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Members of the Month Profile - Bruce Tycholis

Bruce has been a Boze's member for nearly ten years - although his membership category might best be described as "on again off again".

When he's on, Bruce is a regular workout "fiend". He pushes himself hard, and often will come to the gym with multiple water bottles and, shirts! – knowing that his workout will produce far too much sweat for one shirt to hold.

He and his wife Karla (November 2002 Boze's member of the month) recently completed a ½ Marathon, and while Karla continues to run Bruce has added biking and swimming to his repertoire – as his next conquest is to complete in a triathlon.

When he's "on" Bruce can routinely be seen working out at Boze's, on the road (running and cycling) or at the PRC aquatic centre hammering out the laps. Bruce goes hard, and is often seen on the weekend somewhere on the Dauphin Lake highway pounding out the miles.

Bruce has had his share of health issues in the past - including an Achilles tendon rupture and other medical conditions - but each time he bounces back with a flurry –

and credits regular exercise as one of the best remedies available.

Bruce has recently run into a bit of a snag in his workout program, as a wonky back has slowed his progress. Undeterred, Bruce has modified his training in order to keep active and, hopefully, on schedule to complete his first triathlon.

Whether it's work (Bruce is the main guy behind Irving's Catering - and is responsible for the many wonderful tasting Member's Lunches we hold at Boze's) or play (Bruce has a Harley and some other "big toys") Bruce goes to the limit. He's truly one of the nicest people around, and a very deserving Boze's Member of the Month for August.

EXERCISE UPDATE

Tue/Thu 5:15 pm Class takes a break for August. – BOOT CAMP classes will be discontinued for the month of August. Watch for our fall program guide in late August.

Noon Class "experiment" – We're mixing up our Noon Class program for August. Boot Camp will be held on Monday, Core Stretch/Conditioning will be held on Wednesday and BOSU Circuit will be held on Friday at 12:10 pm.

AUGUST SPECIAL AT BOZE'S

3 MONTHS for only \$149.00

Sale ends August 31st
Renew or extend your membership
today.

Summer Hours continue until the
September long-weekend.
Please remember that Boze's is
closed on Sundays until
September 10th.

Treadmill Tips

Running on a treadmill is not exactly the same as running outdoors. Although the same primary muscles are being used, and of course your cardiovascular system is getting the same workout effect, there are some subtle differences between "pounding the pavement" and "running on rubber". Read on for tips to make your indoor run safer and more enjoyable.

Pre-setting your body weight:

Before starting your walk/run feel free to pre-set the programmable memory to your specifications. Both the Landice and Bodyguards can be pre-set to your body-weight.

On the Landice machines simply hold down the SLOW and START buttons at the same time - when the display

lights up use the DISPLAY button to scroll to your weight - when you find your weight, simply press the START button again and you're ready to proceed with the computer knowing your body weight.

To pre-set your weight on the Bodyguards you must not use the Quick-start option. Instead, push the UP/DOWN button under the left flashing arrow and follow the commands on the screen. Each time you respond to a command press the green JUST GO button - and after answering a few questions the treadmill is ready to go - pre-set to your exact specifications.

Why is this pre-setting your body weight important? Well, it's not going to affect the way the machine works, but it will give you a more accurate estimate of calories consumed. (The treadmills are default set to 150 lbs. - but as many members re-set the machines the computers will only provide statistical information based on what's been punched in. If you like to know how many calories you consume while on the treadmill, you should tell it how much you weigh. The reason - the treadmill will over-estimate the number of calories consumed if you weigh less than the setting - and under-estimate the number of calories consumed if you weigh more than the setting.)

Starting your workout:

In order to reduce "wear and tear" on the treadmills Boze's requests that you STRADDLE the belt with your feet (have your feet positioned on the side rails) as you turn on the machine. This

practice reduces “drag” on the motor and gets the belt up to speed more effectively. As you stand on the rails increase speed and/or elevation to your required setting prior to stepping on the belt.

Positioning:

For the best results we suggest you run/walk in the middle of the belted surface, about 10-15 inches behind the motor cover . Keep your feet in the middle of the belt to avoid “drag” from getting too close to either edge - and avoid getting too close to the back of the treadmill.

