

The Building II Online

Vol. 24

(A Day Early)

August 2009. I began writing this on July 21st. One week ago I was at the beach. It's been a struggle to get back into work, newsletters, working out. I haven't worked out like I had planned, although I do my usual walk to and from work. It seems after vacation, or time away from the gym, it gets more and more difficult to get back to a routine. Do you have the same problem? Well I know you do, don't lie. In the August newsletter, I may have a solution for you. I may also have an idea for a great recipe. Then again I may have none of that for you; I just don't have it in me. Did I mention I didn't want to be here? We should do the whole new exercise thing if I can come up with an idea that is, blah, blah, blah, I really don't want to be here...just take me back to the beach and I will be forever grateful. Seriously, I won't be much trouble. I'll watch your kids, do the dishes, cook, whatever you need. When do you leave? I have my own beach towel, umbrella, I'll bring beer. Does that close the deal...call me?

Now for some shameless self-promotion...

YARD SALE!! - Come One Come All

A couple of the Bennett families are having a yard sale on Saturday August 15th. The time will be 7am until whenever people stop coming, or it's all gone. Some of the items that will be for sale, a couple strollers, baby stuff, car seats, home electronics, beds, clothes, bookcases, kitchen stuff. It's a potpourri. The yard sale will be held at 5733 California Ave. (two houses from the red light at 58th St towards Ruskin Dr). "Tell em' Crazy Eddie sent ya"

MS Walk

You may have noticed a new plaque hanging on the middle post in the Quantum Room. We were the 10th highest fundraising team in the MS Walk this year. And yes I was running around yelling, "We're number 10, we're number 10". Ok, I know we weren't no. 1, but we have room to grow. That's how I look at it. Thanks to all who donated or walked with us. We'll move up next year.

The Summer Of Savings Continues

Time is running out to take advantage of the low rates. 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. This is the last month you can take advantage of the offer. 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.

Gym Rental

Leagues are wrapping up soon. That'll free up some gym time. If you are interested in getting a group together to play a little basketball, give us a call, and reserve your spot.

No Pilates Or Cardio Kickboxing - Relax...only for a week

Lisa is allowed to take some time off ya know. There will be no Pilates or kickboxing classes on August 1st, 4th, & 8th. Please make adjustments to your schedules, and sorry for any inconvenience.

Keeping Motivated - I'll Start Back Next Week

Keeping motivated is one of the biggest problems facing most people in the gym, including myself. As I said in the opening, just getting back from vacation, it's been very difficult to get back into a routine. Even typing the newsletter is a process. Here are some tips to help you get and stay motivated.

Have a plan - Every time you workout, you should have a plan on what you want to do that day. Walking aimlessly around the gym is getting nothing accomplished, and accomplishing nothing when you go to the gym is motivating you less...if that makes any sense. I don't know. I'm not paying that much attention...did I mention the beach

Stay the course - Most people will jump around a machine when someone else is on it. They will use the bicep machine, then the next workout they'll do dumbbells, then do the cable column. The problem with that is there is no way to compare progress. Sticking to the same exercises will help you measure your progress better. Changing exercises every couple months.

Don't over train - Overtraining is the biggest mistake we see in the gym. Cardio exercise can be done everyday at the same intensity. With strength training you need to progressively increase the intensity of your workout over time. Getting huge in one day is not going to happen. In fact the opposite is true. Muscle need time to recover to show progress. And progress is the main factor in motivation. If you are showing gains, weight loss, strength gains, you will be more inclined to stay motivated.

Regular workout times - My sales pitch to potential members usual goes like this..."The hardest part about coming to the gym, is getting into your car". Meaning getting motivated. Once you've made the commitment to going to the gym, that hard part is over. Spending an hour in the gym once you're here is easy. Schedule your gym time after work, first thing in the morning, or at lunch. Some people have a harder time getting here if they go home from work first.

I hope these tips help you to keep coming back and staying healthy...now let me get back to daydreaming about drinking my Jackson 5 (real drink...look it up) by the pool...ahhh.

Exercise Of The Month - Cable One Arm Tricep Extension

- 1) With you right hand grasp a stirrup handle attached to a high cable pulley with an underhand grip
- 2) Stand directly in front of the weight stack
- 3) Pull the handle down so that your upper arm and elbow are close to the side of your body and your upper arm and forearm for a right angle
- 4) Feeling the contraction in your triceps, pull the handle down to your side until your arm is straight
- 5) Squeeze then slowly return to starting position.
- 6) Do 8-10 reps and repeat with the other arm.

Stretch Of The Month - Tricep Side Stretch

- 1) Bring your right arm across your body and over your left shoulder
- 2) Holding your elbow with your left hand until you feel the stretch in your tricep
- 3) Hold for a count of 30-45 seconds
- 4) Repeat with the other arm

Recipe Of The Month - Guilt Free Snack Mix

Prep Time: 10 min

Ready In: 10 min

Recipe yields 6.25 cups

Ingredients:

- 4 cups crispy corn cereal squares
- 1 cup dried mixed fruit, chopped
- 1/4 cup yogurt covered raisins
- 1/3 cup chopped mixed nuts
- 2/3 cup banana chips

Directions:

In a medium bowl, mix together crispy corn cereal squares, dried fruit mix, yogurt covered raisins, mixed nuts and banana chips, store in sealed, airtight containers.

Nutritional Info per serving (25): Calories 74, Total fat 2.6g, Cholesterol <1mg, Sodium 64mg, Carbs 12.6g, Fiber .6g, Protein 1.1g

(This was supposed to be longer...but I just can't seem to find the energy to continue...I think I may have writers block...is that even possible on a newsletter)

Aerobics Class Schedule For August

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

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