

The Building II Online

March is "National Nutrition Month", and spring is almost here. What does that mean to us...well it means it's time eat right and try to get back in summer beach body shape. I tell many new members that the hardest part of any exercise routine is getting from your house to your car to the gym. Once you're here the rest is easy. With more daylight and a little warmer weather, it will be a little easier to get to the gym for most people. And with summer right around the corner, what better time to get motivated. In this issue we will touch on nutrition for you and your family. Also we will be celebrating our 25th Anniversary next month, and we want you to help.

What's New At The Building:

We are celebrating our 25th Anniversary on April 1st. To get ready for the occasion we are planning some giveaways and events throughout March and Culminating in April. Check your e-mail, we'll have more plans later in the Month.

25th Anniversary:

As I said above, we are celebrating in the upcoming weeks. One of the ways we would like you to participate is by sending in pictures of yourself from 1983 (or about). We will scan them and get them back to you. They'll hang on the bulletin board at the Building, and people will have the opportunity to guess who it is. At the end of April we will pick the most changed person and least changed person, and both people will win a One Month Paramount Membership. Some of you have been there from the beginning and you've seen how the Building has changed, now we want to see how you've changed.

Nutrition And Family:

With today's busy lifestyles it's increasingly harder to have a family meal. But, did you know that eating meals as a family can actually improve your child's food habits? Kids tend to eat more fruits, vegetables and dairy at meals shared with their parents. Here are a few basic tips to help you and your family maintain a happy and healthy lifestyle.

*Choose a variety of foods from among the basic food groups. It takes a wide variety to provide all the nutrients

wee need to stay healthy. Choose foods packed with vitamins and minerals at each meal.

*Control calorie intake to manage body weight. Obviously, don't eat more calories than you take in.

*Eat more fruits and vegetables. They are packed with vitamins, minerals, fiber and other compounds that

contribute to good health

*Choose fats wisely. Choose lean meat, chicken and fish and non-fat or low-fat dairy foods.

*Choose and prepare foods with little salt.

*When going out to eat, most big chain restaurants offer nutritional information on their website. I've taken advantage of that in the past. Also, look for menu entrees that are grilled. That usually means the food was prepared with little or no fat added.

Exercise Of The Month: Dumbbell Bench Press (Chest)

Sit on the edge of a flat bench with the dumbbells on your knees. In one smooth motion, roll onto your back while

bringing the dumbbells up to a position slightly outside and above your shoulders. Your palm should face forward.

Bend your arms at a 90* angle so that your upper arms are parallel to the ground. Press the weight up over your

chest in a triangular motion until they meet at the center of the chest. It is very important that you concentrate

on keeping the weights balanced and under control. As always, form is important when doing weight training. When

you first start doing the exercise, do a low weight until you get the form down. If you have any questions on your

form please don't hesitate to ask.

Stretch of The Month: One Arm Against The Wall (Chest)

1) Place your forearm and biceps against the wall, keeping the arm at a right angle.

2) Exhale slowly turning your opposite shoulder backward, keeping the other arm firmly in contact with the wall.

3) Repeat the stretch both raising and lowering the walled arm in order work the different pectoral muscles.

Recipe Of The Month From Amy's Kitchen: Montego Bay Chicken

Ingredients:

1/4 cup reduced-sodium soy sauce

1/4 cup orange juice

2 tablespoons brown sugar

2 garlic cloves

1 teaspoon hot pepper sauce

1 teaspoon rum extract

1/4 teaspoon ground ginger

4 (4 oz.) boneless, skinless chicken breast halves

Directions:

1 In a large re-sealable plastic bag, combine the soy sauce, juice, sugar, garlic, hot pepper sauce extract

and ginger; add the chicken. Seal bag and turn to coat; refrigerate for at least 2 hours.

2 Coat grill rack with a non-stick cooking spray before starting grill. Drain and discard marinade. Grill

chicken, uncovered, over medium heat for 5-8 minutes on each side or until juices run clear. May use a

George Forman grill if you don't use your BBQ in March...but why not?

Nutritional Analysis: One serving equals 138 calories, 1g fat (1g saturated fat), 66mg cholesterol, 379mg sodium, 3g carbs, trace fiber, 27g protein

March Newsletter Special: Tanning Sessions

For the month of March if you buy 5 tanning sessions, get 5 tanning sessions FREE. And if you mention this newsletter tanning sessions are only \$2.00 each, so you get 10 tans for only \$10.00. A pretty good deal.

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

