

The Building II Online

Vol. 23

July 2009. Did you get your "Publishers Clearinghouse Check yet? Anyway...hot enough for ya? Well not lately, but I personally love the heat. The hotter the better. Love the sun too. With the summer in full swing, we're outside most of the time, doing yard work, swimming, on vacation, playing with the kids, etc. Are you taking care of your skin? Are you using the right sun screen? Probably not, I know I don't. Before you "Beat It" to the local pool, in this issue of the newsletter, we'll take a look at the right sunscreen for your outdoor activities, and how to keep safe in the summer heat. We also have something to tell you about our website. We'll have one "Off The Wall" new exercise, and stretch and a summer recipe for you to try. So without further ado...ladies and gentleman...heeeereeee's the Juuulyyy newwwwsletterrr....

Happy (?) Anniversary

One year ago on July 19th we had a little setback in the history of The Building II. A fire destroyed the Paramount and cardio rooms. It was a tough time for all of us, to say the least, but I think we came out of it a better gym. We lost some members in the process, but, we've gained new members and friends as well. We also gained the ability to bounce back from a nightmare that my family and I, and some of you will never forget. We would like to thank all of you who stuck with us and remained loyal throughout the rebuilding and reopening. Let's hope this July is a little less exciting.

The Building II Gives Back

Last year at this time we were in the middle of a lazy summer in Altoona...then blammo...a fire wrecked those plans. With your help we recovered. You helped us clean the weight room and gave us the support we needed at a bleak time. Now we're asking you to do that again, only this time in the community. We are trying to organize a community clean-up in the targeted "Gateway" zone in the City of Altoona. That area is right in our back yard. We're in the process of contacting the city officials and we are looking for assistance from our members. You don't have to live in the targeted area to help. We are hoping to do this on Sunday, July 26th, exactly one year after our giant clean-up party after the fire. If you are willing to set aside a Sunday afternoon to give back to the community, please contact me by e-mail Thebuilding2@wvdsi.net or phone 946-8014.

Check Out The New Look Of The Website

We've changed the newsletter last month, now we've moved on to the website. We've added a few new features, like a calendar of events, back

issues of the newsletter. and new pictures. You can now go onto the website and see what's happening daily at the Building II, read back issues of the newsletter, look at pictures, sign the guestbook, etc... You can check to see the schedule for the basketball court or aerobics classes. If you have any ideas on what to add to the website, contact us at info@thebuilding2.com. You can check out the website at www.thebuilding2.com

The Summer Of Savings Continues

Unless you're one of "Charlie's Angels", you need to workout, even in the summer months. We are still into our summer membership special, but you still have time to join for the low price of \$20 per month on a three month membership. If you haven't been here in awhile, there's no better time than the present to get back in shape. Don't delay, with prices like this you can afford to keep your membership, even during golf season.

Summer Skin Care

When we look at the "Man in the Mirror", we all want a healthy summer glow, and sun exposure isn't all bad. Sun is a key source of vitamin D. But over exposure is where we go wrong. But some of us "Don't Stop Til You Get Enough". We can help our skin stay healthy and looking good by following a few simple rules.

Wear Sunscreen - Sunscreen with both UVA and UVB protection can keep your skin looking its best. Experts recommend using a sunscreen of SPF-15 or higher. Reapply every two hours, or every time you get out of the water. Something most people don't know is that you should apply sunscreen at least *30 minutes before* you go into the sun.

Protect Your Eyes - A good pair of sunglasses will protect your eyes from damaging UV radiation. Look for a pair that has a sticker indicating that they have a clear UV coating. Just because they're dark doesn't mean they are protecting you.

Drink Water - Don't wait until you are thirsty to drink water. By the time you are thirsty, you are probably a little dehydrated. And if you think that a sports drink will quench that thirst... well think again. Most sports drinks have sugar, which can slow the bodies' uptake of fluids. How bout a beer? Well, alcohol inhibits a hormone in your body called ADH. this is an anti-diuretic hormone. Basically it tells your body when you have to pee, or not. When you drink alcohol, the hormone is suppressed and you go more often, which will cause you to become dehydrated faster, which will cause you to drink more, which will cause you to go to the bathroom...see where I'm going here.

Where Loose Fitting Clothes - Loose and light colored clothing will keep you cooler than a black lycra shirt. You don't see people in Iraq on the news in Under Armour. And while you're at it, wear a hat. Keep the sun from beating down on your melon...baldy (it's ok I'm bald I can say that)

Kids are at a higher risk from sun exposure. They need to take more precautions. The rules are slightly different for them.

Stay Inside - Between the hours of 10am until 4pm, the sun is at its strongest. Babies and small children should stay inside or at least in a shaded area during these hours. Even on cloudy, hazy days. There's an increased risk at the beach due to the reflection of the water and wind.

All Children Are At Risk - fair skin, darker skin, it doesn't matter. All children can burn in the sun.

Protective Clothing - Long sleeves and pants are best. Kids move around a lot, so that lotion may wear off faster. Protective clothing can keep them safe without the worry.

