

The Building II Online

September 2008. Welcome to the Anniversary Edition of The Building II Newsletter. When we started this venture, we were pretty sure we could do 12 of them, and we did. The 13th was put off until the bitter end. Not for lack of ideas, but for lack of time. I worked on 11 of the 12 previous editions at the Building in my little hallway office. The 12th, I had mostly finished when our little mishap occurred. This one, I had to do at home, which, those of you with kids may figure, has been difficult. In this edition we will talk a little about keeping a food diary. I know we've discussed this before but, I've read a new article on the subject and I feel like I need to revisit it. We will also have a great food idea for you and an exercise you can do with free weights, since the equipment is temporarily absent.

The Little "Mishap"

For those of you who haven't seen or heard, we have treadmills and ellipticals. Very nice ones if I do say so myself. They are all Precors, and are much easier to use. Actually easier than the Trotter treadmills. Basically it's a one button start-up. They're very smooth, and very well built. As far as the reconstruction goes, that will be underway within days. The work will be done by a great company with a great reputation. Although nothing has been settled yet, we are progressing with what can be done at the moment. You will start seeing different crews coming and going in the next few weeks. I know that we all will be very happy when that re-opening happens. The floor plan and set up will be different. The machines will be new, and no longer be Paramount, more on that later, and we will have many new features to make your experience better. We have brochures with the new stuff, in the office. Please feel free to stop by and take a look at the floor plan and check out the new machines.

New Machines - New Name

It looks like we'll be getting a line of equipment from **Quantum Fitness**. It's a little tough to say the "Quantum Room" over and over and over again, believe me I've tried, so we'd like a little member input. We've thrown around a few new names; *The Complete Fitness Room*, *Total Fitness Room*, *The Building 2.1*, *The Daniels Brothers Room*. But we can't seem to narrow it down. What I'd like you all to do is submit a name you like, we'll kick it around and see what comes out of the submissions. We may even give the person or people a little something, like a mention in the newsletter (don't get greedy). You can make your submissions at Thebuilding2@wvdsi.net . Put in the subject line "What's In A Name" (just to liven up my inbox).

Food Diaries

Recent research says that just the act of *keeping* a food diary will encourage people to consume fewer calories. In addition to keeping a food diary, a research group was asked to follow a diet rich in fruits and veggies, and consume low fat or non-fat dairy. Also exercise at least 30 minutes a day. After six months the average weight loss among almost 1,700 people was about 13 pounds. The same research showed that even a small weight loss can be of benefit. A five pound weight loss was recently shown to reduce the risk of high blood pressure by 20 percent.

In your food diary, you need to keep track of the following:

How much food eaten - volume, weight, number of items

What kind of food eaten - be specific (don't forget extras, ketchup, mayo, etc)

Time - what time was the food eaten

Where - house, car, restaurant, sidewalk, bed, etc

Alone or with friends - self explanatory

Activity - i.e. watching TV, driving, ironing

Mood - where you upset, bored, busy, etc.

Remember to tell the truth, and don't change your eating habits while keeping the diary. There is no reason to "fudge" the facts on your own personal diary. Keep the diary for a few days then look to see what can be changed. What foods can be eliminated because of bad timing, or being in a bad mood. Sometimes that causes you to eat poorly.

Keep in mind that those in the study also worked out at least 30 min per day. Do not underestimate the power of a good brisk walk, or a turn on the elliptical. The American Heart Association recommends a 30-45 min session of aerobic activity daily. Eating properly will reduce weight, but working out will tone and build muscles, which, in turn, will help reduce body fat.

Exercise Of The Month - Cuban Press (Shoulders)

From a seated or standing position, hold dumbbells in each hand with your shoulders rotated forward. Begin lift by rotating the shoulders back and pinching the rear delts. Lift weight up so that the shoulder to elbow joint is parallel to the ground and the elbow to wrist is perpendicular.

Stretch Of The Month - Arm Arrest (Shoulders)

- 1) Extend both arms behind your back, grasping one of your elbows
- 2) Exhale slowly pulling the grasped elbow toward your spine.
- 3) Hold your wrist if you are unable to reach your elbow.
- 4) Dropping your head down toward your shoulder will also stretch your neck.

Recipe Of The Month: Low Fat Beef And Vegetables

Prep Time: 10 min.

Cook Time: 30 min

Serves 4

Ingredients:

1 tsp canola oil

1 stick celery

3/4 cup finely chopped onion

3/4 cup sliced carrots

3/4 cup green beans trimmed

3/4 cup mushrooms

1 small zucchini halved lengthwise and sliced

1 tsp oregano

8 ounces extra-lean ground beef

1 15oz can chopped tomatoes

1 tbsp Worcestershire sauce

Prep:

Heat oil in a large skillet over medium heat. Sauté celery, onion, carrots, green beans, mushrooms and zucchini for 2-3 min. Add oregano. Crumble in beef and cook until no longer

pink, about 5-7 min. Drain off any excess fat. Add canned tomatoes and Worcestershire sauce. Simmer for 20 min. Great served over rice.

Nutritional Info (per serving): Calories 170, calories from fat 38, total fat 4.3g, saturated fat 1.6g, cholesterol 35mg, sodium 259, carbs 17.4g, fiber 4.9g, protein 15.5g

Martial Arts At The Building

The Building is now offering "Tang Soo Do" The classes are Monday, Wednesday, and Friday evenings. The cost is \$50 per month and the instructor is Master Gary Josefik, a certified instructor in the World Tang Soo Do Association. If you are interested you may call Master Josefik at 814-934-2854 or call us at The Building 946-8014. The schedule for the classes

Is:

Monday	Combined Class	7:00-8:30 pm
Wednesday	Tiny Tigers	5:30-6:00 pm
	Youth	6:00-7:00 pm
	Adult	7:00-8:30 pm
Friday	Tiny Tigers	5:30-6:00 pm
	Youth	6:00-7:00 pm
	Adult	7:00-8:30 pm

Aerobics Class Schedule for the Month of September

Monday	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
Thursday	Step with Aimee	5:45-6:45 pm
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)

Modified Summer Hours:

Monday thru Thursday 4:30am - 9:00pm

Friday 4:30am - 8:00pm

Saturday 7:00am - 2:00pm

Sunday 7:00am - 11:30pm

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

Visit our website for more information

www.thebuilding2.com