

April 2012

Monthly Newsletter

Downtown Health & Fitness

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- **Easter—Sunday,
April 8—DHF
CLOSED**
- **Free Friend Day—
Saturday, April 28**

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Happy Easter!



Fundraising for the American Cancer Society, Hood-to-Coast team **Running on Purpose for a Purpose** has recruited Gran Torino to play at Walt's Pourhouse on Saturday, April 14 at 8 pm. Donations will be taken, and Walt's Pourhouse is donating 5% of all proceeds that day. Enjoy dinner and stay for the evening to support a good cause. The team is also having a huge garage sale on May 26. Donations gladly accepted! Please price the items and drop them off on the evening of May 25 (Fri) at College Park Church.

There's no getting around it: we are a beverage society. In the morning we drink coffee, tea, juice, and milk; in the afternoon we drink soda, flavored and vitamin-enhanced waters, and energy drinks. In the evening we have more tea, or a nice mug of hot chocolate. All day long, we sip beverages—but not water.

There are several problems with consuming all these beverages—and not consuming water. First off, these beverages contain energy, or calories. Liquid calories are extra calories that mostly provide no substantial benefits. Sports nutritionists add liquid calories to the diet of elite athletes who are having trouble consuming enough calories. By having the athletes drink extra beverages, they are able to maintain a healthy weight without feeling overfull. That's great for elite athletes, but do you want to consume extra calories without noticing it? Most of us don't.

Some beverages have little-to-no calories, but contain caffeine. Coffee and tea fall into this category. These beverages aren't a big problem for caloric consumption, but you should be aware of caffeine and its affects on your body personally. If you're having trouble sleeping at night or focusing during the day, consider cutting back the caffeine.

Diet sodas (and other diet drinks) also contain no calories, but debates surround the artificial sweeteners. Many also contain caffeine.

Vitamin-enhanced water may be billed as healthful, but that is a misconception. Glaceau Vitamin Waters contain 2.5 servings per container—but

most people drink the entire bottle. That means that the 50 calories becomes 125, and the 12 or 13 grams of sugar become 30 or 32.5. Yes, they contain some vitamins too, but vitamins from food sources such as fruits and vegetables are more absorbable. Drinking vitamin-enhanced water is just about like drinking sugar-water.

Juice—even if it's 100% fruit juice—is also high in calories and sugar. An 8-ounce glass of 100% orange juice contains 122 calories and 29.5 grams of sugar; 8 ounces of pure apple juice has 117 calories and 27 grams of sugar. Other fruit juices have comparable nutrition information, which makes them a less-than-ideal beverage for everyday consumption.

Hopefully this isn't news to you, but plain old water is the best beverage. The human body is composed of approximately 60% water. Each day our body disposes of water through sweat, urine, and feces, and if we don't replace it adequately, we have a problem. Water is exactly what our bodies need for hydration without additional calories.

Water has been shown to aid in weight loss, especially when consumed before meals. Drinking water before meals fills up the stomach—which makes you feel fuller—and thus you tend to eat less food.

If you spend the time to exercise and eat right, don't botch your work by sipping beverages all day—unless, of course, that beverage is plain old water.

Written by Joanna Stoops

NEWS TO YOU

Welcome to our newest staff member

Please join us in welcoming our newest staff member, **Zach Jones**. He works evenings and some Sundays. Say hi when you're in!

Remember: We will be closed on Easter Sunday.
Enjoy family time!



Recipe from
eatturkey.com

Looking Ahead

Fit Friday Hike

When: Friday, April 6
at 10 am

Where: South Slough Estuary
Call the slough at 541-888-5558 for more information.

21st Salmon Creek Run

5k, 10k

When: Saturday, April 7 at
10 am

Where: 2nd and Hemlock in
Powers
Call Joe Hallett at 541-439-4485 for more information.

35th Roseburg to Coos Bay Relay

67-mile 5 person teams
23-mile walk from Laverne
Park to Coos Bay

When: Saturday, April 21
Call Pete Dawson at 541-267-6329 or Christie Kindred at 541-269-0263 for more information.

South Coast Striders Sweet Creek

3.7 miles or 5 miles
When: Sunday, April 15 at 10
am, or carpool from Coos Bay
Visitor Center at 7:15 am
Email Don Luce at
southcoaststriders
@gmail.com for more
information.

