

The Building II Online

GO STEELERS

February 2008. It's stinkin cold, but look on the bright side, only 141 days until summer begins. So we have that going for us, which is nice. February is the shortest month of the year. Here's one for you, how many months have 28 days? WRONG...ALL of them. This brings us to our newsletter subject, keeping our minds sharp. For 17 editions of this newsletter we have focused on keeping our bodies in shape, now we're changing gears to work on the mind. Although some of us need a little work in that department more than others, we all need to keep our brains working their best. We will focus on some brain foods, brain exercises, and maybe if I can find some, some brain stretches.

Help Fight Breast Cancer

The Penn State Altoona Girls Basketball team is selling pink ribbons at various places around Altoona. We have some here at the Building. The donation is only \$1.00 and you can write the name of a friend or loved one who has been touched by Breast Cancer. Pick yours up at the front desk and we'll hang it here. The night of the game it will be hung at the Adler Gym on campus.

Walk for MS

For the past 3 years we here at the Building take a couple hours and walk for a very important reason. Helping to find a cure for MS. This years walk is on April 19th in Hollidaysburg. Every year we get more people from the gym involved and we would like this years group to be the biggest yet. Last year we walked in a downpour and still had 10 people. You will see sign-up sheets at the desk, and signs hanging throughout the Building. Please think about signing up and walking with us. We have a good time every year. If you cannot sign-up to walk, make a donation. Every little bit helps.

What's New At The Building II - Transitions Lifestyle Systems

Our first group began Transitions last week. What I think people should know about Transitions is this...it isn't about weight loss, as much as it is about living a healthy lifestyle. Weight loss is a definite benefit, but not the determining factor on why we should do it. People with no weight to lose can benefit from this program. If you want to reduce your body fat percentage, or just can't seem to tone as much as you wanted. This should help. My sister Carleen has agreed to post her weight and measurements monthly in the newsletter so everyone can see her progress and the results that can be achieved. We've taken measurements from Transitions and weight, body fat, and blood pressure from Biggest Loser.

Here are the base readings:

Weight: 189.6	Body Fat: 30.7%	Blood Pressure: 118/77	
Hydration: 43.2%	Hips: 45.5"	Waist: 36.5"	Bust: 40"
Bicep (left): 14.5"	Bicep (right): 14"	Thigh (left): 27.25"	Thigh (right): 27.25"

Biggest Loser - Time Is Running Out

We still have room for you. Contest begins Monday Feb. 2nd. Mail me ASAP, or call me @ 946-8014 or 935-5242, and let me know if you want to get into the contest. Be a member of the Building, pay \$25, weigh in, and you're in...but hurry...no seriously hurry. You need to weigh in and pay by Monday.

Missing -

A 1995 Red Ford Mustang...If you've seen it, please call Brian Benning. Last seen at his ex-girlfriends house. He misses her very much, the car that is.

Train Your Brain -

Your brain is an organ that, like muscles, needs to be used to grow. Research has shown that as the brain ages or as people get older, there will be a decrease in brain weight and brain volume. 2/3 of all people will experience some significant loss of mental lucidity, I'm working on my first 3rd right now, as a result of aging. But there are ways to delay the effects of aging. Here's a test...there is a spelling error in this newsletter, can you find it? Don't use "Word", that's cheating. The first one to find it gets the satisfaction of being the first one to find it. (*Sudoku* doesn't count)

Here are some steps you can take to get that brain moving, so to speak.

- *Take a class to learn something new. Computer basics, woodshop, sewing, Mandarin, etc.

- *Learn a new game, chess, poker, whatever. A good one is a crossword puzzle or sudoku. I try to do at least 1
each day.

- *Read, often, and many different books on many different subjects.

- *Try to memorize your grocery list. Or, instead of programming your cell phone with numbers, program your
head with them.

- *Try computer memory games. "Brain Age" or something like that

- *If you eat or write right handed, try using your left. This works both hemispheres of the noggin.

- *Listen to classical music (The Mozart Effect). Classical music has a more positive effect on the brain than
other kinds...say German Uber Death Metal for example.

- *Draw or paint. Helps with creativity and décor.

- *Walking. Research has shown that taking a brisk walk 3 days a week gives people a 15% boost in brain function.

- *Never avoid breakfast. It's brain food.

Food For Thought:

Eating the right foods can boost brain function. Here's a list of a few foods shown to do just that.

