

The Building II Online

Happy New Year. Have you recovered from the Holiday hangover yet? All those cookies, cakes, parties, traveling, and family visits are coming to an end. To some, it's a relief, to others, kind of a let down. For everyone it's a time to get back to doing the things we need to do to keep our bodies and minds in top shape. January is the month of resolutions. We all look to start our diets and weightlifting plans. With that in mind this month, we will look at a healthy way to lose weight. We have a new exercise, and a new stretch. We will also talk about attainable goals for the new year.

Open New Years Day:

The tribe has spoken...we are going to be open New Years Day from 8:00 am until NOON. Start your New Years Resolutions early. Thank Carl when you get here.

What's New At The Building II: Body Fat Testing

We have acquired a body fat analyzer. We will be doing screenings for those members who wish to have themselves tested. We're going to see how this goes, but the first Monday of the month, we will test your body fat and BMI to give you a base reading. Keep in mind, this test is a base reading. The only way to get a 100% accurate reading is the Hydrostatic Water Tank method. Our machine will give you a good idea on where you stand. We will be giving this test on the first Monday of every month, between 7am and 2pm and in the evenings between 5:30pm and 7:00. If you cannot stop in that day, just ask Mark if he can test you whenever you're at the gym.

Fresh Starts: Make Reachable Goals For The New Year

When you start a new workout or diet, many people set lofty goals for themselves. Many people have the will power to achieve these goals, many people do not. Here are some tips....

DIET: DON'T CALL IT A "DIET"

People who "diet" often don't stick to it. It has to be a lifestyle change. If you are committed to losing weight

you have to prepare for eating healthy for the rest of your life. According to medical research,

fewer than 5 percent of all dieters succeed in losing a significant amount of weight and maintaining that weight over a five year period. Ninety percent gain some weight that they originally lost and one third gain more. Before you start your new "diet plan". Track your normal diet for a few days. Then cut only 200 calories a day. It doesn't matter where you cut it from, whether its carbohydrates, fat, or protein. Cutting small amounts of calories from your daily diet is much more effective than crash dieting.

KEEP A DAILY FOOD JOURNAL

A journal can help see trends in you eating habits. Most people have some dietary tic that they need to control in order to lose weight. It may be cupcakes, pizza, or soda. With a journal, you can see when you are more likely to eat a cupcake, substitute a piece of fresh fruit.

BUILD MUSCLE TO BURN CALORIES

Muscles burns more calories than fat. Sorry to be the bearer of bad news but a pound of fat is the equivalent of about 3500 calories. The good news...it doesn't matter how you burn those calories, a calorie is a calorie. For every pound of muscle you add, you burn an extra 50 calories per day. Muscle burns calories even when you are not moving.

BE SMART

*Avoid triggers. We crave what we eat, so if we switch what we eat, we weaken our old cravings.

*Distract yourself. If only a donut will do, it's a craving not hunger. Cravings typically last 10 minutes. Do something to distract yourself. Listen to music, check your e-mail, or do the dishes.

*Indulge yourself. It's ok to have pizza once in awhile. Instead of ordering a pie from (insert favorite pizza place), go out and get a couple slices from (insert favorite pizza place). You'll avoid over eating and those tempting leftovers.

*Drink Water. Before a meal, down a big glass of water. It'll make you feel full, and your body will tell you to stop eating sooner.

WORKOUTS: DON'T OVER-DO IT

When some people start a workout regimen, they think they may be able to jump right back in where they left off...three years ago. That will not happen. Some experts have said that a beginner or someone who has had a lay-off of some time, should do 2 to 3 sets at a comfortable weight. You should be able to complete 15 repetitions without a great deal of strain. The idea is to get your body used to the motions and stresses again. We recommend using machines for the first 3 weeks, maybe even a month.

Things To Remember:

*While doing a weight lifting program you do not gain mass during the workout but you do get a nice pump. You create micro tears in your muscles. You get thousands of them in the muscle you are exercising. This is where soreness comes from. It takes anywhere from 48 hours, on smaller muscle groups, such as calves or biceps, to recover, and up to a week for larger muscle groups including your back and quads. I have heard several points of view on how many workouts per week per body part is appropriate. Some say one workout per body part for larger muscle groups; chest, back, shoulders, quads, etc. Two workouts for smaller muscle groups; biceps, triceps, etc. My personal workout is one body part per day, but that's me. You may want to do more. I recommend doing your own research. What is right for one is not for someone else.

*Warming up prevents injury. Before you jump right in to your weight lifting routine, do some form of cardio. Walking or riding a stationary bike for 10-15 minutes should do it. Don't forget to stretch the muscles you used doing that cardio.

*Warming up prevents injury (Part Deux). For the first exercise of each muscle group do 15 to 20 repetitions with a very light weight.

*The articles you read in bodybuilding magazines probably won't work for you. Remember these athletes workout everyday, all day. They don't come home from jobs after 8 or 10 hours then have to fit in their workout between kids basketball practice. Weightlifting is their job. Find a workout that's right for you. That fits into your schedule.

Recipe Of The Month From Amy's Kitchen: Open Faced Turkey Tacos

Serves 10 Tacos

Ingredients:

1 pound lean ground turkey
1 medium onion, chopped
1 (16 ounce) can fat-free refried beans
1 (16 ounce) jar salsa
10 (6 inch) flour tortillas, warmed
2 cups shredded lettuce
2 medium tomatoes, chopped
2 medium green peppers, chopped
2 medium sweet red peppers, chopped
10 tablespoons fat-free sour cream

Directions:

In a large skillet, cook turkey and onion over medium heat until meat is no longer pink; drain. Add beans and salsa; cook and stir until heated through. Spread 1/2 cup turkey mixture over each tortilla. Top with lettuce, tomatoes, pepper, and sour cream.

Nutritional information: 1 serving equals 264 calories, 6g fat (2g saturated fat), 38mg cholesterol, 588mg sodium, 36g carbs, 6g fiber, 15g protein.

Exercise Of The Month: Concentration Curls

Sit on the end of a flat bench. Spread your legs apart into a V and lean forward slightly. Grasp the dumbbell in one hand with your palm facing upward. Rest your elbow on the inside of your thigh and let the dumbbell hang. Rest your other hand on the top of your other thigh for support. Slowly curl the dumbbell up while keeping the torso, upper arm and elbow still. As you lift, twist your wrist so that your little finger turns toward your body. Squeeze the muscle at the top and slowly lower the weight. Don't forget the other arm.

Stretch Of The Month: Bar Twist (Abdominals & Obliques)

1. Stand with both feet facing forward, a double shoulder width apart, with legs slightly bent.
2. Use the bar to keep your upper body straight with elbows high, as you slowly twist around in both directions.
3. Avoid moving too quickly or forcing the stretch.

January Offer Of The Month:

Purchase a 3 Month Membership, either Paramount or Weight Room, and get 1 Month FREE. You must mention the newsletter to receive the offer.

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. Members have already taken advantage of this offer. 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.

Class Schedule for the Month of October:

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