Recipe of the Month: *Mini Turkey Empanadas*

Ingredients:

1lb ground turkey
1 cup chopped sweet onion
1/2 cup chopped green bell pepper, seeded
1 clove garlic, minced
16 ounces canned crushed tomatoes, drained
1 tablespoon dried parsley flakes
1 tablespoon fresh cilantro
1 teaspoon ground cumin
1/2 teaspoon dried oregano leaves
1/2 teaspoon crushed red pepper
1/8 teaspoon black pepper
2 (15-ounce) packages refrigerated pie crusts, or
homemade pie crusts
As needed vegetable cooking spray
As needed fresh cilantro springs

Directions:

1. In large nonstick skillet over medium-high heat, sauté turkey, onion, green pepper and garlic 5 to 6 minutes or until turkey is no long-

- er pink and vegetables are tender.
2. Stir in tomatoes, parsley, cilantro, cumin, oregano, pepper flakes and black pepper. Reduce heat to medium and cook 10-15 minutes, stirring constantly, until liquid is evaporated. Remove skillet from heat and allow to cool.
 3. Using 3-inch round biscuit cutter, cut 12 rounds from each of the four pie crust, combining remaining crust to yield 48 rounds.
 4. Spoon heaping teaspoon of filling in center of each round. Fold each pastry in half and pinch edges together to seal. Place empanadas on two cookie sheets (10-15 inch) lightly coated with cooking spray.
 5. Bake in preheated 400 F oven for 15-20 minutes or until empanadas are golden brown.
 6. Garnish with additional cilantro sprigs.

Yield: 24 servings (2 empanadas per serving)

Peaks and Valleys By Annis Cassells



f we could plot out our lives on a line graph, it would look like a series of peaks and valleys. That's the way life goes. Our periods of highs and lows are interspersed. Experiencing these differences encourages us when we're at a low point. We know that bad times don't last forever and that we will pull out of it. Having the tough times for comparison, we appreciate and savor the good times.

Climbing out of the valleys of our lives is sometimes a long trek, but we make it. Our resilience skills come into play and we bounce back. Many of us find or renew our faith. We may seek support and encouragement, or even more tangible help, from family and friends. Some of us re-double our efforts or develop new skills. Often, we make a change or a shift in our attitudes, and that effects the change we need. We do whatever it takes. But we make it.

I am amazed at the fortitude of the human spirit when faced with adversity. People close to me have lost jobs and returned to school to retrain for a different career. It wasn't easy, especially after hav-

ing been away from formal schooling, but they did it. Many of us have faced devastating illnesses and overcome them with medical treatment or lifestyle changes, or both. It was scary, but we did it.

One friend in our "family of choice" suffered deep depression for a long period. She was in and out of the hospital, and we were all worried for her safety. But, with the help of caring friends and a compassionate, knowledgeable doctor, she was able to come out of it and get back on track. Today, she's standing at the top of a life peak, living to the fullest. She's taken that rough time in her lowest period and integrated it into her life. That now allows her to use it for good. She's giving back by helping others who are going through some of those same trials that she experienced.

If we can use the experience that we gain from walking through and out of our valley to make ours and others' lives better, that time now has a higher purpose. And, our peaks are made more precious for ourselves and for what we can offer to others. As our t-shirt buddy Jake says, "Life is Good."

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Highlights

Tidbits from the club and around the world

Misto®



Make your own cooking spray! The Misto® is the perfect kitchen gadget for anyone who's conscious of both health and the environment.

Fill (and refill!) it with your cooking oil of choice (not solid oils like coconut) for a light distribution onto pans, salads, pizza, pasta, chicken, etc. Or, fill it with vinegar or lemon juice and spray onto salads, veggies, etc.

After filling the bottle, pump the lid 10 times to aerate the contents so it sprays out like an aerosol can—without the harmful environmental affects of aerosol cans or the chemicals and propellants in aerosol cooking spray.

Use it again and again, washing thoroughly before refilling. Misto® is available at most department stores (Walmart, Fred Meyer, Bi-Mart, etc.) and online; the cost is approximately \$10.

Featured Exercise

Hip Raises (Bridge)



Muscles worked: Glutes, hamstrings, intrinsic core stabilizers

How to do it: Lie face-up on the floor with arms at your side. Slowly raise your hips to create a straight line from your knees to your shoulders. Hold for desired amount of time and then slowly lower. Repeat for as many repetitions as desired. Focus on using your glutes and hamstrings to push your hips up, and keep your core stable and tight during the entirety of the exercise.

EMPLOYEE HIGHLIGHT LINDI QUINN

For nearly 3 years, Lindi has taught step aerobics for DHF. Her energetic class keeps you on your toes! Lindi is involved in Zonta, Women's Health Coalition, and various other volunteer projects. She also enjoys spending time with her husband, Mike, and golden retrievers, Marcia and Perkins.



Instructor tip

“Stretching releases tension, increases range of motion, and helps to prevent injuries as you develop more body awareness.” ~Sandy