

December 2012

Monthly Newsletter

# Downtown Health & Fitness

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- Free Friend Day—  
Thursday, December 20
- Holiday HOURS:  
5 am-noon December 24  
CLOSED December 25  
8 am-6pm December 26
- 5 am-6 pm December 31  
CLOSED January 1  
Regular hours January 2

## Y Diets Decoded Y

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A few years back, some popular diets were Atkins, Slim Fast, and Nutrisystem. Many of the diets require strict adherence to specific rules that are extremely restricting and quite simply, unhealthy. Restricting fruits and certain vegetables or consuming prepackaged meals on a regular basis are both questionable diet plans.

In more recent years, it seems as though there's been a shift towards more healthful diets which emphasize long-term changes. Consuming whole, organic, and "clean" foods is all the rage. Along with the basic idea of eating more natural and wholesome foods comes new diets. Everywhere you look—especially if you spend time on social networking sites like Facebook and Pinterest—you'll find recipes labeled "gluten-free" "vegan" "raw" and "paleo." What do all these things mean, and why follow one or more of these diets?

**Gluten-free:** eliminating everything that contains gluten. Gluten is Latin for "glue"—it's the protein from wheat (and a few other grains—barley, rye, and spelt) that gives it a sticky bond. Many people are gluten intolerant or have celiac disease, forcing them to eliminate it from their diet. Others who don't have an intolerance or celiac disease choose to cut gluten from their diet. Some research has shown that eliminating gluten improves symptoms associated with autism, ADD, ADHD, and a variety of other conditions. Acceptable foods on a gluten-free diet include all fruits and vegetables, meat, fish, poultry, dairy, nuts and seeds, beans and legumes, sugars, fats and oils, and the following grains: rice, oats, amaranth, buckwheat, corn, millet, tapioca, quinoa, sorghum, and teff.

**Vegan:** eliminating everything that's an animal product. This includes meat, fish, poultry, eggs, and all dairy products. Vegan is similar to vegetarian but is more strict. True vegans cut everything animal-derived, including honey. There are a variety of different reasons people adopt this diet. Many feel that our bodies were not designed to process animal products (thus the issues with cholesterol and heart disease). Others have personal convictions against killing or harming animals. Acceptable foods on a

vegan diet include all fruits and vegetables, nuts and seeds, beans and legumes, all grains, sugars, and plant-based fats and oils.

**Raw:** eating only raw foods. On first thought this seems like salads and carrot sticks 24/7, but that's far from accurate. Anything that is not heated above 118 degrees is considered raw. This allows for low-temperature "cooking" and dehydrating. The recipes are endless; there are even raw bread recipes. Using sprouted grains and legumes is common as well as blended, juiced, fermented, and pickled foods. Some people feel that a raw diet is more healthful because the nutrients have not been "cooked out" from the heat. Acceptable foods on a raw diet include all fruits and vegetables, nuts and seeds, beans and legumes, all grains (soaked, sprouted, or otherwise uncooked), sugars, and fats and oils. Some people include raw eggs, fish and meat, and non-pasteurized, non-homogenized milk, yogurt, and cheese.

**Paleo:** eating only foods that were consumed by our ancestors prior to the agricultural revolution. This means eliminating grains, legumes, dairy, refined sugar, potatoes, processed foods, salt, and refined vegetable oils. The paleo diet provides the body with high-protein, low-glycemic foods, which some people feel is necessary for weight loss and continued health. Acceptable foods on the paleo diet include grass-produced meats, fish and seafood, fresh fruits and vegetables, eggs, nuts and seeds, and healthful oils (olive, walnut, flaxseed, macadamia, avocado, coconut).

Though these diets each have their restrictions, the emphasis with all of them is long-term change for health reasons, not rapid weight loss. In its own way, each diet has some emphasis on clean, wholesome foods—which is what we need to live a long, healthy life.

Written by Joanna Stoops

### Give the Gift of



### Health

#### Gift Certificates available

New members join with no joining fee during the months of December and January.



This time of year we reflect on all the wonderful things in our lives. At Downtown Health & Fitness, we want to thank all of our wonderful members for their continued support and dedication. We truly appreciate you. Thank you.

## NEWS TO YOU

From our Family at  
Downtown Health & Fitness  
to yours,  
*Merry Christmas*



Recipe contributed by Joanna,  
found on [pinterest.com](http://pinterest.com)



## Looking Ahead

Upcoming walking, running,  
and hiking events

### Mac's Run

5k, 10k

When: Saturday, December 8 at  
10 am

Where: Sunset Bay State Park  
Contact Rex Miller for more  
information at 541-269-1199.

### Christmas Lights Fun Run

When: Tuesday, December 18 at  
6 pm

Where: Start at Abby's Pizza in  
Coos Bay  
South Coast Running Club social  
event, to be followed by  
refreshments and pizza. Contact  
Pete Dawson for more  
information at 541-267-6329.