As treadmill belts age they stretch - and as a treadmill is used the deck surface under the belt loses its adhesion qualities. Over time this combination of effects results in tensioning issues – the most common effect being a “surging or slipping” of the belt, usually when someone steps near an edge. We routinely adjust our belts, re-lubricate the decks and re-position the drive motor – but, in time all belts and decks must be replaced. Each Landice treadmill at Boze’s is on at least its second or third belt, and three of the machines have new running decks. (Decks are useable on both sides - so we flip decks before we change them.) The Bodyguards are newer, but we’ve already replaced two belts and have flipped one deck.

After you’re done – Wiping Consoles:

We appreciate when members wipe equipment after their workout, but we’d appreciate if you’d spray the towel and not the console before

wiping the machines. As many of our treadmills are older, the consoles are not what they used to be, and any water or fluid that gets inside can be a problem. We appreciate if you continue to wipe the equipment, but **PLEASE DO NOT** spray directly onto the consoles. (This applies to all cardio equipment, not just the treadmills.)

Student extra-discount on for one more month!

Boze’s already has great student rates, but they get even better as Summer continues. Students can choose to purchase a one-month membership for only \$40; a two-month membership for \$80; three months for \$120 or four months for \$160. It doesn’t get any better to be a student at Boze’s.

WHAT ARE YOU EATING?

The food we eat is like fuel. It gives our bodies the energy they need to function well. If you don’t make sure the food you pump into your body is of the right quality or quantity you just won’t feel as healthy as you could.

Our bodies have up to 100 trillion cells, each one demanding a constant supply of nutrients in order to function properly. Food affects all those cells, and by extension every aspect of our being.

Eating is the key to well-being. If you workout hard but don’t eat properly, you aren’t getting all you can out of your body. Keep watching future editions of this newsletter and check our website for more information on eating properly.

ZONIA'S KITCHEN



We've got two recipes for you this month – one is a great recipe for all the potatoes in your garden, and the other is a tasty dessert. Bon appetite.

Dijon Scalloped Potatoes

1 medium onion
3/4 of 250 gm. pkg. of cream cheese (softened)
1 can chicken broth
1 tbsp Dijon mustard
1 ½ lbs (about 3 medium) potatoes - peeled and thinly sliced
2 cups crushed Ritz crackers
3 tbsp grated Parmesan cheese
2 tbsp melted butter
2 tsp fresh chopped parsley

Preheat oven to 350F. Lightly spray large skillet with cooking spray – heat skillet on medium heat. Add onion and cook 5-7 minutes or until tender, stirring often. Add cream cheese, broth and mustard, mix well. Remove from heat and set aside.

Lightly spray 13x9 baking dish with cooking spray. Toss potatoes with cream cheese mixture, spoon into prepared pan. Combine crushed crackers, Parmesan cheese, butter and parsley; sprinkle evenly over potatoes. Bake 50-60 minutes or until potatoes are tender.

One Bite Pecan Pies

125 gm. Cream cheese
½ cup butter - softened
1 cup flour
1 egg

¾ cup finely packed brown sugar
1 tsp vanilla
¾ cup finely chopped pecans
3 squares semi-sweet chocolate (melted)

Beat cream cheese and butter on medium speed until well blended. Add flour, mix well. Cover and refrigerate at least one hour, or until chilled.

Preheat oven to 375F. Divide dough into 24 balls. Place one ball in each of 24 miniature muffin pan cups. Press into bottom and sides to form shells.

Beat egg lightly in small bowl. Add brown sugar and vanilla - mix well. Stir in pecans. Spoon evenly into pastry shells, filling each about ¾ full. Bake 25-30 minutes, or until lightly browned. Let stand 5 minutes; remove from pan. Cool completely on wire racks - drizzle with melted chocolate.

Summer Food Tip of the Month:

Hate plucking the stems from strawberries? Insert a plastic straw in the non-stem end and gently push it towards the stem until the stem pops off.

Health club membership expanding: A study conducted by the International Health, Raquet and Sport Association shows that membership among the 55+ generation is growing. It's estimated that there were approximately 1.5 million 55+ health club members in 1987 – that number has increased to 10.2 million in 2005.