Quality Prize®. This top national honor is awarded annually to one U.S. hospital in recognition of its leadership and innovation in quality, safety and commitment to patient care. In particular, it honors success in achieving the Institute of Medicine’s six quality aims to ensure care is safe, timely, efficient, effective, equitable and patient & family centered (STEEEP). For more information, visit bronsonhealth.com/quality. ●



American Hospital Association McKesson
Quest for Quality Prize®

Honoring Leadership and Innovation
in Patient Care Quality, Safety, and Commitment

TRAINERS CORNER

Exercise Strategies for Bone Health

Weight bearing exercises work the bones and muscles against gravity. The strong contractions of muscles as they pull on the bones influence the magnitude of stress placed on the bones themselves. Several studies have shown that by participating in some type of cardiovascular exercises combined with weight training exercises results in a greater bone mineral density of the lumbar spine than those who did only one type of training.

There are several aerobic classes on the BAC schedule that you could participate in and get both strength and cardio combined. For even more guidance, hire a personal trainer. They can develop a program tailor made for you and your bone health.

Weight bearing exercises include walking, climbing stairs, lunges and variations of lunges, jogging and running. Cycling and swimming are not weight bearing exercises.

You should also consider taking calcium and vitamin D. The Institute of Medicine of the National Academy of Sciences has different criteria for women between the ages of 19-50 and then women 50 plus years of age. You should consult your personal health care provider for recommended amounts of both calcium and vitamin D.

For more information, contact Sheri Shon at (269) 544-3200. ●



Sheri Shon
BAC Personal Trainer
and Group Fitness Director

Looking at Healthcare and Investments

Are you physically and fiscally fit?

2008-2009 has been a rollercoaster ride in the stock market and economy. Join us as John VandeWeerd addresses healthcare options and consumer engaged products (HSAs) while James Hemenway discusses how your emotions can take control of your investments and what you should do to stay on track.

Date: October 27

Time: 3:30 - 5:30 p.m.

Cost: FREE

Please RSVP by October 14.

Phone: (269) 544-3200 ext. 545 or e-mail: jvandeweerd@okuninsurance.com. ●

Ken and Bonnie Brewer

“We made a commitment,” Bonnie Brewer states. Bonnie has been a school district accountant for 30 years. Her husband Ron works for the State of Michigan. The Brewers have a grown son, daughter-in-law and three grandchildren. Their most recent commitment was no small undertaking, “We’re making a lifestyle change,” Bonnie explains.

“Ron is diabetic and has high blood pressure,” Bonnie shares. “I have high blood pressure, too. Ron was on multiple medications and his doctor wanted him to add another medication for diabetes. He was feeling miserable. He basically ate, worked and slept. Last spring he decided it was time to get healthy.”

Bonnie says their first steps were to join the Bronson Athletic Club, then to meet with personal trainer Brian Laddkrood. Brian counseled

“Going to the BAC together keeps us going.”

the Brewers in nutrition and tailored an exercise program that maximized their time spent at the gym while gradually increasing intensity. “After Brian talked with us,” Bonnie remembers, “I went home and threw out all the unhealthy foods. Now we read ingredient labels and eat a lot of organic foods. We buy our meats from local sources. Ron has a garden this year with lots of fresh vegetables.” While the Brewers eat many of the same foods they’ve always enjoyed, Bonnie learned new ways to prepare them, making healthy eating easy and familiar. She adds, “We’ve eliminated fried foods and we don’t eat out much anymore.” They exercise at the club three days a week, combining cardiovascular exercise with weight training.

“Going together keeps us going,” Bonnie explains.

Since they took that first step in April 2009, Ron has lowered his blood pressure and blood sugar levels significantly, reduced his medications, and lost 30 pounds. Bonnie lost 10 pounds and she says, “I’m down two sizes.” Best of all, the Brewers feel great.

“Ron used to worry each year about his mandatory physical for work. Now he’s feeling much better. He doesn’t crave sugar. I used to run out of energy. Now we say, ‘Do you want to go for a walk or a bike ride?’” ●

- written by Kristine Wilkinson

Do you know a BAC member you’d like to nominate to be featured in the member profile column? If so, please contact Heather Jonas at (269) 544-3200.



6789 Elm Valley Dr.
Kalamazoo, MI
49009

Phone
(269) 544-3200

Fax
(269) 544-3298

Bronson Athletic Club Staff

President	Carl Porter
General Manager	Jim Reading
Fitness Director	Jeremy Wheaton
Group Exercise Director	Sheri Shon
Membership Director	Heather Jonas
Building Supervisor	Mark Jones
Business Office Manager	Mary-Elizabeth Bell
Aquatics Director	Karen Sue Mackaluso
Pro Shop Manager	Char Heckaman
Service Desk Manager	Erin Westover
Deli Manager	Trish Thomas-DeYoung
Programs Coordinator	Kaitlin Johnson

Club Hours

Monday – Friday	5:30 a.m. – 10 p.m.
Saturday/Sunday	7 a.m. – 9 p.m.

Business Office Hours

Monday – Friday	9 a.m. – 5 p.m.
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Membership Office Hours

Monday – Thursday	9 a.m. – 9 p.m.
Friday	9 a.m. – 8 p.m.
Saturday	10 a.m. – 5 p.m.
Sunday	11 a.m. – 5 p.m.

Youth Activity Center Hours

Monday – Thursday	8:30 a.m. – 8 p.m.
Friday	8:30 a.m. – 5 p.m.
Saturday	8:30 a.m. – 2 p.m.
Sunday	Noon – 4 p.m.