

The Building II Online

Fall is here, the kids are back to school, Halloween is around the corner, and you may find yourself with a little time on your hands. What better time to recommit to a healthy lifestyle. In this issue we will take a quick look at a few fall veggies and fruits. We will also have a healthy recipe, a new stretch, and an exercise. We have good news for you. The new elliptical is ordered and should be on it's way. For those of you who haven't tried using the elliptical, give it a shot. It's less stressful on the joints, yet provides a wonderful cardio workout.

Winter Hours:

Our winter hours will begin on October 6th. Regular hours Monday through Friday, with Saturday and Sunday hours extended. **Saturday we are open from 7:00am until 4:00pm. On Sunday we are open from 7:00am until 2:00pm.** Stop in on Saturday and watch the early college game while walking on the treadmill or doing the elliptical.

Fall Fruits:

- Apples:** Excellent source of fiber and vitamin C. You can keep apples refrigerated for up to 6 weeks. Apples are a great addition to salads, cereal, or a bowl of hot oatmeal. Did you know that there are 2,500 varieties of apples grown in the US alone. 7,500 worldwide. Apples are fat, sodium, and cholesterol free.
- Clementine:** Excellent source of vitamin C and a good source of fiber and folate. (Folate helps cells grow. Pregnant woman are often told to take folate.) They are great added to a salad or a compliment to a poultry dish. Clementines contain 0.1g of fat, no sodium or cholesterol per piece.
- Grapefruit:** Excellent source of vitamin C and a good source of fiber and folate. Add grapefruit to a fruit or garden salad. Also good with fish. Grapefruit is fat and cholesterol free.
- Kiwi:** Excellent source of fiber and vitamin C. Pick a kiwi that yields to slight pressure, but doesn't have soft spots. The entire fruit is edible. Spread the green flesh over your ham before cooking to tenderize and add a tangy flavor.

Fall Vegetables:

- Beets:** Excellent source of folate and a good source of potassium and vitamin C. Put beets in a saucepan and cover with cold water. Bring to a boil and cook for 30 to 45 min. Beets are done when a knife slides in easily. Reheat or serve cold in a garden salad.
- Cabbage:** Excellent source of vitamin C and vitamin A. You can use raw in coleslaw or salads. One cup of shredded cabbage contains 0g of fat and cholesterol.
- Carrots:** Excellent source of vitamin A. Who doesn't like having raw carrots with fat free dressing while watching TV. Or you can add it to a salad to add some color and taste. You never see a rabbit with glasses right?
- Pumpkin:** Excellent source of vitamin C and vitamin A. Halve the pumpkin, sprinkle with salt, pepper, and olive oil, roast for 30 to 45 min. at 350*. Or cut out holes for eyes and a mouth and scare all the little kids on your block. Whatever mood you're in really.

Quick Tip: Drink plenty of water before, during and after your workout. One cup every 15 min. during a workout. 2 to 3 cups within 2 hours of a workout. 75% of muscle is water.

Exercise Of The Month: Reverse Grip Tricep Pushdown

This exercise is performed with a high cable attachment. Any of the adjustable cable machines in the gym will work. You can use the bar attachment. Grasp the handle with a palms up (supinated) grip, with your elbows against your sides and your hands at chest level. From this position fully flex and extend your elbows while keeping your elbows at your side. When you work up to heavier weight, it may become necessary to lean forward a little. You may want to put one foot in front of the other to stabilize your position. Remember to keep the back of your wrists flat. If you need assistance when you're at the gym, don't hesitate to ask.

Stretch Of The Month: Bicep Stretch

Last month we told you about a stretch for the lower extremity. This month we will tell you about a stretch for a muscle in the arm. The Biceps Brachii or Biceps Muscle in the upper arm. Place the hand of the arm being stretched on a doorway or machine. The thumb should be pointing down. Turn body away from hand and arm. A stretch will be felt throughout the Biceps Muscle group. Hold for 30 seconds and repeat 3 times

Healthy Kids: LTD Academy "Come see what's making us flip"

Kids need exercise too. We all want our kids to grow up to be healthy and happy adults. Whether they join a basketball team, play football or take karate lessons. One very beneficial way is gymnastics. Gymnastics provides an increase in muscle strength, flexibility, endurance, and fine motor skills. As well as agility and coordination. It makes it easier for your kids to relax, and helps teach proper posture and body alignment while walking or standing. Our friends at the **LTD Academy** offer preschool, recreational, tumbling and competitive gymnastics, in a structured, yet fun, environment. Kids as young as 1 year are currently enrolled at **LTD**. Give them a call at **944-9361** for class and rate information.

Recipe Of The Month: Honey Lime Fruit Toss

Ingredients:

- 1 - 20 oz. can unsweetened pineapple chunks
- 1 - 11 oz. can mandarin oranges, drained
- 2 cups sliced fresh strawberries
- 2 medium firm bananas, sliced
- 2 kiwifruit, peeled, halved, and sliced
- 2 tablespoons lime juice
- 1 tablespoon honey
- 1/4 cup grated lime peel

Directions:

Drain pineapple, reserving 1/4 cup juice aside. In a bowl, combine the pineapple, mandarin oranges, strawberries, bananas and kiwi. In a small bowl, combine the lime juice, honey, lime peel and reserved pineapple juice. Pour over fruit, gently toss to coat.

Nutritional Info: One serving (3/4 cup) equals 133 calories, 1g fat (trace saturated fat), 0 cholesterol, 7mg sodium 33g carbohydrate, 4g fiber, 1g protein. Diabetic Exchanges; 2 fruit

Massage Therapy:

We all know the benefits of a massage. Massages relieve stress and aid relaxation, promotes faster healing of strained muscles, improves circulation, reduces high blood pressure, & strengthens your immune system. We have good news for you. The Building has made an agreement with a massage therapist. Her name is Marci and she is taking clients by appointment only. She has made the Building II members a wonderful offer of a one hour massage for the incredible low price of only \$25. You can't beat that anywhere in town. Just call 942-3271 and tell her you are a Building II member. A few of our members have already taken advantage of this offer. They said it's fantastic. If you've never had a massage, and would like to try it at a reasonable rate, this is your chance.

This Months Newsletter Special: Enter to win a \$20 Gift Card for Martin's

With Thanksgiving and Christmas approaching a Gift Card for Martin's would come in handy. Renew your Building II Membership from October 1st through October 31st and be entered in a drawing to win a \$20 Gift Card for Martin's. Anyone with a membership expiring can be eligible. Even if you're due next June, sign up now and be entered in the drawing. Go to this link: www.thebuilding2.com/monthlyoffer.html for more information.

Class Schedule for the Month of October:

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
	Step with Tiffany	5:30-6:30 pm
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

(Classes are included with your Building II Membership)

Hours:

Monday thru Thursday 5:00am - 10:00pm
Friday 5:00am - 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