

April 2011

Monthly Newsletter

Downtown Health & Fitness

- Free Friend Day—
Thursday, April 14
- Happy Easter!—
Sunday, April 24—
DHF CLOSED

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Inside this issue:

Enjoy Exercise	1
News to You	1
Are We Having Fun Yet?	2
Recipe of the Month	2
Upcoming Running/Walking Events	2

Top Dog Espresso Co. is offering a \$1 discount on all drinks (excluding Red Bull) to Downtown Health & Fitness members and employees. Take advantage of this sweet deal and enjoy some great coffee!



Top Dog Espresso Company
3636 Tremont (Hwy 101 S)
North Bend

Red Bull is now for sale at the front desk for \$2.50

“Exercise is boring” or “I hate to exercise” are common excuses used to avoid working out. There are several ways to make exercise fun. In fact, you can be having so much fun that you don’t realize you have been exercising. Not all exercise needs to be formal, like walking on a treadmill or riding a stationary bike.

Here are some suggestions that may take the “boring” element out of exercise.

Participate in an exercise class. With music in the background and a friend by your side, exercise can be very enjoyable. Try a Zumba class and dance your way through your exercise. You will come out of the class thinking about what a great time you had, looking forward to the next Zumba class.

In reality, you raised your heart rate, burned approximately 500 calories, and totally enjoyed yourself.

Take your exercise outside. Run around a playground with your children or grandchildren; hike in the woods, or a treasure hunt on the beach. Go for a bike ride. Paddle a canoe on one of our beautiful lakes. Turn on music and dance around the house, or mow the lawn.

When we continually tell ourselves that we don’t like something, we believe it. So change the way you think about exercise. Think of it as something that you are doing for yourself that is good and beneficial. I truly believe that if you are having fun with something, you will stick to it. So find what you enjoy and have FUN!

NEWS TO YOU

We’ve added a recycle bin in the weight room (by the back door) for empty water bottles and other recyclable bottles. Toss your empty bottles in it instead of the trash and help us help the environment.



Are you nutty?

During the month of April, a glass jar filled with pecans will be at the front desk. Enter your guess about how many nuts are in the jar. The person with the closest guess will receive the nuts, two guest passes, a notebook, a water bottle, and an embroidered sweat towel.



Recipe from
Dr.Minkin.com

Remember: we will be closed Easter Sunday

Looking Ahead

Fit Friday Hike
2-4 miles

When: April 1, 10-11:30 am
Where: South Slough Estuary, Charleston
For more information call the Slough at 541-888-5558.

20th Salmon Creek Run
5k, 10k
When: April 2, 9 am
Where: Powers Hotel, 2nd and Hemlock in Powers
For more information contact Joe Hallett at 541-439-4485.

34th Roseburg to Coos Bay Relay
67 miles, 5-person teams
When: April 16
Where: Starts at KPIC-TV in Roseburg
For more information contact Pete Dawson at 541-267-6329 or Christie Kindred at 541-269-0263.

South Coast Striders-Siltcoos Lake Trail
3 miles
When: April 16, 10 am
Where: Carpool from Coos Bay Visitor Center at 7:15 am.
For more information visit <http://www.coostrails.com/striders/striders.htm>

7th Annual Run for the Kids
1 mile, 5k
When: April 23, 10 am
Where: John Topits Park
For more information contact Connie Gerling at 541-888-1048.

Recipe of the Month: *Creamy Asparagus Soup*

Ingredients:

2 pounds asparagus
1 large onion, chopped
2 cloves garlic, minced
2 stalks celery, sliced
2 broccoli stems, sliced (save the florets for another use)
6 cups bouillon
2 teaspoons oregano
pinch cayenne, or to taste
1 cup quick-cooking or rolled oats
Juice of one lemon
Lemon wedges
Freshly ground black pepper

Directions:

Break the tough ends off the asparagus and discard. Cut the stalks in 2" pieces and set the tips aside. Put the asparagus stalks and the remaining ingredients except the lemon in a large pot and bring to a boil. Reduce the heat and simmer 45-60 minutes, until the vegetables are very soft. Puree with a hand blender until smooth. Return the soup to a gentle boil, stir in the asparagus tips and cook 3-5 minutes or until they are just tender. Stir in the lemon juice and pass the wedges along with the pepper mill.

Are We Having Fun Yet?

By Annis Cassells

We were just scribbling color on a sheet of paper, filling it with a bright palette. We were having fun and enjoying the creative art workshop and the task before us. Afterward, with a few additional tips from our instructor, we learned to convert this coloring process into artful handmade greeting cards.

Fun is necessary for people to function properly. We need a balance of work and play in our lives, and taking the time for conscious fun is one of the things that keeps us going. Remember "All work and no play make Jack a dull boy."? There is a lot of truth to that saying. Not only does Jack become a dull boy, he isn't fulfilling one of his basic needs.

When we take the time for fun—or use our imaginations and creativity to make necessary tasks more pleasurable—we become revitalized and can meet jobs and responsibilities with new focus and energy.

Sometimes, it's merely a change of attitude that makes a chore more enjoyable. When faced with many walks up the 22 stairs to the second floor of our house, I decided to look at it as "only exercise." Hey, I was going to the gym to get exercise and this was just more of it! I added

a little melody in my head, and the groaning about another trip up or down the stairs faded away.

We see children frequently tackle mundane and routine actions in new ways. They take something that's routine, add a little twist to it or inject a shot of imagination and create a new game.

Sometimes our fun must be a product of doing something totally different or going someplace different. Changing up a Sunday drive, branching out to try something new or taking up a new hobby will do it.

*Too often, we let the fun things go in favor of the chores that need to be done or the jobs that make money or the duties that **others** think we ought to do. The bottom line is that fun is a necessity in our lives. Building in more time for it will help us survive and thrive.*

If there's something that you've always wanted to do, but haven't found the time for it, how about now? This could be just the piece of fun that might make a huge difference to for you.

What can you do to add a little fun into your days?

Copyright © 2011 Annis Cassells. All rights reserved. A life coach and speaker, Annis can be reached at 661-619-3359. Read her blog at www.thedaymaker.blogspot.com