

The Building II Online

Welcome to the inaugural Building II Newsletter. This will be a monthly look at what's happening at the Building. In the upcoming months we will take a look at what's new at the Building II. There will be new equipment, ideas, exercises, recipes, and stretches. This is a work in progress. We're experienced in the fitness business, but not the newsletter business. Please feel free to let us know if you have any ideas that will make this newsletter more productive and informative.

In this issue we want to tell you about our new look in the gym. We've purchased some new equipment in the past few weeks. Some you may be familiar with some not so much. It's an ongoing process. If you have any questions on any of the new machines, please feel free to ask any of the Bennett's on proper use of the machines. We've also made some renovations. We are trying to make this as painless as possible. We may get in your way at times, please bear with us.

Our newsletter also wants to focus on members. Please feel free to submit your own news for consideration. If there is a promotion, business venture, or a new arrival in your family, just drop us an e-mail at Thebuilding2@wvdsi.net. We will happily add it to our next newsletter.

Exercise of the Month: The Push-up

Over the past few years the Push-up has lost its popularity. Machines that claim to do the same thing in a shorter time, have taken over. We're not saying to avoid the chest machines, but add the push-up to your regular chest workout. A variety of exercises will show more gains than a workout routine made up of the same exercises week after week.

To perform a proper plank style push-up:

Start with your hands and toes on the floor in a plank-position

Lower your chest to the floor until your arms are bent at 90-degrees.

Then push your body up as you extend your arms.

Quick tip:

Keep a journal. It helps keep track of your progress

Stretch of the Month: The Hamstring Stretch

The hamstring muscle group is an area that can be injured easily if not stretched properly. The hamstrings are in the back of your thigh. This standing hamstring stretch can be done anywhere. Stretching should be performed before any type of exercise activity, either weight training or cardiovascular activity.

1. Find a bench or low chair.
2. Place the heel of the leg to be stretched on the bench.
3. Keeping your back straight, lean toward the foot on the bench.
4. When a stretch in the hamstring area is felt, hold for 30 seconds.
5. Repeat 3 times for each leg.

Recipe of the Month: Veggie Burger Pitas

Give the veggie burger a twist. Stuff them in pita bread halves with veggies and an awesome cucumber topping

Prep time: 10 min.

Start to Finish: 25 min.

Makes 4 sandwiches

Ingredients:

Pitas

1 package (12.8oz) frozen vegetarian burgers (4 burgers): We prefer Morning Star Veg.

Burgers

1 medium green bell pepper, cut into thin strips

1 medium onion, cut into thin slices

1 cup sliced fresh mushrooms (3oz)

Cooking spray

1/4 teaspoon seasoned salt

2 pita breads (6 inches in diameter), cut in half to form pockets

4 leaves red leaf lettuce

Topping

2 tablespoons fat-free mayo or salad dressing

2 tablespoons fat-free sour cream

1 tablespoon chopped cucumber

1 tablespoon chopped fresh dill weed or 1 tablespoon dried dill weed

Directions:

1 Heat oven to 450°F. Spray 15x10x1 inch pan with cooking spray. Place burgers on one side of pan. Place bell

pepper, onion, and mushrooms on other side of pan. Spray vegetables with cooking spray for about 3 seconds; sprinkle with seasoned salt.

2 Bake 10 min. Remove mushrooms from pan. Turn burgers and veggies; bake 5 to 8 min longer or until veggies are tender and burgers are hot.

3 In a small bowl, mix topping ingredients. Spread topping on insides of pita bread halves. Fill each pita bread half with lettuce, burger and veggies.

Nutritional Information:

1 Serving: 210 calories (calories from fat 40) Total Fat 4 ½ g (Saturated Fat ½ g. Trans Fat 0g); Cholesterol 0mg; Sodium 720mg; Total Carbs 24g; Protein 18g

Massage Therapy:

We all know the benefits of a massage. Massages relieve stress and aid relaxation, promotes faster healing of strained muscles, improves circulation, reduces high blood pressure, & strengthens your immune system. We have good news for you. The Building has made an agreement with a massage therapist. Her name is Marci and she is taking clients by appointment only. She has made the Building II members a wonderful offer of a one hour massage for the incredibly low price of only \$25. You can't beat that anywhere in town. Just call 942-3271 and tell her you are a Building II member.

This Months Newsletter Special: 5 FREE TANNING SESSIONS

Go to this link: www.thebuilding2.com/monthlyoffer.html

Download the coupon and redeem this offer through the end of September

Class Schedule for the Month of September:

Monday:	Tight-n-tone with Phyllis	10-11:15 am
	Step with Aimee	5:45-6:45 pm
Tuesday	Cardio Kickboxing with Lisa	5:30-6:15 pm
	Pilates with Lisa	6:15-7:00 pm
Wednesday	Tight-n-tone with Phyllis	10-11:15 am
	Step with Tiffany	5:30-6:30 pm
Thursday	Step with Aimee	5:45-6:45 pm
Friday	Tight-n-tone with Phyllis	10-11:15 am
Saturday	Cardio Kickboxing with Lisa	9:00-9:30 am
	Pilates with Lisa	9:30-10:30 am

(Classes are included with your Building II Membership)

We want your feedback. E-mail us at Thebuilding2@wvdsi.net

Visit our website for more information

www.thebuilding2.com