

February 2011

Monthly Newsletter

Downtown Health & Fitness

- February 14—FREE FRIEND DAY
- February 25—Zumba Masters Class 7:00 pm—8:30 pm

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Y Fitness for Your Heart Y

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Happy Valentine's Day!



While walking, running, or bicycling at John Topits park, take a minute to notice the new maps, trail markers, and doggie stations that were placed by the Bay Area Ford Family Foundation, class of 2009.

When I was taking Anatomy and Physiology, I was amazed to learn that the human body has over 600 muscles. After I passed the class, I began to forget all the names of the smaller muscles in the face and throughout the body and began focusing primarily on the muscles that are prominent in strength training. Muscles like the Bi's (Biceps), Tri's (Triceps) and Pecs (Pectorals) are superficial muscles, meaning they are closest to the skin and are visible. However, there is one muscle that you cannot see and it is the most important muscle in our body. Everyone should be spending time every day working on it and making it stronger. That muscle is the heart. If our heart muscle is not working well, it does not matter how big or strong our other muscles are. If our heart is not working, neither are we.

The heart is an involuntary muscle. This muscle is designed to contract without our control, involuntarily. There are certain exercises we can do to help strengthen the heart muscle and work more efficiently. The term Aerobic or Cardio fitness (short for cardiovascular or cardio-respiratory) is a type of exercise that targets the heart. In the book Advanced Fitness Assessment and Exercise Prescription, **Cardio-Respirator Endurance** is

described as, "the ability to perform dynamic exercise involving large muscle groups at moderate to high intensity for prolonged periods of time." Walking, running, dancing, biking, and swimming are some examples of this type of exercise.

The American College of Sports Medicine's (ACSM) current recommendation for cardiovascular exercise is, "moderately intense cardio 30 minutes a day, five days a week or vigorously intense cardio 20 minutes a day, 3 days a week for people under the age of 65. 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 to 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."

To keep our muscles strong, lifting weights 2 to 3 days a week is recommended. Keeping our heart healthy is an everyday exercise. Remember, just because you cannot see the heart muscle doesn't mean it is not important. Stay strong and stay healthy.

NEWS TO YOU

New Staff

We are very happy to introduce two new employees to our members. **Melissa Loudenbeck** will be joining our staff as an instructor. She will be teaching **Turbo Kick** on Tuesday and Thursday nights at 7pm, beginning February 1. She comes with many certifications and much experience.

Royce Bogs will begin working on the desk on Tuesday and Thursday mornings. Please join us in welcoming them.

Yoga Update

We will be cancelling our Monday afternoon Yoga class. We hope to be adding another class to that time slot (4 or 4:30 pm), so keep your eyes open.

Happy Hour Yoga is also cancelled for the time being. We will post flyers and send out an email when we restart this class.

ॐ NAMASTE ॐ

Recipe of the Month: *High Protein Energy Bars*



High Protein Energy Bars

Adapted from Bob's Red Mill
Natural Foods website

Looking Ahead

25th Annual Prediction Run/Walk
5 mile run/3 mile walk
When: February 12, 10 am
Where: Coos Bay Boardwalk
For more information call Pete and
Carole Dawson at 541-267-6329.

Fit Friday Hike

2-4 miles
When: February 25, 8:30-10 am
Where: South Slough Estuary,
Charleston
For more information call the
Slough at 541-888-5558.

South Coast Striders Tahkenitch
Dunes Threemile Lake
3.5 miles or 6-7 miles
When: February 26, 10 am
Where: Meet at Tahkenitch Dunes
Trailhead 8 miles N of Reedsport
near milepost 204.



Bring your
valentine for free
friend day!
February 14

Ingredients:

- 12 oz carob chips
- 8 oz peanut butter
- 1/2 cup margarine or butter
- 1 cup raw, shelled sunflower seeds
- 1 cup finely shredded, un-sweetened coconut
- 1/2 cup sesame seeds
- 1 cup wheat germ
- 1 cup finely chopped walnuts

Directions:

Melt together carob chips, peanut butter and margarine, then pour over and mix well with sunflower seeds, coconut, wheat germ, walnuts and sesame seeds. Press into buttered 9in x 13in pan. Chill and cut. Makes 30 bars.

NUTRITIONAL INFORMATION

Serving Size: 1 Bar (55g)
Calories 250, Calories from Fat 180,
Total Fat 20g, Saturated Fat 8g, Cho-
lesterol 0mg, Sodium 85mg, Total
Carbohydrates 15g, Dietary Fiber 3g,
Sugars 5g, Protein 5g.

Heart vs. Head

By Annis Cassells

Some call it intuition. Others call it "following one's heart." Either way, the heart is an important factor in decision making.

A **heart** decision, represented by our wants, needs, feelings, and emotional desires, may lead us to impulse buying. We may think: *If I just have **that**, I'll be glamorous, loved, respected, admired, sexy.* Advertisers bank on consumers' hearts influencing their purchases.

Certainly, my acquiring that unique, navy blue, leather purse and that gorgeous, hand-woven, wool poncho at a celebrated art fair many years ago boosted me into the realm of glamour and sexiness.

A **head** decision embodies the standards, values, and principles that one holds—as well as one's needs. When we use only our heads, we tend to over analyze and over think situations. We go heavy on the logical and rational.

Using our heads and hearts in combination is the route to our best decision-making. Heeding the voice within, we allow our sub-conscious, our emotions, and our feelings to enter. We think a decision through using logic, but we also listen to the wisdom of our bodies. The head provides reasoning and the heart indicates what is good for us. We find common ground; then compromise.

Several years ago Judy and I decided

we wanted a digital camera. Since both of us were totally ignorant about the subject, I went to the library to read *Consumer Reports* and photography publications. Next, we ventured to Brown's Studio, where the owner spent over an hour explaining the pros and cons of several different cameras that would meet our needs. He recommended a particular model with a waterproof metal case. Within hours, we made an informed decision and returned the next day to buy the one he recommended. It turned out to be a great beginning camera for us.

In business, a head-heart combination works best. The practical, rational, logical thinking are necessary in order to keep the business on track. But the heart must enter in when dealing with employees, clients, and customers. Businesses need both parts—head and heart.

The next time you are faced with an important decision, make sure that the process involves your head **and** heart. Being able to cross over and use both strengthens your decision-making power and leads to longer term satisfaction, happiness, and contentment.

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