

The BAC Connection

Sports, Health, Fitness and Fun

Labor Day Hours

Monday, September 5
7 a.m. - 3 p.m.

The club will be open, but the BAC Deli, Membership Services and Youth Activity Center will be closed.

Save the Date

BAC 10th Anniversary Party
Bronson Athletic Club
Saturday, November 5

Walk Across Kalamazoo
October 2 • 1 p.m.
corner of John and Lovell Streets

Town Hall Meeting

The BAC will be hosting two town hall meetings to give all members an opportunity to meet Heather Oestrike, the BAC's new Executive Director. The meetings will be held on Friday, September 23 at 9 a.m. and Thursday, September 29 at 6 p.m.

We hope you will join us at one of these events to find out what new and exciting events are upcoming at the club and to provide any feedback you may have. We value your input and insight regarding the BAC community. Light refreshments will be provided. ●

National Women's Health & Fitness Day

The BAC is proud to announce that we will be celebrating National Women's Health & Fitness Day on Wednesday, September 28 with special events during the day. To help you share this day with a friend, the BAC is offering a special one-day guest pass to be used on National Women's Health & Fitness Day. So grab a girlfriend, mom, or sister and come join us for a day of fitness and fun. Use the special one-day guest pass at the bottom of this page. Fliers with more details about the September 28 activities will be available at the service desk. ●



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One-Day Guest Pass



Bring a friend and enjoy all the National Women's Health & Fitness Day activities at the Bronson Athletic Club on September 28, 2011.

Guest Name _____

Member _____

Valid on September 28, 2011 only. No photocopies will be accepted.

Dave Bunt

Personal Trainer



Dave Bunt

A lifelong athlete, Dave grew up playing sports and exercising. He and his dietician wife, Rachel, enjoy healthy eating and fitness together. “I’ve always worked out,” said Dave. “I was raised to believe there are principles to everything. Truth, ideas and words matter.” So when Dave decided to pursue personal training, he sought to identify the core principles of fitness. “If you understand the fundamentals of the body, you can improve everything together. For most people, it is inconvenient to look for the core things that drive fitness. I love to help take away the fear and doubt and focus on what (the client) wants. It’s not just hopping on a machine and getting sweaty that makes a difference.” He adds, “with regular, planned exercise it is reasonable to expect to get every benefit involved without risking any injuries. Science puts this in your lap. With the right habits and knowledge, the calendar tilts in your favor, and your goals come to you!” ●

INSIDE BRONSON

2011 Walk Across Kalamazoo

The 2011 Walk Across Kalamazoo will take place on Sunday, October 2 at the corner of John and Lovell streets. This fourth annual event benefits pediatric life enhancement services at The Children’s Hospital at Bronson. On-site registration and pre-walk activities begin at 11:30 a.m., and the walk itself begins at 1 p.m. Funds raised through the Walk support pediatric life enhancement services, such as pediatric palliative care, child life services, art therapy, music therapy and more. To register online, visit bronsonhealth.com/walk. Costs for the walk are:

Adults age 18+ (includes t-shirt): \$25

Children age 6-17 (includes t-shirt): \$15.

Children younger than age 6 are free (does not include t-shirt).

Register by Wednesday, September 14 to receive a Walk t-shirt. For more information email the Bronson Health Foundation at (269) 341-8100 or send an e-mail to healthfoundation@bronson.org. ●



Healthy Eating: Basic Potato Soup

makes 8 cups

1 cup = 148 calories; 21g CHO; 5g FAT; 5g PRO; 2g Fiber

2 Tbsp extra virgin olive oil
1 cup chopped onion
½ cup chopped or julienned carrots
½ cup chopped celery
½ cup chopped cabbage
4 cups raw, unpeeled redskin potatoes, cut in ½ inch cubes
2 cups chicken broth
2 cups skim milk
½ tsp dried sweet basil
½ tsp sea salt
Freshly-ground black pepper
1 Tbsp butter
1 Tbsp dried parsley flakes

In a large skillet, heat olive oil over medium-high heat; sauté onion, carrots, celery and cabbage for 10 minutes then add potatoes and broth. Cover and simmer 15-20 minutes, until potatoes are soft, stirring occasionally to prevent potatoes sticking to bottom of the skillet. Mash half of the potatoes while still in the skillet. Add remaining ingredients, cover and heat through, but do not boil. It’s very best if it seasons overnight. It also freezes well. Can be served with garnish of 1 tablespoon reduced-fat cheese.

Variations: This is a very versatile soup. Add any of your favorite proteins such as tuna, cooked salmon, cooked chicken, turkey ham, etc., and fresh vegetables like fresh spinach, kale, broccoli, corn, etc. ●

Keeping You Connected

Please assist us by supplying your e-mail address so we may contact you with program updates, facility information or unexpected closings or schedule changes. Our goal is to make sure we keep members connected and communicate information in a timely fashion. Simply fill out the form at the display table in the lobby or e-mail jonash@bronsonhg.org. Members who provide their information by September 10 will be registered for a chance to win a free massage. ●

BAC Deli

New Hours

Beginning September 6, the BAC Deli will have the following new hours:

Monday - Friday,
6:30 a.m. - 8 p.m.

