

The BAC Connection

workout and play in a new way

Earn Free Dues This Summer

Once again, summer is a time for you and your friends to save money at the BAC. For each new member account you refer by August 31, you receive one month of primary dues free.

In addition, your friend will receive a \$200 discount on the membership initiation fee. Plus — if your friend joins in July, he/she will receive the first two months of primary dues free. A total savings of \$391 by joining in July!

Use the Summer Member Referral Certificate enclosed in this newsletter to give to a friend, family member, co-worker, etc. When your referrals join, please make sure they mention you as their member sponsor. No referral credit will be given if you are not listed as the member sponsor upon joining.

The BAC Summer Member Referral Program is our way of saying thank you for supporting the club, as well as giving you an opportunity to invite your friends to join the BAC and save! Remember, the more people you refer, the more free dues you earn. Refer one person, get one month free. Refer two people, get two months free, and so on.

For more information, or to pick up additional referral certificates, please stop by membership services. Encourage your friends to join in July and take advantage of the July bonus savings. ●

BAC Golf Outing August 1

Join us for the first golf outing at Heritage Glen Golf Club. The golf club and the BAC will each donate \$5 from each entry fee to the Bronson Health Foundation. This package includes breakfast, all-American grill cookout lunch, prizes, 18-holes of championship golf including cart and range balls.

Date and Time: August 1, 8:30 a.m.
 Location: Heritage Glen Golf Club
 Cost: \$75 per person

Members and non-members are welcome. Sign up at the service desk. Registration deadline is July 22. ●

Summer 2009 Member Referral
Share the Fitness and Fun of the BAC With Your Friends!

New Member Name _____ Member Number _____

July is Bonus Month
 New members joining in July will receive a \$200 discount on the membership initiation fee PLUS two months FREE primary dues — an additional \$198 value. Not applicable to group membership discounts. Offer expires July 31, 2009.

August
 New members joining in August will receive a \$200 discount on the membership initiation fee, plus one month FREE primary dues — an additional \$98 value. Not applicable to group membership discounts. Offer expires August 31, 2009.

Referring Member Name _____ Member Number _____



Independence Day Holiday Hours

Saturday, July 4
7 a.m. - 5 p.m.

We wish you a safe and fun holiday!



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Michael Westover

Member Services



Michael Westover

Earning an MBA at Western Michigan University in just 18 months is an impressive goal. For Michael Westover, it's the natural next step in pursuing his dreams. "I did my undergraduate work at Central Michigan University. I earned a B.A. in business with an emphasis in entrepreneurship," the Kalamazoo native explains. "I've always wanted to own a business."

BAC Member Services offers Michael the chance to apply the theories he learns in school while serving members. "The people here are very friendly," he says. "It's nice to create relationships." He sees concepts like 'change management' working on departmental and organizational levels. "Change

management means looking for innovative ways to change the existing structure (by following a predetermined procedure). We (the staff) bring a lot of good ideas to the table."

Between a heavy course load and working full time, exercise is a great way for Michael to relieve stress and stay healthy. "I try to workout three times a week," he says. "I've always been active – playing almost every sport in high school and continuing with many through college." Being knowledgeable about the facility and all it offers helps Michael in member services, too. "I tell people that keeping healthy now at whatever age, can pay off in the future." ●

INSIDE BRONSON

Learn Your Risk

Are you at risk? Simply visit learnyourrisk.com to access free online health risk assessments for heart disease, stroke and other diseases.

In less than 10 minutes, you'll know your risk. It's free and completely confidential. You'll also receive a free Personal Health Report, which includes a summary of your results, information about your specific risk factors, and what you can do to improve your health. ●

BAC Hosts FitFest July 18-19

The BAC is proud to be selected as a site for this national Fitness Conference and Expo Tour. By hosting this conference, the BAC staff can continue to bring members the best the fitness industry has to offer. Members will be able to shop at the fitness expo and meet nationally recognized fitness professionals like Mindy Myleas, creator of the Gliding Disc, and Leslie Bender, creator of the "Bender Ball." BAC group exercise classes will be canceled July 18-19 while the BAC hosts this event.

For more information, contact Sheri Shon, BAC group exercise director. ●

Cruise Anyone?

Mark your calendar for March 2010 to take a Caribbean cruise with other BAC members. The week-long trip will take passengers to four beautiful countries in seven days, and will feature group exercise yoga and other total body conditioning classes. We are planning a full week of food, fun, laughter, exercise, pampering, friendship and sightseeing. Space is limited.

