

Grand Oak

BUSINESS PARK

Where work comes to life

Volume 9 – Spring 2012

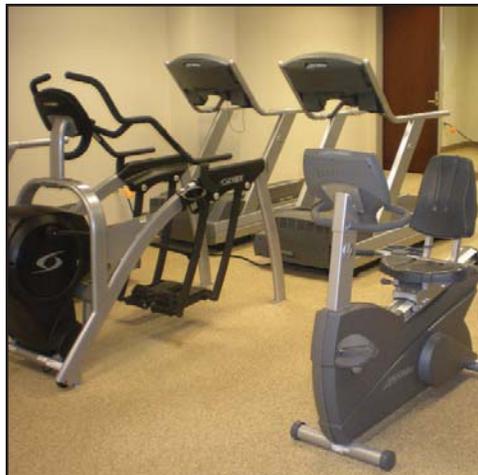
Cardio and Strength Training Under One Roof

Each individual's workout routine is different. Some use only cardio equipment and others prefer strength training equipment, while most integrate a combination of strength training and cardio into their exercise routine.

Grand Oak has two on-site fitness centers for tenant use. Previously, the fitness center located at 2805 Dodd Road was primarily focused on cardio equipment and the 860 Blue Gentian Road fitness center was focused on strength training equipment.

We have recently rearranged the equipment so each of the two facilities has a variety of cardiovascular and strength training equipment – all under one roof. Each fitness center is equipped with at least one treadmill, an elliptical machine, stationary bike and strength training equipment. Individuals no longer need to go from one fitness center to the other to utilize their preferred exercise equipment.

The fitness centers are available to all Grand Oak tenants free of charge. Simply contact the management office at 651-289-3506 to sign a liability waiver and obtain an access card, which provides access to both facilities.



TAKE NOTE OF THE UPCOMING DATES:

Earth Day

Sunday, April 22

Administrative Professionals Day

Wednesday, April 25

Blood Drive

Friday, May 11
9:00a.m. - noon

Memorial Day

Monday, May 28
(Building Closed)

Eating for the Health of It

Many people eat foods with too much fat, added sugar, and salt (sodium) without even realizing it. Marketing claims such as "low fat," "low sodium," "multigrain" and "natural" can trick even the most sophisticated consumers into believing what they're buying is healthful. Read on to learn about some not-so-healthy "health foods":

- **Breakfast cereal.** Breakfast cereals vary widely in sugar and salt content, so read labels carefully. While those varieties higher in sugar are a bit more obvious, some of the highest-sodium cereals are those oftentimes considered healthiest, such as raisin bran. Kellogg's Raisin Bran has 340 milligrams of sodium per cup and instant oatmeal can have as much as 350 milligrams per 3/4 cup serving, depending on the flavor.
- **Energy bars.** Also known as meal replacement bars, these bars often claim to be healthy, aid in weight loss or help build muscle. In fact, they are oftentimes loaded with calories and are basically candy bars with vitamins, protein or fiber added. Sugar is typically the first or second ingredient in many of these bars. As a healthier alternative for a nonperishable snack, try nuts and dried fruit.
- **Reduced fat peanut butter.** The oil is the healthiest part of a nut, containing most of the nutrients. As such, there's no advantage in taking it out. In fact, removing the fat robs peanut butter of its health benefits. Furthermore, reduced fat peanut butter typically has as many calories and more sugar than the regular peanut butter.
- **Multigrain products.** Multigrain breads, crackers and cereals can be confusing. People see "multigrain" and assume "whole grain", which is not necessarily the case. Be sure a whole grain, such as whole wheat, whole oats or brown rice, is the first grain in the ingredient list. A good example is a cereal listing whole rolled oats as the only grain.
- **Non-fried chips and crackers.** It's easy to believe these foods are healthier because of packaging labels such as "baked," "low fat" or "gluten free."

However, most are made with refined grain or starch, which provide plenty of calories and few nutrients. Instead, look for 100 percent whole grain crackers with little sodium. If you'd like a chip, try chips made with sliced vegetables or even 100 percent whole grain chips fried in a healthy oil, such as olive or canola. Tortilla chips and SunChips are two examples. Just be sure to keep to the one ounce serving size.

- **Reduced salt or low sodium products.** The key word here is "reduced" – any product labeled "reduced sodium" must contain at least 25 percent less sodium than the regular version of the same product. But if the original product had a high sodium content, then reducing it by 25 percent may not result in a low-salt food.
- **Fast food.** Clearly, french fries aren't the best choice for those trying to avoid salt, but fast food perceived as more healthy, such as salads and sandwiches, can be loaded with sodium hidden in the sauce or dressing. At McDonald's, a premium bacon ranch salad with grilled chicken has 1,010 milligrams of sodium and a grilled chicken ranch BLT sandwich has 1,190 milligrams. In comparison, a large order of McDonald's fries contains 350 milligrams of sodium.
- **Enhanced water.** Drinks such as Vitaminwater are basically sugary drinks with a vitamin pill. Some people may be getting too much of some vitamins and minerals if they drink vitamin water on top of fortified foods and other supplements. Instead, drink water from the tap. It's the best drink for hydrating your body, naturally calorie-free and contains fluoride to prevent tooth decay.