Saturday, 8 a.m. - 4 p.m.

Sunday, 11 a.m. - 6 p.m.

Coffee service will be available on weekends beginning at 7 a.m. ●

Trish's Cabbage Rolls Available Soon

Trish's "guilt-free" cabbage rolls will be available every third Thursday of the month through 2011, beginning Thursday, September 15. Trish mixes ground turkey with brown rice, onions, celery and a few select spices, then wraps it all in cabbage and roasts them to perfection in a rich tomato sauce. Orders can be placed at the BAC Deli. ●

TRAINER'S CORNER

Who are you calling a slouch?

What is the most common mistake when exercising? In simple terms, it's posture! You can probably remember your grandparents or even parents telling you to stand up or sit up straight. Their explanation was because you look better when you don't slouch. While they were correct, they were also on to something much more important than just appearance.

Today's trainer is well-educated, professional, and focused on more than just how many repetitions you can do. Here at the BAC, our trainers focus on posture and alignment as the key points to every exercise, whether it be weight lifting or cardiovascular. Key points for correct posture and alignment are:

1. Feet and knees together: Keeping the knee aligned with the second toe is a must for proper alignment.
2. Abs up and in: When you pull your naval up and in, you're providing support to your spine and strengthening all muscles associated with posture.
3. Shoulder blades down and back: By positioning your shoulder blades in such a way, you relieve the stress placed on your back, improve the range of motion of your shoulder, and decrease your chance of injury.
4. Alignment: When in proper alignment, your ear, shoulder, hip, knee, and ankle should be in a straight line. This allows you to exercise properly and reduce your chance of injury.

For more information on how you can improve your training efficiency and decrease your chance of injury, please contact a BAC personal trainer by calling (269) 544-3200. ●

Brent and Kathy Young: BAC 10-YEAR MEMBERS



High school sweethearts from Kalamazoo, Brent and Kathy Young, have lived in the area for most of their lives and raised their two sons here.

“Kalamazoo has everything we need and love,” Kathy said.

They appreciate the positive, supportive environment the BAC provides, too. They each use the facility at least five days per week. “It creates a great balance in our lives,” said Kathy.

Fitness has always been a part of Brent’s life. Starting in elementary school, he took the city bus downtown to the YMCA each Saturday with some neighborhood boys to play sports, swim, and have fun. They also participated in Kalamazoo’s City Sports Camp, programs in the summer, and Y camp. He has remained active through the

Air Force, working at Upjohn, and retirement from Pfizer after 27 years as a computer systems engineer. Brent enjoys the social aspect at the BAC. “It feels like family,” he explained. “There is always someone interesting to talk to or hang out with.”

Kathy never had formal fitness instruction before joining the BAC. As a child she did not have gym class, but stayed active by walking a mile to school and playing with her brothers and the neighborhood kids. “This whole fitness thing is new to me.” she said. “I love it! I’ve gone from doing Jane Fonda workouts 10 years ago, to coaching with Gazelle Summer Safari Marathon Training.” Kathy is a marathon runner and likes to stop at the BAC to use the cold plunge to aid recovery. Since retiring, she has coached Girls on the Run and Girls on Track for eleven seasons. “The BAC staff has been so generous in helping me reach my goals,”

she said. “I don’t know if I would be enjoying this level of fitness were it not for them.”

Though the couple often visits the club together, they pursue individual goals. Brent exercises in the cardio and weight areas. Kathy swims, uses the track and attends fitness classes. They also use the club as a “mini vacation” when the weather turns inclement. “We come in for a game of racquetball, to float in the therapy pool on the noodles or just to have a Spa Day.” They both agree that it’s a great diversion. “The facility is consistently comfortable and the staff welcoming. We enjoy giving back by volunteering at BAC swim team home meets and during the IronBAC. This place is a great bargain when you use it,” Brent concluded. ●

- written by Kristine Wilkinson

Do you know a BAC member you’d like to see featured in the member profile column? If so, please contact Heather Jonas at (269) 544-3200 or by e-mail at jonash@bronsonhg.org.



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Bronson Athletic Club Staff

President	Carl Porter
Executive Director	Heather Oestrike
Director of Operations	Jim Reading
Exercise & Fitness Coordinator	Stacie Kryszak
Fitness Director	Kris Knight
Personal Training Director	Damian Harris
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

Club Hours

Monday – Thursday	5:30 a.m. – 10 p.m.
Friday	5:30 a.m. – 9 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	9 a.m. – 4 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	closed