

The Building II Online

It's been a long winter, but it seems that spring is finally here. I wrote last month about yard work and some outdoor activities, this month I will talk about how to get back into a workout routine that will help you get back into the gym and help you avoid the "weekend warrior" syndrome.

Last month we celebrated our 25th Anniversary. I would like to thank everyone for their wonderful comments, and encouragement. Some of you have seen the "Wall Of Fame" that Carleen did in the front hallway. If you haven't seen it, stop by and take a look. It's fun too look at some old pictures of The Building and the people who work, and workout here.

What's New At The Building II - Anniversary Party & New Member

We are in the planning stages for a Anniversary Bash. We aren't sure when it will be taking place. I will be sending an e-mail out with a time and date. Everyone is encouraged to attend. Without the members, there would be no 25th Anniversary, so we want everyone to enjoy themselves. Also Brad Wertz is celebrating the birth of a daughter. Brad and his wife Heather delivered on Saturday, a baby girl. According to an insider, mother, father and baby are doing well.

SUMMER HOURS:

Summer hours will begin MOTHER'S DAY WEEKEND. Our annual change from Winter to Summer has begun in many ways.

Our hours of operation have changed as well. Regular hours Monday thru Friday. Saturday we're open until 2 pm and Sunday we are open until NOON. Please make sure you keep that in mind for your summer workout schedule.

MS Walk

April 20th was the walk for The MS Society. Ten walkers braved the pouring rain and windy conditions to help find a cure for MS. They were: Rod & Rona Bohner, Nancy Bodenschatz, Diane McLanahan, Steph Wolf, Mark & Carleen Bennett, Tramaine Moody, Rick Hoover, & Brad Wertz. Thank you all for your support.

Relay For Life

A few members and I have been talking about doing some of the local charity walks. I am interested in finding out how the members feel about getting a team together for the Relay For Life to be held June 13th. Keep in mind that this is a 2 day event. If you were to commit to doing it, you probably should do it. Please send me your feedback.

Walk or Run to Stop Violence Against Women

Family Services is sponsoring a 10K & 5K race, as well as a 5K and lollipop walk at the Altoona Campus on May 18th. Brochures are at the Building if you are interested. I know a few of us are doing the 5K if anyone is interested. Let Carleen or Mark know.

Ken Brumbaugh Memorial Race

Diane McLanahan and Bill Karnes competed in the two mile run. Diane finished first in her age group, of course, with a time of 16:39, Bill finished 3rd in his age group, with a time of 18:00. No word on whether Bill needed oxygen at the finish line or not. (Just kidding Willie)

Spring Training Tips:

Some of you may have taken the winter off, or cut back your workouts during the colder months. Well, there are no more excuses. Warm weather has arrived. You may be tempted to start at the same level where you left off. Or, if you changed your winter workout, you may think you can pick up where you were in the fall. Here are a few tips that will help you avoid injury and keep your workouts on track.

Start Slow. If you worked out everyday before winter started, start with 3-4 workouts per week, on alternate

days. One way to determine your workout level is the "talk test". As you exercise, if you can carry on a conversation

during your workout, you are exercising moderately. If you become winded and can no longer carry a conversation

that would be considered a vigorous exercise.

Increase Your Training Slowly. Increasing training, amount of weight lifted, mileage, etc. more than 10% per

Week, increases risk of injury. Avoid this by increasing slowly over weeks instead of days. If you're inactive

over the winter, it could take up to 6 weeks to get back to where your activity was before you took time off.

Follow a Training Program or Keep Records. If you really want to get back to where you left off, it helps to keep

a log of your workouts or follow a training program. It helps to keep you motivated and prevents you from doing

too much too soon

Cut Yourself A Break. If you have taken time off, you will not be at your optimum fitness level. Don't expect to be

back there in two weeks. It's only May, you have time to get to where you want to be.

Get To A Doctor. One of the facts of life that is unavoidable is this: You got older. If you took the last 6 months

off, you may be hurting yourself more than helping, by jumping into a routine without getting a check-up. Don't

avoid it, get a Doctor's OK to start running or lifting weights again. It takes an hour, and may prevent a serious

injury, or worse.

May Recipe Of The Month From Amy's Kitchen: Mediterranean Turkey Pita Sandwich

Ingredients:

1/4 chopped cucumber

1 Tbsp. finely chopped red onion

1 Tbsp. Miracle Whip light or Kraft Mayo Fat Free dressing

1/8 tsp. dried oregano leaves, crushed

1 whole wheat pita bread

6 slices Deli Style Shaved Smoked Turkey Breast
1 2% Milk Cheese Slices or fat free
2 tomato slices

Directions: Mix cucumber, onion dressing, and oregano. Top Pita bread evenly with turkey,
2% singles, tomato,

and cucumber mixture, eat.

Nutritional Info: 320 Cal, 9g fat, 3g Sat. Fat, 19g protein, 5g fiber, 1330mg sodium, 43g carbs

May Exercise Of The Month: Dumbbell Bench Press (Chest)

Sit on the end of the bench with the weights on your knees. In one motion, roll onto your back while bringing the

dumbbells up to slightly outside and above your shoulders. Your palms should be facing forward. Bend your elbows

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 above the center of your body. As you lift, the most important thing is keeping

the weights under control and balanced. Follow the same path down to the starting position.

May Stretch Of The Month: Seated Back Extension (Chest)

1) Sit on a chair, feet firmly on the floor under your knees.

2) Lock your hands behind your head, keeping your elbows high and extended back

3) Inhale, pushing your chest forward and upward while arching the spine and taking your elbows further back

Quick Tip: Proper Form

I know I've covered this before in a past newsletter, but I feel like it needs to be stressed again. Many people

in the gym are trying to do too much weight and their form is suffering greatly. If you have any questions about

how much is too much remember this; if you are doing a set of 10, of whatever exercise, you should begin to feel

the strain of the weight at about 7 or 8 reps. If you feel that strain at 4 or 5, it's too heavy. Use less weight.

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.

Class Schedule for the Month of May:

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)

Summer Hours:

Monday thru Thursday 5:00am - 10:00pm

Friday 5:am - 8:00pm

Saturday 7:00am - 2:00pm

Sunday 7:00am - 12:00pm

We want your feedback. E-mail us at Thebuilding2@wvdsi.net

Visit our website for more information

www.thebuilding2.com