

The Building II Online

Don't look now but Christmas is right around the corner. Are you ready yet? Like many people you may be a last minute shopper. We may have some gift ideas for you in the November issue of the Building II Newsletter. Also, we will be talking about a Holiday dessert idea, a new leg exercise you may not have tried, and some tips for better workouts.

The winner of the \$20 Martins Gift Card is Janet Weyer. Janet, you can pick up your Gift Card on Friday morning. Congratulations

What's New At The Building

***The Elliptical....**is finally here. It is a Precor 544, so there shouldn't be confusion on how to use it. We know it was a long time coming. Sorry for the delay, but we hope it gets as much use as the current one.

***Gift Certificates...**they're not new, but a great gift idea. More on that later.

***Burst Resistant Yoga Balls.** Don't know if you saw the story on the tube last month about Yoga balls popping and causing injuries, but, it can happen. The next day we ordered two new "burst resistant" balls. With another one to be ordered very soon. They are the new red and yellow ones.

***Waterless Hand Sanitizing Stations.** At various places in the gym, we now have hand cleaning lotion for members to use. More on that later.

After doing quite a bit of walking and running outside this past spring, and never really knowing how far

I had gone, my wife bought me a pedometer for Father's Day. Since then, I've still been unsure of the distance

I traversed. I tried wearing it on the treadmill, and calibrating it. It helped but I really wanted to know some exact numbers. I did a little online searching on how to calibrate pedometers. What I found was a great website that does the calculations for you. [MapMyWalk.com](http://www.mapmywalk.com). This website will give you a map of most cities, Altoona included. Put in your starting point, like your house or the Building II, and map a walking or running course. It will give you mile markers and you can put in POI or bathroom stops, when you want to stop and drink, stretch, etc. My sister and I have used it on several occasions. You can also up-load it to a GPS and plan a walk before a vacation. Motorcycle and bicycle riders might like it as well. There are a few pre-determined rides on the website. I still can't get my pedometer calibrated, but now I don't care. To visit this website go to

<http://www.mapmywalk.com> They also have <http://www.mapmyrun.com>

Exercise Of The Month: One Leg Bench Squat (Bulgarian Squats)

With this exercise your feet aren't moving so you can focus on your glutes and a full range of motion. You can do this exercise with dumbbells or without, whatever your level of fitness is. To perform The Bulgarian Squat grab a pair of dumbbells and place the top of one foot on a low bench behind you. Before starting the movement, make sure to force your chest up and put your weight on the down heel (or the foot on the floor). Lower your body

under control to a point where the knee of the non-working leg is close to the ground. From this bottom position, squeeze the glute while trying to drive the heel through the floor. Return to the starting position and repeat. Beginners, should try to do at least 3 sets of 8, with no weight. You can also substitute the Yoga Ball for the bench to make it even more challenging. Don't forget the other leg.

Stretch Of The Month: Quadriceps Standing

Stand holding onto a secure object, or have one hand raised out to the side for balance. Raise one heel up towards your buttock, and grasp hold of your foot with one hand. Inhale, slowly pulling your heel to your buttock while gradually pushing your pelvis forward. Keep both knees together, having a slight bend in the supporting leg
(Variation One: Repeat using the opposite hand to foot.)
(Variation Two: Lie face down on the floor keeping your forehead on the floor to prevent arching your back.)

Quick Tip: Hand Sanitizer

This is less a "Quick Tip" and more a warning. Unless you've been living in a cave the last two weeks

you've heard of MRSA. MRSA is a type of Staph infection that is resistant to certain antibiotics.

The bacteria can spread easily through cuts and abrasions and skin to skin contact. The most effective

way of preventing the spread of MRSA and any bacteria is hand washing. Washing your hands before you eat and after you use the bathroom is always a good idea, especially in public facilities. We have provided waterless hand sanitizing stations throughout the gym for your convenience.

Recipe Of The Month: Mini Berry Cheesecake

- * Nonstick spray coating
- * 1/3 cup crushed vanilla wafers (8 wafers) **(or reduced fat wafers)**
- * 1-1/2 8-ounce tubs fat-free cream cheese, softened (12 ounces total)
- * 1/2 cup sugar **(or sugar substitute)**
- * 1 tablespoon all-purpose flour
- * 1 teaspoon vanilla
- * 1/4 cup egg-beaters (egg substitute)
- * 3/4 cup red raspberries and/or sliced strawberries

Lightly coat 10 muffin cups with nonstick coating. Sprinkle bottom and sides of each cup with about

1 teaspoon of the crushed vanilla wafers. Set pan aside.

In a medium mixing bowl beat cream cheese with an electric mixer on medium speed until smooth. Add

Sugar, flour, and vanilla. Beat on medium speed until smooth. Add egg product and beat on low speed

just until combined. Divide evenly among the muffin cups.

Bake in a 325* oven for 18 to 20 min. or until set. Cool in pan on a wire rack for 5 min. Cover and chill

for 4 to 24 hours. Remove cheesecakes from the muffin cups. Just before serving, top cheesecakes with fresh fruits.

Nutritional Information: Per serving 101 cal; 2g fat (14.1% cal. From fat); 1g saturated fat; 6g Protein; 16 g Carb; 1g Dietary fiber; 4mg Cholesterol; 206mg sodium

Newsletter Only Special:

What better gift to give for the Holidays than the gift of good health...I know...very corny. But it's true.

If you buy a **3 Month PARAMOUNT Gift Certificate**, for somebody else, from now until Christmas Eve, you will receive a **One Month PARAMOUNT Membership FREE**. You can use it anytime you like. Add it to the end of your current membership or use it as payment on your current membership. It's a \$30 value, but cannot be redeemed for cash or transferred. **You must mention this newsletter feature to receive the offer.** This offer is good until Christmas Eve only.

Massage Gift Certificates. Marci is offering Gift Certificates for Christmas. After a tough workout, what better than a great massage. Marci's Massage is offering two Gift Certificate choices. You can purchase a \$25 Gift Card for one hour, or an incredible \$45 Gift Card for a 2 hour massage. I'm not sure it gets better than that. For more on Marci read on.

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 incredibly 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. You can also e-mail her at marcimassages@aol.com. 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.

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.

If you have a business or event you would like us to give mention of, please feel free to mail us at Thebuilding2@wvdsi.net. We would gladly put it in the newsletter

Class Schedule for the Month of November:

Monday:	Tight-n-tone with Phyllis	10:00-11:15 am
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	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