- *Blueberries - greatly improves motor skills and learning capacity. Research also shows that blueberries help reduce the effects of age-related conditions such as Alzheimer's disease and dementia.

- *Salmon - Omega3 fatty acids are essential for brain function and also contain anti-inflammatory substances.

*Nuts & Seeds - Every see any stupid chipmunks? Excellent source of Vitamin E. Higher levels of vitamin E correspond with less cognitive decline. Sunflower seeds, sesame seeds, flax seed, walnuts, hazelnuts, Brazil nuts, filberts, almonds, cashews, peanuts.

*Dark Chocolate - Oooh baby...finally. Eat chocolate and stave the effects of age and the brain? Dark chocolate contains several natural stimulants, including caffeine, which enhance focus and concentration, have powerful antioxidant properties and stimulate the production of endorphins to help improve mood.

*Beans: "Beans beans, the musical"...nevermind. Beans stabilize glucose (blood sugar) levels. The brain is dependent on glucose for fuel yet cannot store glucose. Beans provide steady stream of energy, as well as a high amount of fiber. And that wonderful aftermath.

Exercise Of The Month - Brain Teasers

Don't Cheat

- 1) What letter is next in this sequence?
M, A, M, J, J, A, S, O, ___
- 2) What letter is next in this sequence?
O, T, T, F, F, S, S, E, ___
- 3) What are three mistakes in this sentence?
- 4) What can run but never walks, has a mouth but never talks, has a head but never weeps, and has a bed but never sleeps?
- 5) How could the 22nd and 24th U.S. Presidents have the same parents, but weren't brothers?
- 6) What happened in 1961 and will not happen again until 6009?
- 7) Imagine you are in a sinking rowboat surrounded by sharks. How would you survive?
- 8) Why is it against the law for a man living in North Carolina to be buried in South Carolina?
- 9) Before Mount Everest was discovered, what was the highest mountain in the world?
- 10) What came first, the chicken or the egg?

Answers Below

Stretch Of The Month - Riddles

Again Don't Cheat

- 1) What is the greatest worldwide use of cowhide?
- 2) What goes up and down stairs without moving?
- 3) What can you catch but not throw?
- 4) What goes around the world but stays in a corner?
- 5) I went into the woods and got it, I sat down to seek it, and brought it home because I couldn't find it. What is it?
- 6) What comes once in a minute, twice in a moment, but never in a thousand years?
- 7) What belongs to you but others use it more than you do?
- 8) What fastens two people yet touches only one?
- 9) What holds water yet is full of holes?

10) When one does not know what it is, then it is something; but when one knows what it is, then it is nothing.

Answers Below

Recipe Of The Month From Amy's Brain - Raspberry, Spinach and Walnut Salad

Servings: 4

Prep Time: 10 min

Cooking Time: 0

Ingredients:

2 lbs fresh spinach/raw, washed, patted dry and torn into pieces

1/4 cup walnuts, chopped

1 cup croutons

1/2 tsp. Dijon mustard

1/4 tsp. sugar

1 Tbs. raspberry vinegar

4-1/2 tsp. walnut or vegetable oil

4-1/2 tsp. olive oil

1/2 tsp. tarragon

1/4 tsp. salt (optional), or to taste

Directions:

Combine spinach, walnuts, and croutons in a salad bowl. Combine remaining ingredients and pepper to

taste in a jar with a tight-fitting lid. Shake vigorously. Pour dressing over salad to taste; save any

remaining dressing. Toss before serving

Nutritional Info Per Serving: calories 224, fat 16.1g, protein 8.5g, cholesterol 0mg, dietary fiber 7.6g, Carbs 16.1g

Brain Teaser Answers:

- 1) N for November.
- 2) N for Nine.
- 3) (1) Tree is supposed to be Three. (2) Mistake should have "s" at the end. (3) There are only 2 mistakes.
- 4) A river.
- 5) Grover Cleveland was elected twice.
- 6) The year reads the same upside down.
- 7) Quit imagining.
- 8) Because he's still alive
- 9) Mt. Everest was still the highest mountain even before it was discovered.
- 10) Dinosaurs laid eggs long before there were chickens.

Riddle Answers:

- 1) Cows
- 2) A rug
- 3) A cold
- 4) A stamp
- 5) A splinter
- 6) The Letter M
- 7) Your Name
- 8) Wedding Ring

- 9) A sponge
- 10) A riddle

Aerobics Class Schedule for the Month of Febuary

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)

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