

The Building II Online

April is Physical Wellness Month. What does that mean...well it's time to get in shape for summer, shed some pounds, rejuvenate your body and start eating healthy. We all want to get that beach body, but time is ticking. If you have a June vacation planned, you have two months to lose those extra pounds that mysteriously accumulated over the winter. There are plenty of opportunities to burn some calories this month. Whether it be getting a few extra minutes on the treadmill or elliptical, doing some yard work that you've been putting off, or playing with the kids in the yard. In this months newsletter, we will talk about how some tedious activities can benefit your over-all health.

HAPPY ANNIVERSARY - What Were You Doing 25 Years Ago Today?

We are celebrating our 25th year bringing physical fitness to the residents of Altoona and Blair County. On April 1st 1983, we became the proud owners of the Howard Ave. Armory. I was 12 at the time. Honestly I thought my mother was playing an April Fools day joke on me. I can still hear her exact words when I came home from school...."We're the proud parents of a bouncing baby building" Yes my mother had a sense of humor even then. From that day forward, my mother and father sank every spare moment and dollar into creating a great place to get fit and have fun. Most of you came into this experience late, so let me fill in what took place, before you all arrived...I'll be brief. In 1983 all we offered was basketball, soon after, my cousin Greg Servello, and one of his friends, Joe Dinardo (who both workout here till this day), wanted to lift weights. Greg and Joe brought some dumbbells and barbells over to have a little fun. It all started in, what is now the Cardio Room. They called it, a little tongue-in-cheek, "Muscles Unlimited". You can actually still see a few of those T-Shirts floating around the gym on a few of our graying members. In the early 90's we purchased the Paramount equipment, and it was set in what is now the Aerobic Room. When the YMCA closed, an auction was held. We made an offer on the Nautilus equipment and won the bid. Around that time, the Paramount room was moved to where it is today, and The Building II Athletic Club was born. After many physical changes to the set-up of the rooms, we came to our current state. We've had many interesting members and events take place over the years. Some of you may remember. The Professional Wrestlers that came by in about 1984 & 1985. A charity basketball game with 3 of Altoona's current and future pro basketball players, the only time that ever happened in the city. 23 years of sponsoring a spring high school basketball tournament. A new basketball court from Saint Francis University. Many families celebrating events in our party room. Basketball leagues, camps and events. Watching budding stars grow and learn, Mike Iuzzolino and Candace Futrell to only name a few. The summer Johnny Moore came to practice every day in our gym, with a 16 year old Doug West. The Friday night, the male dancers came to workout (it was a popular night with the female members). I could go on and on and on, thankfully for you I won't.

We are thankful to have had the opportunity to serve you over the last 25 years. We would like to thank all of our clients over the years. We feel like we have the best clientele in the city. Being a family owned business, our members have come to be more than just members. We laugh, joke, and kid like they are members of our family. We have truly been blessed over the years to have so many people touch our lives.

God willing, my kids will have the same opportunity, that my parents gave my brother, sister and I, to meet so many wonderful caring and insightful people.

If you have any memories of good times here at the Building over the years, we would like you to mail us here at the Building and we will put your memories on our website, and post a copy on our bulletin board.

MS WALK: APRIL 20th

We are still looking for Sponsors and Walkers for the 2008 MS Walk. The sponsor form and walker registration is at the front desk. Please reach in your pockets and give what you can. It goes to a worthy cause. You may know someone with MS, or you may work right beside someone with MS and NOT even know it. It can strike anyone at anytime. Please help the Building II and The MS Society. Thanks

Tips And Tricks:

Exercise does not have to be putting on spandex and hitting the treadmill. With spring here and yard work to be done, exercise can be cutting the grass, raking last years leaves, pruning trees or bushes, Here are some examples of what yard work can do for you (150lb person. All amounts approximate):

| | |
|--------------------------------|-------------------|
| Light gardening | 330 cal. per hour |
| Heavy yard work (cutting wood) | 440 cal. per hour |
| Washing car | 220 cal. per hour |
| Raking leaves | 230 cal. per hour |
| Painting | 214 cal. per hour |

So you can see an hour on Saturday can be beneficial. It's not just tedious work that you've grown to hate over the years. Think of it as meaningful and useful activities.

Recipe Of The Month: Eating Well Power Salad

Makes 2 servings, about 4 cups each

Ingredients:

6 cups mixed salad greens

1 cups shredded carrots

2 tablespoons chopped red onion

1/4 cup dressing, such as Creamy Dill Ranch (see below)

10 cherry tomatoes

4 slices roast turkey breast, cut up (3 oz)

2 slices reduced-fat Swiss cheese, cut up (2oz)

Toss greens, carrots, onion, and dressing in a large bowl until coated. Divide between 2 plates. Arrange tomatoes,

Turkey and cheese on top of the salad.

Nutritional Info (per serving): 180 Cal. 4g fat, 27mg. cholesterol, 19g carb. 21g protein, 6g fiber, 757mg sodium

Ranch Dill Dressing

Makes 1 1/4 cup

Ingredients:

1 small shallot, peeled

3/4 cup nonfat cottage cheese

1/4 cup reduced-fat mayo

2 tablespoons buttermilk powder
2 tablespoons white-wine vinegar
1/4 cup nonfat milk
1 tablespoon chopped fresh dill
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper

With the food processor running, add shallot through the feed tube and process until finely chopped. Add cottage cheese, mayo, buttermilk powder and vinegar. Process until smooth, scraping down the sides as necessary, about 3

min. Pour in milk while the processor is running. Scrape down the sides, add dill, salt and pepper and process until combined.

Nutritional Info (per 2 tablespoon serving): 19 cal. 1g fat, 1mg cholesterol, 2g carbs. 2g protein, 0g fiber, 125mg sodium

Exercise Of The Month: Exercise Ball Crunch

This movement is becoming more popular throughout the gym these days. For those of you who haven't done this yet, give it a try:

Sit on the top of an exercise ball with your feet placed firmly on the floor, and with the ball placed under your lower back. Concentrating on your abs, roll the bottom half of your glutes off the ball by sliding forward. Place your hands on the sides of your head but don't use your hands to pull yourself up. Crunch your upper body forward and roll your shoulders towards your hips. Squeeze your abs at the top of the movement, lower yourself back down and repeat. The mistake many people make is placing the ball on their shoulder blades or upper back. The correct position is the lower back. Another tip is to plant your chin on your chest, it takes a little strain off your neck.

Stretch Of The Month: Abdominals

1) Rest on an exercise ball that allows you glutes and shoulder blades to keep in contact with the ball

2) Your feet should be shoulder width apart, with the soles in contact with the floor.

3) Exhale, taking both arms over your head, allowing gravity to pull your arms slowly toward the ground.

Offer Of The Month: One Month Free

Get one month free, when you purchase any 3 month membership, paid in full. Offer good from April 1st until the end of the month.

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 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, 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