### South Coast Striders Empire Lakes

1.5 or 3.5 miles

When: Saturday, December 22 at  
9:30 am

Where: Empire Lakes (John Topits  
Park)  
Contact Don Luce for more  
information at  
[southcoaststriders@gmail.com](mailto:southcoaststriders@gmail.com).

## Recipe of the Month: *Very Healthy Cookies*

When you have a sweet tooth and want to stay on track with healthy eating, here's a nice treat. No flour OR sugar! These cookies are fruity and have a great texture.

### Ingredients:

3 mashed bananas (ripe)  
1/3 cup apple sauce (unsweetened)  
2 cups oats (old-fashioned)  
1/4 cup almond milk (or any type of milk)  
1/2 cup raisins (optional, but yummy!)  
1 tsp vanilla  
1 tsp cinnamon

### Directions:

Mix all ingredients together. Scoop onto a baking sheet lined with parchment paper. Using a small ice cream scoop works great to get nice rounded cookies. They can be very close together on the sheet and they won't run into each other during baking since there's no baking powder or baking soda. Bake at 350 degrees for 15-20 minutes.

## Doing Our Research

By Annis Cassells

There's a reason why medications, supplements, and physical training programs give this warning: "Consult your doctor before using." Aside from concern about their liability and not wanting to upset the bottom line, they know that every *thing* isn't for every person.

Jumping on others' bandwagons without doing our own research can cause disappointment, minor problems, or injury. It can exacerbate existing problems.

With the enthusiasm of the newly-converted, we often spring into new regimens and routines because our friends or family are doing so. One person finds a new facial product that restores elasticity to her skin and enhances her features. Soon many friends rush in to try it, looking for the same results.

A friend achieves great results from a new piece of exercise equipment. That's all we need to know before we're ordering it off the Internet.

Dr. Oz showers praise on a dietary supplement, and thousands of his fans storm the health food stores. Many of us don't bother to delve into the contents, caveats, or contraindications. It may work for Dr. Oz and for many people, but each of us is unique, and things may work differently for us and our particular body type.

So, it behooves us to ask questions and then do our own research. One friend asked me whether I took an anti-osteoporosis medication; she was considering her options. I'd been taking one for at least six years and wondered

why she'd ask. I sought information from other friends, medical websites and forums, and my own doctors. With their help, and the results of a bone density test, I determined that it would be advantageous for me to take a break from the bisphosphonates. My primary-care physician recommended, in my case, a one-year hiatus, then retesting.

Next bit of research: how to keep my bones strong. What would I need to do? Well, for starters, I knew that regular exercise, particularly weight-bearing exercise, and calcium with vitamin D would help. Check. I was already doing those two things. I researched bone-building supplements online and read about several options, including user evaluations of them. Then, off to my local health food store I went. The knowledgeable owners told me the pros and cons of several of their products, which I then investigated before making my decision and purchase.

I've been on the new regimen just a few weeks, and I feel good about my process in making my decision.

There are no blanket answers, no one-size-fits-all solutions. What's "good for the goose" is not necessarily "good for the gander." We are the ones who must take charge of our lives by noticing, questioning, and finding our own answers. That is one path to optimum health and happiness.

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# Highlights

Tidbits from the club and around the world

## Chestnuts



Chestnuts are a unique nut in taste and texture as well as nutrition content. There are several different varieties of chestnuts including Chinese, European, and Japanese. The variety, as well what form it's consumed in, (raw, roasted, boiled, etc.) alters the calories for a given amount. On average, 1/4 of a cup of chestnuts contains 85 calories.

Compared to the average 200 calories that 1/4 of a cup of most nuts contain, chestnuts are extremely low calorie, which is due to their low fat and high carbohydrate profile. Chestnuts are high in vitamins C and B, dietary fiber, and essential fatty acids, making them a nutrient-packed, wonderfully low-calorie nut.

Chestnuts are popular in stores over the holiday season, but can sometimes be found year-round in cans or air-tight packages. Just don't get them confused with water chestnuts—they're not the same thing!

## Fitness Feature

### Leg-Hover Step-Up



What it works: Balance, glute muscles, and muscles of the legs and ankles.

How to do it: Set up a step and step up with one leg. Let your other leg dangle off the box, hovering above the floor. Balance for 10 seconds, then bring your leg up, straightening your standing leg. Lower your free leg back down again, and hover for another 10 seconds. Repeat for as many repetitions as desired.

### EMPLOYEE HIGHLIGHT KRIS CRUSOE

Kris teaches some of our newest yoga classes: Relax into Yoga Mat on Tuesdays at 10 am, Relax into Yoga Chair on Thursdays at 10 am, and ABC Yoga Flow on Thursdays at 4:30 pm. Kris is YogaFit certified, and brings much experience and skill to our yoga team at DHF. She has taught yoga classes here at various times since 2007. Kris recently retired and was excited to use her extra time to share her love of yoga with others.

### Instructor tip

Learning to listen to our own body is very important. Our body speaks to us through sensations. Bringing awareness to every nuance of our body as we breath and move leads to a deeper understanding of our mind-body connection on and off the mat.

~Debra