

The Building II Online

Volume 20...yes 20

Happy Birthday to the newsletter. Newsy, as I used to call him, has grown up. 20 editions old. It seems like only yesterday Newsy was running around in diapers, bumping into things. Now look at him...responsible, except for the DUI last summer, respected, and growing into a fine monthly information source. (Next month he'll be 21, can you say Parté?) I could go on all day. Anyway, enough about my little publication...

Happy Anniversary To The Building II

We are 26 years old today. If you see the Building II today tell them to have a Hoppy Anniversary.

SPRING is here, April 2009. The birds are chirping, grass getting green, leaves returning to the beautiful Pennsylvania forests, flowers blooming, and people sneezing all over you. Yes its allergy season. If you've not experienced the wonderful sensations of hay fever, you don't know what you're missing. It can be your worst nightmare. Trust me. We'll give you, with assistance from Dr Rosch, some important info on what to expect and what to do about you yearly visitor. We'll also have a different healthy spin on breakfast from Amy's kitchen, an exercise, stretch and maybe more. Sit back with a box of Kleenex, maybe some Benadryl, and enjoy "Newsy"

Questions For You

With all the exercise you do, are you losing weight? Are you having trouble regulating your blood sugar? Do you want your kids to be healthy for life? Transitions Lifestyle Systems is looking to start another class. Members have been participating for the past two months, and I can tell you from personal experience, I'm doing it, that it is a great way to get healthy and stay healthy. All participants have lost weight. Transitions participants have lost, on average 9.9 lbs and 12.4 inches per person. But that's just an added benefit. Members who've been involved feel better, and have more energy. Transitions combines a healthy low-glycemic diet, with resistance training and cardio. If you are interested, please stop in to the overview meeting and hear what the program is all about. The overview meeting is set for **APRIL 8th** at **6:00pm** in the Aerobic Room

MS WALK - April 19th

We are still eagerly accepting donations for the MS Walk scheduled for April 19th at Hollidaysburg Jr. High. This is a very worthy cause and we would love to beat last years total. It doesn't take a huge commitment from you. Do you have \$5 bucks in your car? Well bring it in. Do you have a \$20 bucks in your car? Bring that in too. Please do what you can.

MS WALK - T-Shirts

Those of you walking will be asked to by a "Limited Edition Building II Runners" T-shirt, and wear it the day of the walk. The shirts will be \$8 (give more if you want). This is a yearly MS Walk edition shirt. A portion of the proceeds from shirt sales will go directly to the MS Society. We hope that when all is said and done, we will get a good number of walkers, but we will have the Tee's sold here at the Building and we will turn the proceeds over to the MS Society. Get your today (especially if you are sign-up to walk).

Biggest Loser - "Last Chance Workout"

We are coming down to the home stretch in our Biggest Loser competition. We end on April 27th, that's 26 days for those of you competing. Everyone is losing, which is the ultimate goal. Next month's newsletter will have the results from the two legs of the contest, Transitions and Biggest Loser only. We'll also have the winners in all categories, male winner, female winner, and Biggest Body Fat winner. Side note, the MS Walk is a great way for the Biggest Loser combatants to get a good workout before the contest ends. Think about it Losers...er I mean Biggest Losers, and Good Luck the rest of the way.

AAAAAACHHOOOOO - Thanks, yes I do need a tissue.

Allergy season is upon us. This time of year the primary cause of allergy symptoms are trees, followed by grasses in late spring and summer. It is important to understand your "triggers" and try to avoid situations that can bring on allergy symptoms. The most common are pollen, dust mites, mold, animal dander, insect stings, as well as some foods and medication. Avoiding most if not all of these triggers can be difficult.

Pollen - Pollen can trigger "hay fever" or seasonal allergies. To help prevent hay fever, it is advised to stay indoors on windy days or when the pollen count is high. Closing windows, using air conditioners, and not hanging clothes out to dry, can also help prevent symptoms from coming on.

