

The Building II Online

October 2008. Wow...the summer is officially gone as of a couple weeks ago. Didn't I just write about exercising at the beach house? The air is crisp and the leaves are about to fall. Just makes you want to curl up in a cave and wait until April to go back outside. But the show must go on. In this issue we'll talk a little about a subject a lot of people struggle with. I'll update you on the reconstruction progress, a new recipe that will make you keep your grill out for another couple months, and an exercise that will keep your six pack from becoming a "Milwaukee Tumor" (thanks Tunch). So sit back with a hot cup of cocoa and a blankie and enjoy.

Re"Building" Process...

We are in our 5th week of the renovation/rebuilding of the former Paramount room. Work is going quite well. Painting should be taking place very, very soon. I've had some volunteers for that, so it should go pretty smoothly. The hallway upstairs and down will be renovated as well, new carpet, ceiling, paint, etc. So we have our work cut out for us. If anyone wants to give me a hand with painting, shoot me out an e-mail. BTW, fire pictures have been posted on our website if anyone is interested.

Body Image

What is body image you ask...well it's how you see yourself in the mirror, or better yet the way you perceive yourself in your mind. How you feel about your own body and how you feel in your body. Is your body image positive or negative? If it's negative, you're not alone. We've all heard stories and eating disorders and their correlation to a negative body image. People who appear in top physical condition sometimes think they are over weight or "could lose a few pounds" While people with a negative body image *are* more likely to develop eating disorders, suffer from depression, low self-esteem, and obsess about weight loss.

A negative body image is:

A distorted view of your body shape, you see parts of your body unlike they actually are

You feel ashamed or self-conscious

You feel awkward in your own body

A positive body image is:

A clear view of your shape, you see parts of your body as they really are

You understand that your natural body shape says nothing about your character or value

You feel comfortable and confident in your body.

How do I trade one view for another? Well...we all want to look our best. But one thing we all need to realize is that a healthy body is not always the best looking body. Changing your body image means changing the way we think about our bodies. Healthy choices is one key to making us feel better and improving our body image. Healthy eating can promote healthy skin, hair and stronger bones. Regular exercise boosts self-esteem, self-image and energy levels. Staying on a healthy diet and regular exercise will make you feel better, and feel better about yourself.

Exercise Of The Month - Air Bike (Abdominals)

This may not seem like an exercise, but try it for a week and feel the difference in you upper and lower abs.

Lie on your back and put your hands behind your head. Raise your legs so your thighs are perpendicular and

your lower legs are just above parallel to the floor. Curl up and bring your left elbow toward your right side

while drawing your right knee in to meet it. It is like you're riding a bike. Alternate sides, continuing the

motion back and forth. Remember don't just flap your elbow across your body, rotate your shoulder

across and squeeze your abs.

Stretch Of The Month - Trunk Twist (Abdominals)

- 1) Sit comfortably on a chair, raising both elbows high, hands clasped together
- 2) Inhale, slowly twisting to one side, keeping your back straight throughout the movement.
- 3) Breathe comfortably while feeling the stretch.

Recipe Of The Month - From Amy's Kitchen - Grilled Prosciutto Pork

Serves 4

Serving Size 1 chop

Ingredients:

- 4 pitted dried plums, halved
- 2 very thin slices prosciutto (about 3/4 oz) halved
- 1/2 teaspoon crushed fennel seeds
- 1/2 teaspoon paprika
- 1/2 teaspoon chopped fresh sage
- 1/2 teaspoon chopped fresh rosemary
- 1/4 teaspoon kosher salt
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon freshly ground black pepper
- 4 (4 oz) boneless center cut loin pork chops (about 3/4 in thick)
- Cooking spray
- 2 teaspoons balsamic vinegar
- 2 teaspoons molasses

Preparation:

Soak the pitted plum halves in boiling water 5 min. Drain Plums

Wrap 2 of the plum halves in prosciutto piece. Combine fennel seeds and next 6 ingredients (through freshly ground pepper) in a small bowl. Cut a horizontal slit through thickest portion of each pork chop to form a pocket. Sprinkle pork chops with fennel mixture. Place pork chops on grill rack coated with cooking spray, grill 5 min. on each side or until desired degree of doneness. Combine vinegar and molasses, brush over pork chops.

Nutritional info: Cal 205, fat 7.2g, Carbs 8.5g, fiber 0.9g, cholesterol 70mg, Iron 1.3mg, sodium 270mg, Calcium 42mg

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 October

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 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