

The Building II Online

Christmas is finally here. Only 24 more days. Does that make you nervous or excited? Have you done all of your shopping? The stores are crowded, the mall is ridiculous, and Wal-Mart is like the bathroom at halftime of a Steelers game. What do you do? Well, go to the gym. This month we have two new recipes for your Holiday meals, or any other meal, another exercise for you to try, and a list of 12 little gifts you can give to yourself, or someone you love, to make the Holidays a little more healthy. As well as some tips you may not have thought of around the Christmas season.

What's New At The Building II

By now you may have seen the "Body Bars" that are floating around the gym. You may not have seen the instructions for using the bars that we have posted. "Body Bars" are weighted bars that can be used in many different strengthening and cardio workouts, as well as a tool to aid in flexibility. If you are interested in trying one out, ask us and we'll be glad to help you. A couple members did the Hollidaysburg YMCA's Turkey Trot this past weekend. Carleen and I both finished in the top 3 in our age groups. Neither of us knew that at the time so we didn't stick around long enough to get our little medals...maybe next time.

Winter Hours

Just wanted you to know that Christmas Eve we will be open 7am until 12pm. Closed Christmas Day. On New Years Eve we will be open 7am until 5pm. As of now we are closed New Years Day, but that may change.

New Member

Congratulations go out to Steph Wolf on the birth of her son. Cameron Joseph was born on Nov. 1st. Had the pleasure of seeing the newest Building II member last weekend. Both mother and baby are doing very well. If we know Steph, they both will be working out in the next few weeks. Congratulations Steph.

The Exercise - Stress Connection

Studies have shown that regular exercise provides a socially acceptable means of physically releasing negative energy. Exercise cultivates self esteem in a number of ways. Whenever an individual participates in a health enhancing activity it is common to experience increased feelings of self worth as you realize you are doing something which will ultimately be of benefit . Someone once said that if exercise was a pill, it would be the most powerful medication known to humans. The only problem is that it is difficult to get us to take that pill every day. When we physically exert ourselves, the body releases chemical substances (endorphins) that are similar in nature to opiates. These natural substances produced by our own bodies are free of side effects, except for making us feel good.

Don't Sabotage Your Body Over The Holidays

During this season, it's more important than ever to make that extra effort and not let healthy habits slip away. This way, you can balance the extra calories you may eat, so you can at least keep your weight in check over Christmas and the New Year. Any aerobic activity increases your metabolism while you are exercising. What you may not know is that exercise, depending on the type, frequency and intensity, can also keep your metabolism elevated for 2 to 12 hours after you've finished. This means that you continue to reap the benefits of burning calories at a higher rate even after you've finished on the treadmill. Shorter, more frequent sessions of intense exercise, coupled with eating within two hours afterwards, will help boost your metabolism and keep you burning those calories longer. So take advantage of your time off. Take yourself outside for quick walks to get a break from cooking or visiting friends and family. Park the car a good distance from the stores when you are out buying last minute gifts or take a few minutes to yourself in the morning to do a few quick toning exercises before things get too hectic.

Quick Tip: Proper form

Some people in a gym seem to concentrate on "How Much Ya Bench" when they should be concentrating on "Is My Form Correct". Proper form is key to muscle development. Using excess weight and improper form can cause stresses on joints and muscle tears. You will develop the muscle more slowly, and make the gains you want to achieve harder. If you have any questions on proper form during a movement, don't be afraid to ask.

Recipe Of The Month From Amy's Kitchen

Oven Roasted Root Vegetables

Serves 6

2 medium sweet potatoes

1 medium parsnip

1 cup peeled baby carrots

1 medium red onion

1 Tbsp. olive oil

1 tsp dried Italian herbs

salt and pepper to taste

Preheat oven to 425°F. Peel vegetables and cut into 1 inch pieces. Place in a 9×13 baking dish. Drizzle with the oil and sprinkle with herbs, salt and pepper. Stir to coat. Cover with foil and roast in oven for 30 minutes. Remove foil and continue roasting for 5 or 10 minutes more, until tender

Nutritional Information: Per Serving: 83 Calories, 2g Total Fat, 0g Saturated Fat, 1g Protein, 3g Fiber, 15 mg Sodium, 15g Carbs

BONUS Recipe - Fresh Green Salad with Orange Segments and Fat-Free Honey Dressing

1/4 Cup Of Water

1/4 Cup of White Vinegar with Tarragon

1/4 Cup Of Honey

2 Heads Butter Lettuce (washed and torn)

1 Head radicchio (washed and torn)

2 Oranges (peeled and segmented)

Combine water, vinegar and honey in small shaker or jar; cover. Shake to mix. Arrange lettuce and radicchio on 6 salad plates. Divide orange segments among salad plates; drizzle each with dressing.

Nutritional Information Per Serving: 80 Calories, 0g Total Fat, 0g Saturated Fat, 0g Cholesterol, 10mg Sodium, 22g Carbs, 3g Dietary Fiber, 17g Sugars, 2g Protein

The 12 Days of a Healthy Christmas (Thanks to Amy and Carleen for their input)

On the 12th day of Christmas my health club gave to me...

- A 12 Pack of Protein Shakes
- 11 Miles of biking
- 10 Pound Weights
- 9 Inch resistance band
- 8 Ounces of water (4 times a day)
- 7 Hundred crunches
- 6 Pack Abs
- 5 K Race
- 4 Yoga Balls
- 3 Month Membership
- 2 Massage Packages
- 1 Pair Of Running Shoes (in a pear tree?)

Speaking of Massage Packages...

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. Call Marci @ 942-3271 or e-mail her marcimassages@aol.com

Speaking of Memberships...

What better gift to give for the Holidays than a gym membership. 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. This offer is good until Christmas Eve only.

Exercise Of The Month - Front Dumbbell Shoulder Raise

Stand with a dumbbell in each hand, palms facing backward. Your feet should be about shoulder width apart. Maintain a slight bend in your elbows throughout the exercise so that your arms are straight, but not quite locked. Lift the weight in your left hand in front of you in a wide arc until it is slightly higher than shoulder height. With a smooth, controlled motion, lower the weight while simultaneously lifting the weight in your right hand, so that both arms are in motion at the same time. You can also do this with two dumbbells at the same time or with a barbell. There have been times in the gym that I have seen people arching their backs or swinging the weights to achieve the upper limit of the exercise. **THIS IS NOT PROPER FORM.** Do not cheat by swinging or leaning backwards! Back problems are not far behind when you cheat in this way.

Stretch Of The Month - Shoulder Strangle

- 1) Cross one arm horizontally over your chest, grasping it with either you hand or forearm.
- 2) Exhale, slowly pulling your upper arm in toward your chest.

3) Keep the hips and shoulders facing forward throughout the stretch.

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 December:

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	9:00-9:30 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