Contact Julia Vleugel at (269)501-6065 for more information. ●

Beat Summer Heat: Drink Water

The best way to stay cool in the heat is by drinking plenty of cool water. Cool water absorbs into your system much faster than juices or sports drinks. If you prefer sports drinks, choose one that contains electrolytes.

An average adult's body weight is nearly 70 percent water — that's about 12 gallons. To keep muscles functioning during a workout, you need a continuous water supply. The intensity of your workout — judged by how much you're perspiring — is a good barometer of how much fluid you need to put back into your body. The body uses this fluid to help regulate body temperature and allows heat to evaporate from the body by sweating.

In one hour of exercise, the body can lose more than a quart of water, depending on the intensity of exercise and the air temperature. Without an adequate supply of water, the body will fatigue easier, you may lose coordination skills and potentially become at risk for heat illnesses (heat cramps, heat exhaustion or heat stroke).

It's important to drink even before signs of thirst appear. Thirst is a signal that your body is already on the way to dehydration. One way to determine your hydration level is to check the color of your urine — it should be pale yellow. ●

TRAINERS CORNER

Avoid Overuse Injuries by Maintaining Balance in Your Body

The human body is a complex mechanical system made up of muscles and nerves which can really only perform about five major movements. When working out, focusing on movements will ensure that your program maintains balance and you stay injury free. Imbalances in the body often lead to injuries because the body will work to maintain efficiency even if that sacrifices joint integrity.

One of the cornerstones of the BAC personal training program is focusing on posture and alignment. Whether you perform a one-day total body workout or do a four-day split, it is easy to incorporate balance in your program so you stay injury free. Just be sure to include all of the major movements in your workout week, and make sure that you have similar strength in opposing movements. If you train by movements, you will never leave out a muscle — but if you train muscles you will often leave out movements.

The five major movements and some of the exercises that incorporate them are:

- lower body push - squat, leg press, step-up
- lower body pull - dead lift, leg curl, olympic movements.
- upper body push - chest press, flies, shoulder press, push-ups
- upper body pull -pull-ups, bent over rows, cable row
- rotational - med ball exercises, cable chops, russian twists

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



Kyle Skinner
BAC Personal Trainer

Hints for Staying Hydrated

- Self-monitor your fluid level by weighing yourself before and after a workout. Drink two cups of water per pound of body weight lost after exercise.
- Drink one to two cups of water at least one hour prior to your workout.
- Drink eight ounces of water 20-30 minutes prior to exercising and four to eight ounces of water every 10-15 minutes during exercise.
- Drink an additional eight ounces of water within 30 minutes after exercising.
- Train during cooler parts of the day (dawn or dusk)
- If your ability diminishes, stop exercising and cool off.
- Caffeine and alcohol can have a diuretic effect, so be sure to compensate for this additional water loss.

Meet Susan Schoblaski



Susan Schoblaski (center)
with Pat and Chuck Cabbage

When we introduced Susan Schoblaski as our BAC member profile in 2004, the active 88-year-old said, "I want to make it to 90."

With typical good cheer and energy, she has continued to workout and stay active. We are proud to feature Susan again at age 93. "I still walk a mile every day," she states.

Not only does Susan keep her feet moving, but she also does leg presses and lifts weights at the BAC. "I like the machines," she relates. She enjoys the camaraderie of working out with fellow members. "The people upstairs call me Suzie. When I take a break they'll say, 'Get to work, young lady.'"

"I'm 93 years old. Since I exercise, I can eat better and sleep better. I want to keep moving a little longer."

A lifetime of activity, hard work and devotion to her family has served Susan well. "I used to be teased — called Sputnik — because I was such a fast walker," she recalls with a chuckle. She met Edward, her husband of 60 years, when they were 12 years old. "We were meant for each other," Susan shares. "He used to walk past my house and whistle to get my attention."

After Edward passed away, Susan moved from their farm in the Port Huron area to Kalamazoo to be near her daughter and son-in-law Pat and Chuck Cabbage. "I have five great grandchildren," she shares proudly. "One of them just graduated from high school."

A close-knit family, Pat and Chuck bring Susan to the BAC regularly. When the couple took a trip to Alaska in 2007, they convinced Susan to come along. "I loved it," she exclaims. "I was the oldest person on our cruise. Chuck wanted me to dip my toe in the Arctic Ocean but instead I put my finger in."

"I find there's always something to do," Susan reflects. "I like to take trips and sing in the chorus at Friendship Village (in Kalamazoo). I can't complain. You know, you might as well be happy. I'm 93 years old. Since I exercise, I can eat better and sleep better. I want to keep moving a little longer."

- 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.



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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.