

The Building II Online

Well, for the first time since I began this newsletter, it's a day late. But I have a good excuse. I took my wife and son to see Dinosaurs....no not real ones, the boney kind. I hope you weren't disappointed when you opened your e-mail yesterday. Speaking of being busy...with getting the house ready for summer, the yard ready for BBQ's, the car washed and waxed. or in my case, a play-set built, you still tried to make time for exercise, cardio and nutrition. Most of you have many events in the upcoming months, but you can't forget a few important things, your health for one. Summer is hard for most people to keep on track, when it comes to exercise and health. But you have to try to make the time to continue what you've been doing. In this issue we will tell you how to stay fit even when you are on vacation. We'll have a new exercise and stretch, as usual, and I'll tell you about a new edition to the Building.

Friends Of Jimmy Ellis Gathering

The Building II in coordination with Mike Luciano of "Mike's Court" are having a family get together for Jimmy Ellis. Jimmy is a long time member of the Building, & local basketball coach, who has been battling cancer since February 14th. On Sunday July 6th from 3:00 to 7:00 pm, we ask all who know Jimmy to come to the Building, bring your family, and enjoy pizza and refreshments. We ask that you bring a donation of \$25, or more, to assist Jimmy's family with ongoing medical bills. Fighting cancer isn't an easy thing to do, Many of you, myself, included have seen a loved one pass from this disease. We all know the toll it takes on the family, both emotionally and financially. Anything the members of the Building II can do will be appreciated more than you realize. Please stop by.

New Edition to the Building:

On a lighter note...congratulations go out to...**ME**. On Wednesday June 11th, my wife Amy gave birth to a baby boy. Matthew Cameron Bennett was born at 9:04. He weighed 8 lbs. 4 oz. and was 20 in. Mother and baby are doing well. Daddy and big brother Ian, are coping with the new arrival. Wish us luck.

The Biggest Loser Results:

Our competition has ended. As a group we lost 225 pounds. A pretty good total. The team with the best percentage of weight lost was the team of, Kathi Saller, Michael Bennett, Jimmy Ellis, Cookie Lindsay, & Ang Caperelli. The team agreed to donate their \$500 to Jimmy Ellis and his family. Jimmy is a dear friend to many members at the Building, and has a pretty serious illness, so it was a very kind gesture on the teams part. We will be doing another Biggest Loser in the fall. I'll put it in a future newsletter. It will be open to anyone, and the rules will be different than this time. It will be winner take all, over 12 weeks, no teams, regardless of the number of people involved. I'll keep you posted. Congratulations to everyone on their weight loss. Thanks

Exercise At The Beach House:

Some of you may have seen me carrying around big blue rubber bands around the gym. About 3 months ago I was beginning to have some shoulder and elbow pain and thought maybe forgoing the free weights and machines

might alleviate the pain, without stopping working out entirely. I read a little about different exercises you can do with the bands and found out that you can do nearly all of the same movements with bands as you can do with machines or free weights. Well the plan worked, the pain went away, and I'm back to regular workouts. OK, the point is this...I realized that when I go away this summer, I can continue my workouts at the beach, on the beach, on the deck of the condo/beach house, wherever I am. We're going to give you a few basic exercises with the bands, so you can do them when you are on vacation as well.

Bicep Curl: Same as dumbbell curl, but with bands. Using 2 bands, stand with each band under your feet. Grasp bands, one in each hand, keeping your elbows in and stationary. Pull bands up towards your shoulders, slowly return to starting position, and repeat.

Tricep Extension: Using 1 band, sit on a dining room chair, or any chair you can tie a band to. Seated, grasp the band, one side in each hand, with the bands behind your head. Extend the bands over your head and repeat.

Bench Press: You can tie 2 bands together or stretch one band. Lying on a bench, bed, or even the beach, stretch band under your back. Grasp both ends of the bands at chest level. Extend arms up, squeezing the chest muscle at the top of the movement. This can also be done with exercise ball if you have one handy.

