

August 2011

Monthly Newsletter

- Monday, August 8—Free Friend Day
- August 15-27—boot camp round 2

Downtown Health & Fitness

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Boot Camp Round 2

Join Jonathan for 2 weeks of tough workouts that will push you further than you've gone before!

August 15-27

Mondays, Tuesdays, Thursdays, and Fridays at 6:00 pm

Register now!
\$30/members
\$40/non-members

How many times have you heard the phrase, "all things in moderation," or "enough is enough?" That goes for just about everything in life, especially when it comes to diet and exercise.

Most people diet or exercise for one reason—an improved life. We diet to lose weight, and we exercise to improve our health and lose weight. Both diet and exercise can be taken to extremes. We have all seen the television specials on people with eating disorders and we see how harmful that can be. But seldom do we see or hear anything on people who take exercise to an extreme.

When exercise becomes extreme and is used to lose unhealthy amounts of weight, it is often referred to as compulsive exercise. This behavior is an addictive behavior and soon begins to interfere with daily life. Over exercising can become unsafe and unhealthy.

Compulsive exercising can easily be overlooked or unrecognized. It may seem that someone is working hard to become fit or healthy, when in fact they can be doing just the opposite. Signs of a compulsive exerciser are exercising several hours a day, or exercising multiple times a day. A compulsive exerciser will continue to exercise when injured or sick.

Too much exercise can lead to many problems, including muscle strains, soreness, stress fractures, and chronic overuse injuries such as tendonitis.

What does healthy exercising look like? There is nothing wrong with exercising every day. In fact, you should exercise most days. The American College of Sports Medicine (ACSM) recommends "moderate intensity cardio 30 minutes, five days a week, or vigorous intensity cardio for 20 minutes, three times a week." In addition to cardio, they suggest strength training twice a week, performing 8-12 repetitions of 8-10 different exercises.

According the ACSM, "Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. It should be noted that to lose weight or maintain weight loss, 60-90 minutes of physical activity may be necessary. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease."

Everyone has different needs. If you are not sure what you should be doing, a personal trainer might be helpful in designing a workout program for you.

Written by Deb Lal

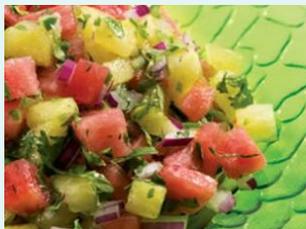
NEWS TO YOU

Welcome, Jonathan Bates!

Many of you already know Jonathan. He has been a member of DHF since 2007. Since he joined the fitness center, he has made several changes in his life. The biggest change is his size. By changing his diet and adding exercise, he has lost over 200 pounds. During this time he began

studying and going to school to learn more about fitness. Now he has added another change. Jonathan has completed his ACE Personal Training certification. Please join us in welcoming Jonathan to the DHF staff. We are very pleased that he will be joining our family. To make a personal training appointment with Jonathan, Jennifer, or Deb, contact the front desk.

*"Be moderate in order to taste the joys of life in abundance."
~ Epicurus*



Recipe from
www.eatingwell.com

Looking Ahead

38th Annual Circle the Bay 30k run/walk/relay
When: August 6, 8 am (6:30 am for walkers)
Where: Meet at Ferry Road Park
Contact Jim Clarke at 541-756-6197 for more information.

12th Annual Bah Humbug Requiem Run
Choose distances from 4-10.5 miles or more
When: August 20, 3 pm
Where: Humbug Mountain State Park, day use areas
Contact Mr. Scrooge at 541-347-3716 for more information.

Fit Friday Hike
2-4 miles
When: August 26, 10 am
Where: South Slough Estuary
Call the Slough at 541-888-5558 for more information.

The following are South Coast Striders Hikes:

~August 14—Blacklock Point Floras Lake
4 or 8.5 miles
Caravan leaves from Coos Bay Visitor Center at 8:45 am.

~August 27—Iron Mountain
1.2 or 2.7 miles
Caravan leaves from Coos County Extension office at 7:15 am.

For more information on these hikes or South Coast Striders, contact Don Luce at southcoaststriders@gmail.com

Recipe of the Month: *Watermelon Salsa*

Sweet, savory and crunchy salsa accompanies grilled pork or chicken rather nicely. Try it with tortilla chips as a refreshing alternative to a tomato salsa.

Ingredients

- 3 cups finely diced seedless watermelon (about 2 1/4 pounds with the rind)
- 2 jalapeno peppers, seeded and minced
- 1/3 cup chopped cilantro
- 1/4 cup lime juice
- 1/4 cup minced red onion
- 1/4 teaspoon salt, or to taste

Place watermelon, jalapenos, cilantro, lime juice and onion in a medium bowl; stir well to combine. Season with salt. Serve at room temperature or chilled.

Maintaining Balance By Annis Cassells

Mae West is supposed to have said, “Too much of a good thing is wonderful.” Perhaps she felt it was so in her day and situation. But, the truth is that when we expend excessive amounts of energy in one or two areas of our lives for too long, no matter how “wonderful,” our lives are thrown out of balance, leading to dissatisfaction, neglect, or over-stress.

When we become overwhelmed by the curves life throws us, it’s easy to ignore some areas. We may spend more time and energy on work or care giving or even play, and ignore other parts. For a balanced life, we need to make sure that we’re paying attention and giving time to all aspects of our lives.

Here’s an exercise for life balance appraisal that I use in my coaching practice:

1. Take a look at the balanced Wheel of Life.
2. Read the explanation of each section below the diagram.
3. Think about your own life and where you’re spending your time.
4. Make your own Wheel with the size of each wedge proportionate to the amount of time you spend on that area *per week*.



Work, chores, livelihood -- This includes time away from the workplace (commuting, thinking about your job, and preparing at home) and work that you do in your home (chores).

Relationships – Family and friends. It’s easy to take these folks for granted when you get too busy or stressed.

Contributions to others – Sharing wealth, knowledge, or time

Health – Caring for your body is more than curing an illness. Good health = having plenty of energy to live the life you desire, so think about diet, exercise, and regular healthy habits.

Emotional health – Support of a counselor; time for solitude; laughter; doing things that relax you.

Spiritual well-being – For some, this area will be in the context of practicing their religion. For others, it means a sense of peace and centeredness from meditation, nature, or learning about different spiritual practices.

Fun & Adventure -- This has a positive, powerful impact on health and well-being.

Now it’s time to evaluate your own wheel. I like to respond to the questions in my journal so that I can re-read my thoughts later.

1. When reviewing your finished wheel, what do you notice? Are there areas that are larger, or maybe much smaller, than others?
2. Where might you want to adjust to improve your life balance?
3. What would your life look like with those adjustments? Imagine how making those adjustments might feel.

Living a life in balance is important. Being too reliant on one or two life areas for our happiness and fulfillment, we’re out of balance. Putting our lives in balance affords us more opportunities for leading a life of joy and contentment. A balanced wheel makes for a better ride -- in automobiles and life. Check yours regularly.

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