

# The Building II Online

Vol. 21

May 2009. If you remember last month, we celebrated the newsletters 20<sup>th</sup> edition, and this month is the 21<sup>st</sup>. Well let me just tell you, that birthday celebration was off the hook. The newsletters all got together for a big bash. There were crumpled pieces of paper all over the place, ink blots on the floor, spell check was all messed up...it was crazy. I think I saw the letter "P" passed out in the bathtub. We're all still recovering. Kids...what can you do?

Speaking of kids (nice segue huh?), they'll be getting out of school soon. If they're old enough to be left to their own devices then you don't have to find things for them to do, as much, but if they're used to sitting around playing video games or surfing the web, then you may want to find activities for them. In this issue, we'll talk a little about what you and your kids can do together to get healthy and stay healthy. We'll have the usual recipe, stretch, yada, yada, yada.

## **What's new at the Building II - Quarterback Clinic**

Von Villano, a former high school and college quarterback is conducting a weekly quarterback clinic on Sunday afternoons, here at the Building II. Von has been working with a couple kids already and the improvement has been impressive. They learn all the skills needed to compete at the position. The clinic is from 12:00 to 1:00 on Sunday afternoons. If you are interested, please call Von at 330-6443.

## **Summer Hours**

It's that time of year again. With summer approaching we are going to our summer hours beginning on the weekend of May 17<sup>th</sup> & 18<sup>th</sup>. Hours can be found at the bottom of the page.

## **Swine Flu -**

Not sure if you've heard about this yet, they haven't really mentioned it on the news, but we thought would.

### **What is the Swine Flu?**

A respiratory disease in pigs. People don't usually get it, but human outbreaks can occur.

### **What are the signs?**

Signs and symptoms are very similar to the regular flu. Sneezing, cough, sore throat.

### **How does it spread?**

Mainly person to person through coughing and sneezing, basically the same way regular flu is spread.

### **Is there treatment?**

Antiviral drugs such as Tamiflu or Relenza. There is currently no vaccine for Swine Flu.

### **How can I protect myself and my family?**

\*Cover your mouth and nose when sneezing or coughing

\*Good hand hygiene. Wash your hands often with soap and water or a waterless hand sanitizer. We have provided hand sanitizer at various places around the gym.

\*Avoid contact with sick people.

### **What should I do if I get sick?**

Contact your health care provider

## **Walk For MS**

We would like to acknowledge the following people for their contribution to the MS Walk. Mary Jo Eamigh, Maria Strohm, Steph Frost & her puppy, Steph Gallagher & son, Kim Hughey & son, Diana & Ashley Lidwell, Tramaine Moody, The Bohner's Rod & Rona, The Bennett's, Michael, Maureen, Carleen, Amy & me, and last but not least, Rick Hoover. Without his motivational pre-walk speech and exercise routine, we would not have been able to make it all the way. We had a great time as usual, and helped raise money to fight MS. Our amount hasn't been tallied yet, we still have shirts to sell, but we passed last years total by a good number. We were also one of the biggest corporate teams at the Walk. Next year we're going to recruit harder and be the biggest.

## **Biggest Building II Loser - The Totals Are In**

For the past 3 months 18 Building II members have been competing in our Biggest Loser Competition. 8 doing "Transitions" and 10 doing it on their own. The numbers are in. Nancy Artmeier was the Biggest Loser in the Transitions half of the competition. She had a total weight loss of 11.2 lbs or 7.0%, 3.6% body fat loss, and lost 17.5 inches overall. Congratulations to Nancy. In the Biggest Loser only half of the contest, Brad Wertz was the male winner. Brad had a 9.8% weight loss. Maria Strohm was the female winner with a 3.3% weight loss. Transitions participants had an average weight loss of 14 lbs. The Biggest Loser only half had an average of 6.8 lbs. On a side note, Michael Bennett was not eligible to win, but Michael had the most impressive results of the Transitions class. Michael had a 30 lb weight loss, or 11.5%, 4% body fat lost, and 24 inches total loss. That is very impressive. Which brings us to...

## **Transitions Lifestyle Systems**

The Building II and Transitions coach Kim Hughey are looking to start another Transitions Lifestyle Systems class. With the Biggest Loser results now in, the numbers don't lie. Transitions works. With more than double the weight loss in three months, it's hard to argue. If you are interested in the program or would like information, please don't hesitate to drop us a mail or pick up a brochure at the desk. Kim will be in the gym periodically with a table set up in case you have any questions.

## **"Lose 7 Inches In 7 Days"**

Now that I have your attention, let's talk about ridiculous claims made by every magazine on the planet of Earth. As I'm writing this I am looking at 7 magazine covers. On the cover of each are bold headlines saying things like: "Flatten Your Belly In 7 Days" or "Lose Your Belly! See Results in 12 Days" or "Flatten Belly Bulge After 40". What does all this mean...Nothing, nada, zilch. In fact, I can't even find the articles attached to the headlines. Magazines that make claims about losing whatever in a week are bogus. But you know what? They sold you a magazine didn't they? If all it took was eating tofu and sprouts for a week, nobody would have the need for washing machines. We could just do laundry on our washboard abs. People have asked me countless times about losing belly fat and doing any number of crunches a day. You could do a trillion crunches a day. If you're not eating a diet low in fat, calories, sugar, etc. it ain't happenin. The only real way to get a flat stomach is to burn fat, and since you all know, or should know, that you can't spot reduce, You need an all over resistance program to help you build muscle. Muscle burns fat, cardio training in your target HR zone, burns fat. PERIOD. There are some supplements out there that help burn fat. But nothing burns it more than hard work, weight training and getting on a cardio machine of any type. So if you

want that flat stomach for summer, stop reading what foods or magazines will give you a flat belly and start doing something about it. Ok I'm stepping down off of my soapbox.