Use Sun Block - Zinc oxide or titanium dioxide. Some people worry about adult sun block on babies, but sunscreens containing zinc oxide or titanium dioxide are best. That's the ingredient in the diaper lotions we put it on our kids bums.

Don't Forget The Feet - And lips for that matter. Babies go without socks at times in the summer. Even if they have long pants and shirts, they're feet are often exposed. Use that lotion and keep them protected. Use "Sunsticks" or lip balms that contain sunscreen protection, on their lips.

Reapply - Follow the labels on the sunscreen, and reapply as often as necessary. Especially when they get out of the water.

Following these simple steps will keep our skin looking the best it can. And keeping our kids safe in the summer sun, will help prevent sun damage, or worse, later in life.

Exercise Of The Month - Quantum Wide Grip Lat Pulldown - Back

- 1)** Start with your legs under the knee pads of the pulldown machine, with feet flat on the floor.
- 2)** Grasp the wide bar with an overhand grip. (Hands should be almost twice shoulder width apart)
- 3)** Pull the bar down to the chest, arching your chest slightly, keeping your elbows directly below the bar.
- 4)** Pause briefly with the bar right on top of your collar bone.
- 5)** Slowly raise the bar back to the starting position.

NOTE: Do not lean back to far using your body weight to lower the bar.

Do not pull the bar behind the neck, this may cause injury to the shoulder or elbow joints

Stretch Of The Month - Extended Prayer (Upper Back)

- 1)** From a kneeling position, extend both hands out, fingers pointing forward
- 2)** Use your hands and forearms to grip the floor, as you gently ease your butt backward until you feel the stretch in your upper back and shoulders.
- 3)** Exhale, gently easing your chest down toward the floor.

Bonus Exercise Of The Month - The MoonWalk (you know you tried it at least once)

- 1)** Start off in your socks or a slippery floor.
- 2)** Stand with feet close to each other, left foot slightly ahead of the right foot.
- 3)** Raise the heel of the right foot so that you are standing on the front of the right foot. The left foot must stay where it is.
- 4)** As you lower the heel of the right foot, lean all your weight on the right foot, and drag back the left foot so that its toes are in line with the heel of the right foot. The left foot's heel must be slightly off the ground at this stage. As you drag back, do not push down on the left foot at all or it will not glide. Make sure as you lower the heel of the right foot (slowly) the left moves at an equal speed. This will need lots of practice to master the right speed.
- 5)** Keep practicing step 4 until you've got it down.
- 6)** Once you have mastered that, "kick" outwards with the left foot, but although not quite touching the ground, make it look as if it is touching. Move it out a foot-size's worth away from the toes of the right. No part of the left foot should be raised higher than another.
- 7)** After you make your left foot move so it is at the starting position, lift up the heel once more of the right foot. Make sure the left leg is bent at the knee. Now repeat step 5. Keep practicing until you have the whole thing figured out, and it has been verified by others, and you feel quite comfortable with it. You should eventually get that gravity-defying effect and you'll MoonWalk like the pro.

Note: If you break out in a good sweat, you can use your "Zorbeez" to towel off. Absorbs 27 times greater than paper towels.

Dirty Workout Clothes - OxiClean

It gets out your toughest stains and odors such as wine, blood, dirt, tomato, pet stains, grass stains and even set-in stains. This unique formula starts to work before your eyes so you can be confident the stain will come out. It is chlorine-free and color-safe.

Recipe Of The Month From Amy's Kitchen- Spicy Turkey Burger "Thrillers"

(You can use your "Big City Slider Station". It's the burger sensation that's sweeping the nation.

Serves 8

Ingredients:

2 pounds lean ground turkey	1 teaspoon salt
2 tablespoons minced garlic	1/4 cup low sodium soy sauce
1 teaspoon minced fresh ginger root	1 tablespoon freshly ground black pepper
2 fresh green chili peppers, diced	1 tablespoons ground dry mustard
1 medium red onion	3 tablespoon paprika
1/2 cup fresh cilantro, finely chopped	1 tablespoon ground cumin

1 dash Worcestershire sauce

Directions:

1) Preheat the grill for high heat

2) In a bowl, mix the ground turkey, garlic, ginger, chili peppers, red onion, cilantro, salt

soy sauce, black pepper, paprika, mustard, cumin, and Worcestershire sauce.

3) Form the mixture into 8 burgers

4) Lightly oil the grill grate. Place Turkey burgers on the grill, and cook 5-10 minutes per side, until well done.

Nutritional Info: Calories Per Serving: Calories 230, Total fat 11.8g, Cholesterol 84mg, Sodium 650mg, Carbs 6.3g,

Fiber 1.5g, Protein 24.4g

Aerobics Class Schedule For July

All Classes are included with your membership

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
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	9:00-9:45 am
	Pilates with Lisa	9:45-10:30 am

Summer Hours

Monday - Thursday	4:30 am - 9:30 pm
Friday	4:30 am - 8:00 pm
Saturday	7:00 am - 2:00 pm
Sunday	7:00 am - 12:00 pm

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

Visit our website for more information

www.thebuilding2.com