Eating healthy can be harder than one might think. It's important to make a habit of reading the full ingredients list, not just the Nutrition Facts panel. The USDA's www.choosemyplate.gov web site is a good source for help with healthy eating. The site's "Food-A-Pedia" tool provides ingredient information for more than 8,000 food items and allows you to compare up to three brands to identify the healthiest option.

Summer Travels

Trying to decide how to spend your summer vacation? If a road trip is on your horizon, you may want to plan your route to include a national park or two. In addition to some breathtaking scenery, opportunities abound at the nearly 400 national parks for those looking to explore nature and historic landmarks.

The National Park System comprises more than 84 million acres in every state except Delaware. These areas include national parks, monuments, battlefields, military parks, historical parks, historic sites, lakeshores, seashores, recreation areas, scenic rivers and trails, and the White House.

Visit www.nps.gov/findapark/index.htm to find parks listed by state. The site also features camping/lodging information available at various parks.

Depending on the number of parks included in your itinerary and the number of people in your travel party, it may be cost effective to purchase an America



the Beautiful Pass. This interagency pass is your ticket to more than 2,000 federal recreation sites. Each pass covers entrance fees at national parks and national wildlife refuges as well as standard amenity fees at national forests and grasslands. A pass covers entrance and standard amenity fees for a driver and all passengers in a personal vehicle at per vehicle fee areas (or up to four adults at sites that charge per person). Children age 15 and under are admitted free. An annual pass is \$80 and can be obtained in person at a federal recreation site, by calling 1-888-275-8747, Ext. 1, or at www.store.usgs.gov/pass/index.html.

Tips for Better Travel Photos

Regardless of where your travels take you, photos are a great way to capture your travel experiences. It's not necessary to have expensive photography equipment to get quality images – a point-and-shoot digital camera or smartphone will suffice. Following are some tips to improve your photos:

- **Get closer.** The closer you get to your subject, the more detail and interest you can capture. Achieve this by using the zoom feature on your camera or simply walking closer to the subject. Zoom in and out until you like what you see.
- **Know where the sun is.** The easiest way to flatter your subject is to put it in the best light. If you want your subjects' faces to shine, turn them so the sun is shining on their faces. Similarly, take a photo on the sunny side of a monument or landmark. Alternately, if you want to catch light glistening on the ocean, wait until the sun is low enough to bounce off the waves.
- **Fill the frame.** Make sure the full image you want is contained within your viewfinder to avoid cutting off the top of someone's head, etc. If the area or person(s) of interest isn't fully displayed or is partially shaded, then consider moving, changing the zoom, tilting the camera up or down or even rotating the camera for a vertical shot.
- **Try to take photos where you didn't "have to be there."** If you want to take a great photo and not just a snapshot of your traveling companions in a certain location, think about how a stranger would react to seeing your picture to help enhance its appeal.
- **Use your sense of humor.** Don't underestimate the value of capturing or expressing a little humor when taking photos. Travel is as much about how we felt and thought while traveling as where we went. Photos that capture some humor or other emotion often bring back the warmest memories as time goes by.

Recognizing Grand Oak Tenants

BPG Properties and Cassidy Turley extend special thanks to the following tenants for their commitment to Grand Oak Business Park during 1st Quarter 2012:

Capgemini – Expansion/Renewal – 860 Blue Gentian Road

Edward Jones – New – 2508 Dodd Road

Maximum Potential – Renewal – 2854 Highway 55

VA (VISN) – New – 2850 Dodd Road

Grand Oak Blood Drive



Grand Oak Business Park is partnering with Memorial Blood Centers to host a blood drive on Friday, May 11th, from 9:00a.m. to noon. Why donating matters:

Your donation directly save lives. If you began donating blood at age 16 and donated every 56 days until you reached 76, you would have donated over 48 gallons of blood, potentially saving over 1,100 lives! Every time you donate, you help save the lives of as many as three people in need.

You make a big impact—in so little time. Donating blood takes about one hour, including a mini-physical and health interview. Within about 10 days, your blood will have already reached someone in need. Where else can you volunteer one hour of time and save up to three lives?

Others are depending on you. Right now, family members, neighbors, friends, co-workers, and others in your community are depending on you. Premature infants are born day and night, often requiring blood to survive. Cardiac surgery patients may need life-sustaining blood transfusions. The need is great. The rewards are many. And only you can volunteer to give the gift of life.

The bloodmobile will be located in the 860 Blue Gentian Road parking lot. To register visit www.mbc.org/searchdrives and enter the Sponsor Code 3809 or contact the management office at (651) 289-3506.

About BPG Properties, Ltd.

BPG Properties, Ltd. is one of the nation's leading private equity real estate fund managers. BPG's portfolio consists of over 20 million square feet of office, retail, student housing, and industrial properties and more than 24,000 apartment units in more than 100 communities located throughout the United States. The firm is headquartered in the Philadelphia area with regional offices in Los Angeles, Chicago, Washington DC, Boston, Atlanta and Raleigh-Durham. For additional information, please visit the company's website at www.bpgltd.com.



**MANAGED &
LEASED BY:**

**Cassidy/
Turley** Commercial
Real Estate Services

**IMPORTANT
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Property Management
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After Hours Emergencies
651-289-3506

Leasing
Mark Stevens
612-347-9365