

The BAC Connection

workout and play in a new way

Labor Day Holiday Hours

Monday, September 7
7 a.m. – 5 p.m.

We wish you a safe
and fun holiday!

Save the Date for the BAC's Social Event of the Year!

BAC Anniversary Party
Saturday, November 7

Featuring the popular local
live band Montage.

BAC Weight Loss Challenge

The BAC Weight Loss Challenge is an in-depth 12-week program. The main goal is helping each of the participants make healthier choices through proper exercise and nutrition. Each week the participants turn in their food diary, weigh in, and participate in a group training session. Awards are given at the end of the 12-week program to the top three people that have lost the most weight.

"I wanted you to know I am taking less medication, am sleeping better and have more stamina."

Lucile Lutz

"Ryan, the personal trainer, has been very encouraging, yet challenging throughout this whole process. His workouts are demanding and he pushes you to your limit each week. I have not only lost weight but have gained strength, energy and the desire to be healthy. Thank you Ryan and the Bronson Athletic Club for helping me reach my fitness and nutrition goals! I look forward to joining the next session of the weight loss challenge and continuing my weight loss journey."

Nancy Carter

A total of 900 pounds were lost in the first program, which began in May. Even more impressive is that 25 medications were either decreased or stopped altogether.

The next session starts September 14. To sign up or for more information, please contact the service desk at (269) 544-3200. ●



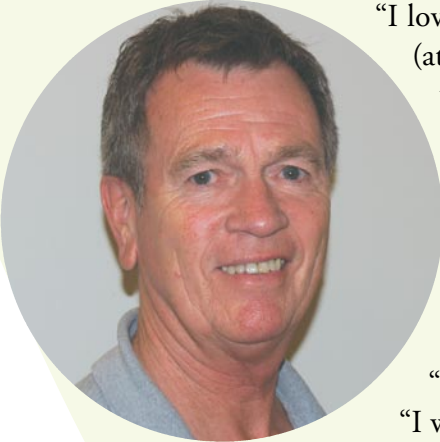
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BAC Programs: Something For Everyone

Inside this issue is a complete listing of programs for the Fall. You will find a wide variety of health, sports, fitness and fun programs for all ages. Our experienced, certified instructors are ready to provide an exhilarating, motivating and fulfilling experience for you and your family. ●

Doug Sipsma Men's Locker Room



Doug Sipsma

"I love to exercise," begins Doug Sipsma. "I'm there (at the BAC) seven days a week." Doug first came to the club several years ago as a member. When a friend decided to quit his BAC job, Doug applied. Now he faithfully cares for members in the Men's Locker Room twice a week. That's on top of Doug's full time job as a real estate agent with Prudential Preferred Realtors, where he has worked for 30 years.

"I feel much better when I exercise," Doug explains. "I wish I would have started in my younger days. I feel better now than I did at 40." He even works out before shifts in the locker room. Doug utilizes almost all areas of the club. "Twice a week I lift weights, then I use the pool. I'm not a big swimmer, but I do a few laps. Then I do exercises in the therapy pool," he explains. "The rest of the week I use the cardiovascular equipment." Doug appreciates members and staff. "I like the members. I know many of them on a first name basis. The camaraderie is good and (the facility) is just beautiful." ●

INSIDE BRONSON

Save the Date!

Women's Day

Saturday, October 24, 8:30 a.m. to Noon

Check programs and events at bronsonhealth.com for updates on this special event about gaining strategies to stay healthy in the prime of your life.

Free Program

Sleep Apnea: the not so funny side of snoring.

Tuesday, October 6, 6:30 to 7:30 p.m.

Three Rivers Community Center
103 South Douglas, Three Rivers

Do you have trouble sleeping? If yes, this program will cover what sleep apnea is, symptoms, diagnosis and treatment. Bantu Chhangani, MD, of Bronson Center for Sleep Disorders will be the presenter.

No registration required. If you have questions, call Bronson HealthAnswers at (800) 451-6310 or (269) 341-7723. ●

Jump Start Your Fitness Program

A new training model has been started at the Bronson Athletic Club. In the past, when you joined the club you were given the opportunity to schedule a fitness orientation with one of our fitness staff employees. As of August 1, 2009, all new members will receive a personal training session when they join the club. This new model has been provided to offer you a professional approach to meeting your goals, proper exercise and nutrition.

Starting September 1, 2009 all current members will have the opportunity to take advantage of this offer, too. To do so, you need to visit a membership representative or personal trainer. They will tell you how to redeem your training session. If you are not getting the results you want or feel that there is more that you could be doing, please take advantage of this offer. The training staff can get you to the next level.

This limited time offer will end on September 30, 2009.●

Locker Room Reminder

Please remember that all of our lockers are for daily use only and are not to be used for overnight storage. If we find a locker "occupied", we will place its contents in our lost and found.

