

The Building II Online

January 2009, Happy New Year to ALL. Can anyone tell me where 2008 went? I seemed to have misplaced a whole year. Maybe it's in my other pants...I dunno...anyway...The Holidays, by now, are a pleasant memory, but the lasting feeling of, "I ate too much" can linger on for the next few months. This is the time for New Years resolutions, and renewed determination of "I need to start working out" In this issue we'll talk about how not to sabotage your workout resolutions. We'll talk about how to begin a workout regimen that will be easy to stick to and will keep you coming back to the gym. Also, we'll have, as usual, a new exercise, stretch, and a yummy recipe for you all to try.

What's New At The Building - A LOT

Sirius Satellite Radio

Unless you still have a turntable on your "HiFi" you've heard about Satellite Radio. Never a big fan of the whole satellite radio thing...until now. Wow what a great invention. We installed it a couple of weeks ago, and we've had many compliments on it. It's clear, sounds great, and it plays one great song after another. It'll take a little while to figure out what channel we all like, but it's pretty nice. Right now it's on "Classic Vinyl". Mainly 60's and 70's Classic Rock. If it's not on when you get here, there has been some resistance, tell the elders you want to hear some tunes. If you have any questions about it, let us know.

WiFi

Yes that's right. In the past 5 months we've gone from being the gym where Fred Flintstone might lift 20 stones with a pterodactyl, to where Jane Jetson might do a little space age cardio on a flying treadmill powered by a nuclear reactor. What is WiFi you may ask. Well if you have a laptop that you want to do some work on while you're on the bike, treadmill, or elliptical, you can connect to the web here at the Building. Our hope in the near future is to offer a space for business meetings, but for now, you reap the benefits of being a wired health club.

The Building II Needs You

Well...your stuff. If you have any **gently worn** weight lifting gloves, belts, heavy bag gloves, that you would like to donate, please bring them in. We lost all of the gloves, belts, etc. that we accumulated before the fire. Thanks in advance.

Transitions Lifestyle Systems - Lose The Weight And Keep It Off

You'll be seeing a new face at the Building II. Her name is Kim Hughey and she's a coach for Transitions Lifestyle Systems. Transitions isn't a diet. It's a lifestyle system designed to help you lose weight, and keep it off for life. From Day 1, you'll have all the resources you need to start eating healthy, exercising and managing stress, and you'll have all the support materials you need to stay focused on the ultimate goal.

Transitions Lifestyle System includes:

- Teaching you how to eat healthy low-glycemic-index foods
- Incorporate exercise into your life
- Manage and reduce stress
- A proven, low-glycemic-index philosophy to eating
- Meal plans, stress reduction techniques, and more.

There are 2 Overview Meetings set for this month. One on Thursday January 8th at 7:00pm and one on Sunday January 11th at noon. There is no obligation, but anyone who is interested is encouraged to attend. From personal experience, I really like the concept. It is a very good way of learning a healthy lifestyle. We highly recommend Transitions. Sign up at the Building or mail us at

Thebuilding2@wvdsi.net

If you are interested in what Kim has to offer please don't hesitate to e-mail her at

hugheyk@yahoo.com

Biggest Building II Loser

Last year we held a very successful Biggest Loser competition. And we're in the planning stages of another one. In the next few weeks we'll be posting sign-up sheets on the front desk, and sending out mails to let people know of the meeting dates and contest rules. We've added a new dimension this year with the addition of "Transitions" to assist people in achieving their goals. We're planning on beginning February 2nd and running until April 27th that's a manageable 12 weeks. For those of you who entered last year, we will not be doing teams. It will be individuals. I will be sending out a mail in a couple days with all of the details. Watch your inbox. There is also info hanging around the gym, and a sign-up sheet at the front desk.

I-Pod Drawing:

The winner of the I-Pod in the raffle was JoAnn Kenner. Congratulations. Hopefully we'll do this again in the coming year.

New Years Resolutions

Do you know what the two of the Top Ten New Years Resolutions are? Well, they are get fit and tame the bulge. We try every year to get on an exercise program, and eat properly. Somewhere along the way...we kinda forget we're supposed to be doing that. Our goal this year is to stick to it.

Get Fit

Where most people, beginning a workout routine, make mistakes are, technique and form. You are more inclined to continue a program if you are benefiting from it. If you are not doing things correctly, you are not benefiting from it. Basically the first month or so you are on a program is used to get proper form, find out what weight works best, which exercises work best for you, what your body can handle and what is too much for you. Don't read your workout out of a book if you've never workout out before. Chances are that's not right for you. Learn the basics.

Basic Workout Techniques:

Don't over do it - It's good to feel sore after a workout, it's not good to have to crawl to the bathroom.

Stretch before you train - Do a warm-up on a bike or treadmill. Do a warm-up set on the movement you are

to do, i.e. do curls with light weight, before you start your set. Above all else, STRETCH, before and after each set.

Recover - Recovery is just as important as training. When you lift weights, you are tearing down muscle fibers.