Dust Mites - Dust mites are microscopic organisms that live in house dust. Yuck right? Symptoms are similar to pollen allergies, but can occur year round. Help prevent dust mite allergies by putting dust mite covers over mattresses, washing sheets in hot water, and keeping all areas of the house dust free.

Mold - Molds are microscopic fungi with spores that float in the air like pollen. Double YUCK!! Mold can be found in damp areas such as basements or bathrooms. Also grasses, leaf piles, hay, etc. To help prevent mold allergies avoid raking leaves, and keep damp areas of the home well ventilated. Look for areas of water damage and repair them. Be careful how many house plants you keep. Soil can promote mold growth.

Pet Dander - Proteins in the animal's skin, as well as their saliva and urine can cause allergic reactions. Help prevent pet dander allergies by removing the pet from the home, at least the bedroom, keep pets off the couch, and give the pet frequent baths.

Stings - Everyone who gets an insect sting has redness or swelling in the infected area, but people who are allergic to the stings can have severe or even life-threatening reactions. On rare occasions insect stings can cause a full-body reaction called *anaphylaxis*. Symptoms of anaphylaxis may include difficulty breathing, hives, swelling of the face, nose, or mouth, wheezing, difficulty swallowing, or a drop in blood pressure, among others. For

those people with severe allergic reactions to stings, epinephrine should be given immediately. Get to a hospital at the first sign of anaphylaxis. Minimize exposure to insects by not wearing brightly colored clothes and scented cosmetics, and keep insecticides available. Wearing long sleeves and shoes while outdoors.

Common Treatments - *Antihistamines* and *decongestants* are the two most common over the counter treatments for seasonal allergies.

Antihistamines relieve redness, inflammation, itchy and watery eyes. But they may make you sleepy. Non sedating ones are available, but most by prescription.

Decongestants reduce nasal congestions, but symptoms may come back after a few days of taking them.

I'd like to thank Dr. Jeffery Rosch, one of the best allergist in the area, for giving me pointers on this little segment of the newsletter. If you think you may be suffering unnecessarily from allergies, give Dr. Rosch a call. He's done wonders for my sons allergies, maybe he can help you.

Exercise Of The Month - Lunge With Bicep Curl & Shoulder Press

1) Holding a pair of dumbbells, step forward with your left leg into a lunge.
2) Make sure that your left leg is parallel to the floor, keeping your knee behind your toes.
3) Curl the dumbbells to you chest as you rise, then, rotate your wrists so that you palms face

forward. Press the dumbbells overhead when you are in the standing position.

4) Bring your feet together, then repeat, stepping your right leg forward.

5) Do 8-10 repetitions, rest 45-60 seconds and repeat for another set

Variation: Lunge onto a Bosu ball or balance board.

Editors Note: The Altoona Mirror contacted us for the "Fitness Tip" of the month, but failed to

contact us further (surprised...not me). This was the exercise I was going to do. If by any chance they do put us in, you, the newsletter reader, should take comfort in knowing you were in on it first.

Stretch Of The Month - Quadriceps Standing

1) Stand holding onto a secure object, or have one hand raised out to the side for balance.

2) Raise one heel up toward your glutes, and grasp hold of your foot with one hand.

3) Inhale, slowly pulling your heel to your glutes while gradually pushing your pelvis forward.

4) Keep both knees together, having a slight bend in the supporting leg

Variation: Repeat using the opposite hand or foot.

Recipe Of The Month From Amy's Kitchen - Egg Beaters Western Omelet

Serves 4

Ingredients:

16oz. egg substitute
1/4 cup mushrooms
2 tbsp onions (chopped)
2 tbsp green peppers (chopped)
4 slices ham (chopped)
Spray Margarine

Directions:

In a large skillet, sauté vegetables and ham together in enough spray to coat bottom of pan, for about 3 minutes. Add the carton of egg substitute and cook for 5 minutes more or until cooked.

Nutritional Info: Per Serving; Calories 101.6, Total fat 1.4g, Cholesterol 13.3g, Sodium 648.1mg, Total Carbs 3.2g, Fiber 0.2g, Protein 17.7g

Aerobics Class Schedule for the Month of April

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