Thank you for your help! ●

TRAINERS CORNER

Recipe of the Month Crustless Pumpkin Pie

Serves 8

- 1 Tsp. extra virgin coconut oil
- 5 Tsp. Stevia Plus® blend
- 2 Tbsp. water
- 4 egg whites (free-range), slightly beaten
- 1 12-ounce can organic, fat-free evaporated milk
- 2 Tbsp. unsweetened natural applesauce
- 1/4 Tsp. ground nutmeg
- 1 1/2 Tsp. ground cinnamon
- 1/2 Tsp. ground ginger
- 1/4 Tsp. ground cloves
- 1/2 Tsp. sea salt
- 2 Tsp. vanilla extract
- 1 15-ounce can pumpkin

Preheat oven to 350°. Brush 9- or 10-inch pie pan with oil. In a medium bowl, stir Stevia Plus® into water until dissolved. (Omit the water if you use sugar instead of Stevia). Add remaining ingredients to bowl in the order listed, stirring after each addition, and whisk together until well blended. Pour into the prepared pan and bake for 50-55 minutes or until a knife inserted into the center comes out clean.

69 Calories per serving; 12g CHO; <.5g FAT; 6g PRO; 3g Fiber ●

Omega 3s and Disease Prevention

Because of their anti-inflammatory properties, omega-3 fatty acids have been linked to the prevention and treatment of a whole host of health problems, including heart disease, stroke, high cholesterol, high blood pressure, diabetes, arthritis, obesity, osteoporosis, depression, and the list goes on and on.

So it's no surprise that omega-3 fatty acids are quickly becoming one of the most researched topics in the scientific community — and one of the most celebrated among people who care about whole health.

Fertility. One study showed increased fertility rates with omega-3 supplementation. Researchers observed that omega-3 supplementation reduced clotting in the endometrial cells lining the uterus, which improved the implantation rates of fertilized eggs. Additionally, an imbalanced omega-6-to-omega-3 ratio has been linked to polycystic ovarian syndrome (PCOS), another cause of infertility in some women.

Hot flashes. In reporting the results of two small, but well-controlled studies, a team of Italian scientists in 2005 attributed a “progressive and highly significant reduction” in hot flashes to omega-3s, possibly through their influence on nerve cell membranes or by modulating neurotransmitter function. In fact, a diet high in omega-3s may be one of the reasons why Japanese women, whose diets are rich in fish, seaweed and soy, have fewer menopausal problems than American women do.

Mood, affect and memory. Some research on omega-3s shows promise for preventing and possibly treating depression. Omega-3s may likewise be helpful for people struggling with personality and behavioral problems such as aggression. Researchers recently found that people with high levels of omega-3s in their blood had more grey matter in the sectors of the brain associated with positive emotions and moods, while the subjects with mild to moderate depression symptoms showed decreased grey matter in those same areas. More research is needed to determine whether omega-3 fatty acids actually cause this phenomenon, but it's safe to say that healthy omega-3 levels can mean a more positive outlook on life and lower rates of memory loss.

For more information on the role that omega-3 fatty acids can play in your healthy lifestyle, contact BAC fitness director Jeremy Wheaton at (269) 544-3200. ●



Jeremy Wheaton
BAC Fitness Director

The Perfect Game

Handball players:
Back row left to right: John Soule, Rick Grzesek, Mark Smutek, Mark Kemple, John Tapper, Jeff Kemp, Dr. Dennis Jewett, Eric Berry
Front row: "Handball Herm" Kiewiet and Pat Sullivan

"Handball Herm" Kiewiet calls his favorite sport "the perfect game." A national champion who has played 15,000 games in 27 years, Herm says, "Handball takes concentration, athletic ability, dexterity, tenacity, aerobic capacity and mental toughness. Studies show a good handball player burns 700 calories per hour because you are using the whole body. It's a demanding workout with low injury rates. The real beauty of the game is that it takes no expensive equipment. You can use any gloves, any ball and any wall. It's a great inner city game, too, helping kids get off the streets."

"When the BAC opened we had one player," Herm remembers. "That's when Carl Porter (handball doubles national champion and BAC president) approached me and asked if I would introduce the game to the club. After four years of free lessons and lots of



encouragement we now have 15 dedicated players every Tuesday, Thursday and Sunday. We invite people to come to the game."

A colorful group of players forms a brotherhood of friends on and off the courts. Dr. Dennis Jewett, who likens handball to a chess game, recalls, "When I came to Kalamazoo I figured that to stay in shape and play the game with any respect I had to devote time to it." Kevin Flanders grew up watching his father play. "Handball's a game you continue to grow into," he says. Rick Grzesek played at several local clubs over the years, now he's a BAC regular. Mark Smutek (proprietor of Water Street Coffee Joint who

created a special blend of "Handball Herm Coffee") was a squash player, "looking to add something new to my repertoire." Mark Kemple remembers his introduction to the game. "Handball Zen Master Micky Manjack' challenged my athletic ability for months saying, 'Hey Kemple, when are you going to play a man's game?' One day, armed with a borrowed pair of gloves and a belief that I – a strapping 32-year-old – would surely get the better of this 80-something-year-old man with an over-inflated ego, entered the court. Mic beat me 21 to 3. The game was on." Patrick Sullivan, who started playing 25 years ago, says, "I love the camaraderie you get with the guys. It's fun to play with their different approaches." Mark Smutek says, "They are generous with their time and advice. I'd love to see new people get interested too." Rick sums it up perfectly saying, "It's a good game."

- 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.

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.