### **Healthy Parents And Kids**

Kids need exercise as much as their parents. yet during the summer months, some kids actually get less activity than they do during the school year. With working parents, children are often sent to day care, or are in the care of grandparents. Getting out and doing activities with the little ones is as important for the kids as it is for the health and well-being of care givers. I have compiled a little list of activities that either the parents or grandparents can do with kids of almost any age. All but one is free. Give some a try. You may find out a little about the kids you didn't know, and not to go all "Freud" on you, a little about yourselves.

**Bug Hunting** - Buy or make a terrarium, collect the little buggers, give them some water, a branch, and a leaf. Watch them a day or two and let them go.

**Plant A Tree** - Plant a tree in your yard. Your kids can feel the satisfaction of helping nature replenish its natural resources. You can plant it for a special occasion, birthday, holiday, etc.

**Clothesline Art Show** - Have your kids draw pictures with watercolors, crayons, whatever is handy. Get some clothespins, a line and help them hang their creations in their "gallery". Ask other kids in the neighborhood. Make a production of it. Have an "Opening". Invite neighbors' families, serve juice and some cookies. Make it a big deal.

**Bubble Blowing Contest** - Soap, not gum. Who can blow the biggest bubble? Pretty self-explanatory.

**Build A Sandbox** - For about \$50 you can buy the wood and sand and off they go.

**Take A Hike** - We live in one of the most beautiful spots on the planet. There are many nature trails at our disposal. Prince Gallitzin has 4 trails in one area that are easy to find, easy to navigate, and easy to walk. Canoe Creek has several as well. "Rails To Trails" has something like 16 miles of flat trails along the Frankstown Branch of the Juniata River. You can walk it or bike it.

**And now for some of my family's personal favorites:**

**Altoona Campus** - Go take a walk around the pond. Some people even feed the ducks (The Building II and it's agents in no way condone the feeding of water fowl living at the Altoona Campus). We don't do it, but I've *heard of other* people doing that. You can even feed the fish, when you can find them...or...

**Feed The Carp** - If you've never fed the Big Ol' Fish at Raystown. Do yourself a favor. Take the kids there and experience it. They gather at the Marina, and they are a trip trust me. But hold your little ones hands. My Family and I did it last weekend. We took a lunch and made a day of it.

**Railroaders Memorial Museum & Horseshoe Curve** - My top hot spot in the Altoona area. Admission is very reasonable to both attractions. You can get a season pass for both as well. My oldest son asks to go quite often. We personally take the stairs at the Curve. Gets in a little cardio for both us and the kiddies without them even knowing it. Go to [www.railroadcity.com](http://www.railroadcity.com) and check rates and times.

Most of all, get out of the house. Video games are not exactly an activity. Get the kids moving doing something. It's been a long cold winter. Enjoy the sunshine with your kids. Help them appreciate nature, and what it means to be a kid. Let them get dirty, play in the mud, catch bugs, get bruises and cuts. And if they eat a bug or two, consider it protein. It'll be ok.

### **Exercise Of The Month - Bent Over Two Dumbbell Row - Middle Back**

1) Put your feet close together and grab two dumbbells.

- 2) Bend over as far as you can go, so your torso is close to parallel to the floor. Bend your knees slightly and keep your head up and back arched inwards.
- 3) Hold dumbbells at arms length straight down. Pull Dumbbells straight up to your sides keeping your elbows out.
- 4) Concentrate on squeezing your middle back. Return slowly to the starting position.  
You can also do this exercise with a barbell or the Smith Machine. You can also try an underhand grip.

**Stretch Of The Month - Push & Pull - Back**

- 1) Rest on your knees with your hands extended out to your front, grasping a secure object.
- 2) Exhale, gradually pushing your chest and abdomen downward to arch your spine.
- 3) Increase the stretch in your lower back by titling your pelvis upward.

**Recipe Of The Month From Amy's Kitchen - Ants On A Log**

Keeping with the kid theme this month, Amy gave us a kid friendly recipe that you and your kids can do together.

Prep Time: 5 min.      Ready In: 5 min.      Servings: 5

**Ingredients:**

- 5 celery stalks
- 1/2 cup peanut butter
- 1/4 cup raisins

**Directions:**

Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins

Nutritional Info Per Serving: Total fat 13.3g, Cholesterol: 0mg, Sodium 156mg, Total Carbs 12.9g, Fiber 2.5g, Protein 7.1g

**Aerobics Class Schedule for the Month of May**

	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)

**Summer Hours As Of May 17th:**

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

**Friday 4:30am - 8:00pm**

**Saturday 7:00am - 2:00pm**

**Sunday 7:00am - 12:00pm**

We want your feedback. E-mail us at [Thebuilding2@wvdsi.net](mailto:Thebuilding2@wvdsi.net)  
Visit our website for more information  
[www.thebuilding2.com](http://www.thebuilding2.com)