NOTE: The resistance of bands change with different colors that you use. You can also change the resistance

by changing where you place your hands, or grasp further up or down the band.

There are many more things that can be done with the bands, too many to put here and still keep you reading.

If you have any questions or want more exercises, please don't hesitate to ask me.

Side Note: If you plan on doing your workout on the beach...do it early in the morning. The sand isn't as hot, and you won't look as goofy when the entire beach is filled with people half your age.

Exercise Of The Month: Cable Hammer Curls- Rope Attachment (Biceps)

Attach a rope to a low pulley. Stand face forward and about 12 inches away from the machine. Grasp the rope with a palms in grip and stand straight up. Pull your elbows at your side and keep them there during the entire movement. Your elbows shouldn't move during the exercise. Pull your arms up until your biceps touch your forearms, keeping your palms in a facing in position. Slowly return to the starting position and repeat.

Stretch Of The Month: Biceps (Weight Assisted)

- 1) Sit on a chair with one hand crossed on the opposite leg, placing your palm on the thigh.
- 2) Holding a light weight in the other hand, keep the arm straight between your legs, resting on your forearm against your wrist.
- 3) Allow the weight to straighten your arm while keeping you back straight and shoulders back

The Cheap Membership Summer Continues

The Summer Newsletter Special: \$20 per month. For the next 2 months, July and August, the Building is offering a monthly membership at only \$20 per month. We know gas prices are taking a big chunk from everyone's wallet, and we'd like to help a little. That is open to anyone, new members, or current members. Tell your friends at other clubs, who pay more, and make sure they mention they heard it from the newsletter, when if they want to sign up. We know that some people may forgo their membership over the price of gas, but the stress of high gas prices can be alleviated by a good workout. We hope this helps a little. Ask Mark or Ann for more details.

Recipe Of The Month From Amy's Kitchen: Mixed Fruit Parfaits

Ingredients:

- 1 cup vanilla nonfat yogurt
- 1/8 teaspoon almond extract
- 1/3 cup chopped cantaloupe
- 1/3 cup chopped strawberries
- 1/3 cup chopped kiwi
- 2 tablespoons sliced almonds, toasted

Directions:

Mix yogurt and almond extract. Alternate layers of fruit and 1/4 cup yogurt mixture in 2 goblets or parfait glasses, beginning and ending with fruit. Top with almonds

Great for a dessert, snack, or breakfast

Nutritional Info (per serving): 191 calories, 5g fat, 1g saturated fat, 8g protein, 2g fiber, 83mg sodium, 30g carbs

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. You can also e-mail her at marcimassages@aol.com. Members have already taken advantage of this offer. If you've never had a massage, and would like to try it at a reasonable rate, this is your chance.

Healthy Kids: LTD Academy "Come see what's making us flip"

Kids need exercise too. We all want our kids to grow up to be healthy and happy adults. Whether they join a basketball team, play football or take karate lessons. One very beneficial way is gymnastics. Gymnastics provides an increase in muscle strength, flexibility, endurance, and fine motor skills. As well as agility and coordination. It makes it easier for your kids to relax, and helps teach proper posture and body alignment while walking or standing. Our friends at the **LTD Academy** offer preschool, recreational, tumbling and competitive gymnastics, in a structured, yet fun, environment. Kids as young as 1 year are currently enrolled at LTD. Give them a call at **944-9361** for class and rate information.

Class Schedule for the Month of July:

Monday:	Tight-n-tone with Phyllis	10:00-11:15 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	10:00-11:15 am
Thursday	Step with Aimee	5:45-6:45 pm
Friday	Tight-n-tone with Phyllis	10:00-11:15 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)

Summer Hours:

Monday thru Thursday 5:00am - 10:00pm
Friday 5:am - 8:00pm
Saturday 7:00am - 2:00pm
Sunday 7:00am - 12:00pm

We want your feedback. E-mail us at Thebuilding2@wvdsi.net
Visit our website for more information
www.thebuilding2.com