

The Building II Online

Ah, February, what a wonderful start to a long and dreary month. Have you look outside today yet? Are you getting cabin fever? I can tell you that I am, and have been for about 4 months now. What do you do to remedy the situation? Well, there are a few things you can do. In this issue we will touch on outside exercise and how to be productive and stay safe. We will also look at a great Valentine's Day gift idea. Believe me, you will want to give this gift.

What's new at the Building II

The Biggest Building II Loser Competition. We sent an e-mail out a few weeks ago informing everyone about the Biggest Loser Competition. We had an unexpected response. we expected to get about 10 to 15 people interested in entering, what we got was 25, and we could have had 10 more. For the first contest of it's kind, here at the Building, we were quite happy. With a total weigh of 5034 pounds, and a wide range of weights, we separated into teams to give a little more incentive. The final weigh in is on June 30th, so it will be a long road, but hopefully a rewarding one. We wish all participants good luck.

Twilight Run

Four intrepid runners from the Building participated in the Lights On The Lake New Years Eve 2 mile run. Diane McLanahan finished with a time of 13:54, Mark Bennett 15:01, Carleen Bennett was 15:02, and Sherry Turchetta was 15:03. All four finished in the top four in their age groups. Diane finished first in her age group and received a Gold medal. Congrats to all four. You represented well.

Massage Gift Cards For Your Special Valentine.

Marci is offering gift cards for Valentine's Day. I had the good fortune of having a massage this past month. I can tell you from first hand experience it was wonderful. I plan on going back monthly at the least. I've said every month in the newsletter that if you've never had a massage, this is your chance to get one at a very affordable price. Believe me it is well worth it. If you have any questions, Marci will be in the gym from time to time, you'll get to know her a little, and be able to ask questions if you like. A massage gift certificate for Valentine's Day will score some points with your loved ones, but it will also give them some well needed relaxation and recovery time. If you want a gift certificate, please give her a call or e-mail her at the number, and address below.

New Building II Members:

Congratulations go out to Michael and Maureen Bennett on the birth of their new baby girl. Myah Elizabeth Bennett was born on Tuesday January 8th at 4:59 pm. Mother, father and baby are doing well.

Exercising Outside During Cold Weather.

There's no reason to hit the couch when the weather turns cold. With a few precautions you can still be outside and get a good workout. But there are some things you need to know before you venture outside:

Get Your Doctors OK - For some people cold air can trigger Asthma attacks or chest pain. Make sure you check with your doctor before exercising outside.

Dress In Layers - Start with a thin layer that wicks away moisture from the body. Next try some fleece for insulation. Then wear a breathable, waterproof outer layer. Put something over your face if you want to breathe a

little warmer air. Don't forget a hat and gloves.

Drink Plenty Of Fluids - Even if you are not thirsty

Pay Attention to Wind Chill - Wind can penetrate your clothes and remove an insulating layer of warmth. Fast motion like skiing, or running also creates wind chill.

Know When To Stop - A patch of red, or cold skin can mean frost bite. Get out of the cold and warm the area slowly. Seek medical help if need be.

Winter Exercise - Calories Burned (Based on a 200lb & 150lb person - per hour)

	200lb	150lb	
Skiing (Downhill) -	792	594	
Shoveling Snow -		552	414
Snowmobiling -	312	234	
Moderate Skating -	456	342	
Elliptical Trainer (inside)-		1,032	774
Talking on The Phone - Not Recommended	96	72	

Above all else. The best and safest way to maintain or lose weight during winter months is to do something. Sometimes the weather will not cooperate. Get to the gym. Get on the elliptical, treadmill, hit the weights, ride the bike. Hitting the gym or the slopes, get out and do something.

Recipe Of The Month: Grilled Teriyaki Chicken

Ingredients

- * 1/3 cup of water
- * 1/4 cup sherry or chicken broth
- * 1/4 cup reduced sodium soy sauce
- * 2 garlic cloves, minced
- * 1/2 teaspoon ground pepper
- * 2 (6 ounce) skinless, boneless chicken breast halves

Directions

1) in a small saucepan, combine the first five ingredients. Bring to a boil over medium heat, cook for 1 minute. Cool

for 10 minutes. Pour into a re-sealable plastic bag; add chicken. Seal bag and turn to coat; refrigerate for at least 2 hours.

2) Drain and discard marinate. Grill chicken, covered over medium heat for 7-8 minutes on each side or until juices run clear.

Nutritional Facts: 1 chicken breast half = 196 calories, 4g fat, 1g saturated fat, 94mg cholesterol, 385mg sodium, 1g carbs, trace fiber,

35g protein,

Exercise of the Month: V-Bar Pull-down (latissimus dorsi)

Attach the V-Bar to the pull-down machine. Using a palms up grip, grasp the V-Bar and extend your arms completely above your head. Keeping your back straight and extend your torso vertical (do not lean back), pull the V-Bar down toward your upper chest. Touch the chest and slowly return to the starting position. Do not swing.

Stretch Of The Month: Seated Toe Grab (Back)

- 1) While seated, lean forward from your hips, relaxing your upper body on the inside of both thighs.
- 2) Holding both feet with your hands, slowly exhale, pulling your chest down between your legs.
- 3) Relax from the stretch with your arms and inhale deeply as you return to a seated position again.

This Months Newsletter Special: Tanning

February is one cold month, what better way to get out of the winter blues than to get a golden tan. If you come to the front desk, mention the newsletter, and we will give you 5 free tanning sessions.

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. As you may have heard, The Building has made an agreement with a massage therapist. Marci is taking clients by appointment only. She has made the Building II members a wonderful offer of a one hour massage for the incredibility 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, including myself, 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