Only *after* the workout, not during, will your muscles grow. As a beginner, don't lift more than 3 to 4 times a week, and don't train the same muscle group on consecutive days. Some people say, don't train a muscle group more than once a week.

Don't do the same workout over and over - The body only changes when you force your body to change. Your body gets used to doing movements quickly, so making changes in your workout often, forces your body to change, more often. Reaching a plateau is common in weight loss, and weight training as well. You must change it up.

Tame The Bulge

Do you have leftover cake or pies or cookies from the Holidays...get rid of them.

Take them to a friend's house...to work or, if they've been around too long toss them.

That's step one. Here's some more tips for you this New Years:

Write your goals down - How many times do we have to tell you to keep a food journal before you start listening to us?

Set a date - No not to meet for drinks. Saying you want to lose weight this year isn't enough. Say you want to

lose 10 pounds by February 15th. Not unreasonable, by any means. Mark your calendar for a specific weight and

work towards it. If doing cardio, like you should, write down by February 1st I want to walk 2 miles, etc.

Remove temptations - See above cookie comment. If you have no "cheat foods" you can't cheat, as easily, that's where will power comes in.

Make little goals - Park further away when at the mall, take the stairs instead of the elevator at work. It's

the little things that will add up over time.

Tell your friends - Peer pressure sucks. Include the people around you. They can actually help you stick

to goals, be a reminder of your goals, and encourage you.

Keep a record - Document everything. Write down your weight loss, dietary intake, and how you feel.

Photograph yourself - Pics don't lie...sorry. Even though the scale may say otherwise, pictures tell the whole

story. You may have gained two pounds, but you may look thinner or more toned. Is there such a thing as

self-peer-pressure? Well that sucks too.

Set realistic goals - Don't tell yourself that you'll lose 50 pounds by Easter, or even 20 pounds by the end of

the month. It took you longer than that to gain it, don't expect to lose it in that time either.

We can help. Stop by and see us at the gym. We can set up a realistic workout routine that will keep you focused. We have a beginner 3 or 5 day workout. See me at the gym, mail me or give me a call, and I will set up a time to take you through the workout step by step. It's easy to get started, and won't take you hours in the gym.

Exercise Of the Month - Quantum Shoulder Press

1. Adjust the seat height so when seated and your arms are fully extended overhead, your hands come close together.
 2. Select desired weight.
 3. Sit with back against the pad, and feet firmly on the floor. Grasp the desired hand grip
 4. Extend arms overhead to desired position, pause slowly to a point where the bottom of your upper arm is parallel to the floor.
 5. Do not let the weight touch the weight stack until all reps are completed.
- Note: For the next few months, we will be reviewing the Quantum Fitness Machines in the exercise of the month section.

Stretch Of The Month - Upward Stretch (Shoulders)

1. Extend both hands straight above your head, palms touching
2. Inhale, slowly pushing your hands upward, then backward, keeping your back straight
3. Exhale and relax from the stretch before you repeat.

Recipe Of The Month From Amy's Kitchen - RamJam Chicken

Prep Time: 20min.

Cook Time: 15min.

Ready In: 3hrs 35min.

Serves: 4

Ingredients:

- 2 tablespoons soy sauce
- 1 tablespoon and 1-1/2 teaspoons dry white wine
- 1 tablespoon lemon juice
- 1 tablespoon vegetable oil
- 1/4 teaspoon dried Italian-style seasoning
- 1/2 teaspoon grated fresh ginger root
- 1/2 clove garlic, crushed
- 1/8 teaspoon onion powder
- 1/2 pinch ground black pepper
- 4 skinless boneless chicken breast halves - cut into strips

Directions:

1. In a large re-sealable plastic bag combine the soy sauce, wine, lemon juice, oil, Italian style seasoning, ginger, garlic, onion powder, and ground black pepper. Place chicken in the bag, seal and let marinate in the refrigerator for at least 3 hours or overnight.
2. Preheat an outdoor grill for medium to high heat.
3. Thread the chicken onto skewers, and set aside. Pour marinade into a small saucepan and bring to a boil over high heat.

4. Lightly oil the grill grate. Cook the chicken on the prepared grill for approximately 8 minutes per side, basting with the sauce several times. Chicken is done when juices run clear.

Nutrition Info: Calories 302, Total fat 9.1g, Cholesterol 134mg, Sodium 575mg, Carbs 1.4g, Dietary Fiber .2g, Protein 49.5g

Aerobics Class Schedule for the Month of January

Monday	Tight N Tone with Phyllis	10:00-11:15am
	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	10:00-11:15am
Thursday	Step with Aimee	5:45-6:45 pm
Friday	Tight N Tone with Phyllis	10:00-11:15am
Saturday	Cardio Kickboxing with Lisa	9:00-9:45 am
	Pilates with Lisa	9:45-10:30 am

(Classes are included with your Building II Membership)

New Winter Hours:

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

Friday 4:30am - 8:00pm

Saturday 7:00am - 4:00pm

Sunday 7:00am - 2:00pm

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

Visit our website for more information

www.thebuilding2.com