

The Building II Online

I bet you didn't think this newsletter was coming. I couldn't let all of my adoring newsletter fans down. And anyway the show must go on. Work is progressing well for us. It will be a long process that's for sure, but with your patience, we will get through the summer better than how we started it. In this newsletter we will get a hot new approach to working out, I'll have a great new Four Alarm Chili recipe, and we'll add some smoldering action to your cardio...too soon...ok I was kidding. You have to have some humor in situations like these.

August 2008....where did the summer go? Well it's still here. August is the only month of the year with no holidays. So you have to make your own. Go buy a fire pit, no pun intended, they're on sale this month, have a back yard fiesta, or luau, that's my plan. Make the most of the rest of your summer. Soon enough the kids will be in school and winter will be looming. There are, on average, 13:30 hours of daylight in August. Next month, that drops to 12:30 hours. So what's my point? Well, you see in the rest of the newsletter. Anyway, in this issue, we will have a couple new workout ideas, as well as the usual exercise and stretch and a recipe that you will have to try.

Fire Update

Well we've opened, to most of our amazement, 11 days after a fire that totaled the Cardio and former Paramount Room. We SERIOUSLY couldn't have done it without you. I would love to list all of the people that helped, but I know I would forget somebody. Let's just say that we've had members from every part of the gym, and every time of day, stop by and lend a hand, especially during the cleaning party. It almost made me want to do an annual cleaning party, which was suggested, by the way. The Women's Locker Room, as of this newsletter, should be almost done, sans a new drop ceiling. The hallway is on its way to being repainted so we can begin to get some smell out of the place. We've heard a couple of complaints about smoke smell. We understand, and ask for your patience. We have a line on some new equipment, cardio and weight training, and are waiting for the ok to make the purchase. Unfortunately these things take time.

Altoona Firefighters:

We would like to thank the Altoona Fire Dept. for an unbelievable job fighting our fire. They had the fire out in great time saving our building. Not enough is said about our professional fire fighters. They deserve all of the credit for this not being a total loss. Their efforts can never be repaid.

Membership Updates:

All of your memberships are on hold. Nobody will come due, unless you've decided to go to another club. If your membership is due, the Summit will send you to us to pay your membership, then you can continue to workout there

In any event, add whatever time it takes for us to open the new room to your membership. A bit confusing, but we'll talk you through it when we open.

We Would Like Your Input

We are looking to get some new cardio machines. I would like to know what the members want to see. What we are looking at is replacing most of the treadmills, adding another elliptical, some heavy duty bikes, and adding a ARC trainer or a updated stair climber. But, what do you think? This ultimately is your gym. We want to make the members experience the best it can be. Drop me a mail and let me know what you may have used at other places, or read about, or may have seen on TV. We will take the suggestions and compare it with ours and see what we come up with. It's a clean slate right now, and we can do just about anything we can physically fit in the new Cardio Room.

Now onto the newsletter...

Early Morning Workouts:

Even though you may not feel like getting out of bed an hour early, there are benefits to getting to the gym before work. It's still fairly light in the morning, why not take advantage of that. I've been walking to work all summer, last month I started taking the long way to work. Walking 2 miles in the morning gives me a lot more pep than I expected. In the next few lines, you'll learn about the advantages of doing a little extra in the mornings....

Mental Edge: Think about it, you give your employer the best hours of your day. Get to the gym before work, and you can still give your boss 8 or 9 hours of quality work.

Equipment: Sometimes when you hit the gym, especially at busy times of the year, equipment is hard to come by. Hitting the gym before everyone else does, gives you the time to do what you want in the order you want to do it.

Fat Burning: To make this simple, lets say this: You eat at 7pm, go to sleep and basically fast for 12 hours during your sleep. Glycogen (carbohydrates) is the preferred energy source for you body. Levels of glycogen slowly decline to provide glucose for various body functions even during sleep. The result, your body is depleted of glycogen. That's the best environment for burning fat instead of carbohydrates. If you workout after a meal your body will still burn body fat, just less of it, and more of the carbs you just consumed.

After-burn Affect: When you workout in the mornings you not only burn fat during your workout, you will also burn fat at an accelerated rate after the workout. When you workout at night you still burn calories during the workout, but when you go to sleep, the metabolic rate drops dramatically when you go to sleep, not taking advantage of the *after-burn*.

So to sum up: GET OUT OF BED, get to the gym and take advantage of the fact we're open at 5:00 am. Your body will thank you for it in the long run.

Exercise of The Month: Bent Over Two Dumbbell Row

Put your feet close together and hold two dumbbells. Bend over as far as you can go so that your torso is parallel to the floor. Bend your knees slightly, and keep your head up, and back arched inward. Hold dumbbells at arm's length straight down. Pull dumbbells straight up to your sides keeping your elbows out. Squeeze your middle back on the way up. Return to the starting position and repeat.

Stretch of The Month: Leg Grab (Upper Back)

1. While seated, exhale, bending forward and hugging your thighs underneath with both arms.
2. Keep your feet extended out as you pull your chest down onto your thighs, keep both knees together.
3. While in this position, you can also stretch your rhomboids, upper back, by pulling your upper back away from your knees while still grasping your legs.

Recipe Of The Month From Amy's Kitchen: Can't Tell They're Low Fat Brownies

1/2 cup all purpose flour
 6 tablespoons unsweetened cocoa powder
 1 cup white sugar
 1/8 teaspoon salt
 2 tablespoons vegetable oil
 1/2 teaspoon vanilla extract
 1 (4oz) jar pureed prunes baby food

1. Preheat oven to 350* Grease an 8x8 in pan (makes 9 brownies)
2. In a medium bowl stir together flour, cocoa, sugar, and salt. Pour in oil, vanilla, prunes, and eggs.
 Mix until everything is well blended. Spread the batter evenly into the prepared pan.
3. Bake for 30 min in the preheated oven, or until top is shiny and a toothpick inserted into the center comes out clean.

Nutritional Info Per Serving: Cal. 65, Cal from fat 17, Total fat 1.8g, Cholesterol 18mg, Sodium 18mg, Potassium 37mg

Class Schedule for the Month of August:

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

(Please Note: Tight-n-Tone is on hold until further notice)
 (Classes are included with your Building II Membership)

Summer Hours:

Monday thru Thursday 5:00am - 8:00pm

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