

February 2012

Monthly Newsletter

Downtown Health & Fitness

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■ **Free Friend Day—
Saturday, February
11**

■ **Valentine’s Day—
Tuesday, February
14**

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*Sweet Heart of a Deal
2 for 1 Joining Fee*



*Or half off the joining
fee for an individual
membership*

2012 Hood-to-Coast team **Running on Purpose for a Purpose** is raising funds for the American Cancer Society. Three of the team members are staff at DHF (Jonathan, Angie, and Joanna), and most of the others are members. To help them in their fundraising efforts, donations to the team can be made at http://community.acsevents.org/site/TR?fr_id=42603&pg=entry (click on team “Running on Purpose for a Purpose” on the right side column) or give your donation to Jonathan, Angie, or Joanna. Thanks in advance!

Personal Training

Why hire a personal trainer? There are a variety of reasons why someone hires a personal trainer.

Having motivation and accountability. This factor is a big part of what brings people back to trainers week after week. If you know you’re going to see your trainer tomorrow, you’re less likely to eat that donut that’s sitting on the counter. Not only are you likely to skip that, you’ll likely do a cardiovascular workout on your own.

Obtaining an individualized workout plan to help you reach your goals. Everyone has different goals when they begin working out. Maybe your doctor recommended an exercise program, you want to run a 10k or marathon, or you want to lose weight. Many different variables are set based on client goals. This is far superior to coming to the gym and randomly choosing 5 exercises that you like and doing 3 sets of 10 reps at a medium tempo.

Getting new exercise ideas. It’s easy to get stuck in a rut with exercises. You start out with 30 minutes on the elliptical and then spend 20 or 30 minutes doing the same resistance training exercises you’ve been doing for years. Not only is that dull and boring, you’re short-changing yourself. It’s likely not challenging your body. Your body has long ago adapted to the demands placed upon it, and you haven’t changed the demands. In short, you’re wasting precious time; you could be benefiting more from your time. Trainers have a mindful of exercise ideas and can help you get the most out of your time.

Getting advice and assistance for exercising with a special or medical condition. From pregnancy to diabetes to osteoporosis, almost everyone has (or will have) a special or medical condition. Often, exercising is extremely important for those with medical conditions, but the program needs to be designed with the condition in mind. To prevent complications and injuries, a trainer knows the appropriate (and inappropriate) exercises and techniques for many different condi-

tions and can guide you in safe exercise.

Having assistance with post-physical therapy recovery. Just as trainers design appropriate programs for those with special conditions, they can design programs for those recovering from injuries or surgeries. Strengthening and stretching specific muscles work wonders in recovery, bringing the body back to its strong and healthy state.

Learning correct exercise form. Many people exercise with incorrect or poor form—excessively arching the low back, for example—a recipe for injury. Personal trainers are educated on correct form and are the “3rd person” that can clearly see form problems. Trainers help their clients understand correct form, and if necessary, continue to remind them about it.

Correcting muscle imbalances. Most people don’t realize that they have muscle imbalances. This doesn’t necessarily mean bulging biceps and string-bean legs. Underactive core stabilization muscles can cause the low back to arch excessively, and an overactive upper trapezius causes the shoulders to elevate. These “small” issues can become big problems if not corrected. Personal trainers are trained to see muscle imbalances and incorporate exercises into a program to correct these problems.

Going through the proper progression to build up your fitness. A beginner should not start with plyometrics or heavy weight-lifting. There is an appropriate progression of fitness, and it’s essential to follow it to prevent injuries and build a base to work on. Personal trainers understand the progression and will help you go through that progression—with your goals in mind.

No matter your goal or situation, a personal trainer can assist you in a workout plan designed for you.

Written by Joanna Stoops

NEWS TO YOU



Joanna Stoops recently became a Certified Personal Trainer with the National Academy of Sports Medicine (NASM) and we’ve added her to our personal training team! Sessions with her are sold as goal packages. \$300/month for 2x/week or \$400/month for 3x/week. Initial consultation is free, so call and make an appointment and get started on your goal! Joanna can be reached at Downtown Health & Fitness or 541-260-2081.

Deb, Jennifer, and Jonathan are all still trainers at Downtown Health & Fitness. To learn more about each trainer’s specialties, education, and certifications, look for a new brochure on our trainers at the front desk. Review the brochure to determine which trainer is the best fit for you.



Recipe from
eatingwell.com

Looking Ahead

Fit Friday Hike

When: Friday, February 3
at 10 am

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

27th Annual Prediction Run/ Walk

5 mile run, 3 mile walk
When: Saturday, February 11
at 10 am

Where: Coos Bay boardwalk
Call Pete or Carole Dawson at
541-267-6329 for more
information.

South Coast Striders Seven Devils to Whiskey Run 2.3 or 4.5 miles

When: Saturday, February 25
at 9 am

Where: Meet at Seven Devils
Wayside

Email Don Luce at
southcoaststriders
@gmail.com for more
information.

February 16 is...

**“Do a grouch a
favor” day!**



Take a moment on the 16th
to find a grouch and cheer
him or her up!

Recipe of the Month: *Mashed Maple Squash*

Ingredients

- 1 acorn squash, (1 1/4 pounds), halved and seeded
- 2 tablespoons pure maple syrup
- 1 teaspoon butter
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt

Preparation

- Preheat oven to 400°F. Coat a 9-by-13-inch baking pan with cooking spray.
- Place squash halves cut-side down in the prepared pan. Bake until soft, about 50 minutes. Let cool for 10 minutes.
- Scrape the soft squash flesh into a medium

bowl. Stir in syrup, butter, cinnamon and salt with a fork, mashing the squash until somewhat smooth.

Makes 2 servings. Per serving: 156 calories; 2 g fat (1 g sat , 0 g mono); 5 mg cholesterol; 36 g carbohydrates; 2 g protein; 3 g fiber; 299 mg sodium; 790 mg potassium.

Nutrition Bonus: Vitamin C (40% daily value), Potassium (22% dv), Magnesium (18% dv), Vitamin A (15% dv).

Carbohydrate Servings: 2 1/2

Exchanges: 2 1/2 starch

Getting the Help you Deserve

By Annis Cassells

We turn to our friends or our family in many cases when we have a life decision to make or when we need opinions or help. And, most often that works for us. Merely airing our dilemmas can be a relief.

But, as one client who was contemplating a career change said to me, “I need to talk this over with someone who doesn’t love me.”

When athletes want to improve their swing or perfect their breast stroke, they turn to their coach for guidance, inspiration, helpful hints, and encouragement. Wanting to perfect their skills, they practice, get feedback from their coach, and make any other changes that will help. The same is true in the game of life. When we want to make a shift or a change, seeking the help of a life coach can make things move much more easily, swiftly, and smartly.

We might think, *Hey, it’s life! It’ll unfold however it is supposed to be.* And, I believe it will. But, getting some assistance along the way helps us with the “how”. It helps us to clearly envision the change we want to make and opens us to ideas that we may not have considered. Coaching brings a fresh perspective from someone who has no agenda except to help you succeed. Life coaching is all about professionally-assisted life change.

Maybe it’s a matter that calls for counseling, like deep loss or grief or problems that psychotherapy will help. Many who could benefit from counseling dismiss it. Often, their frame of reference is the movies or television versions of a therapy session. Some worry about what others would say or think if they knew. Others reject the idea of counseling because they think, *I’m not crazy!*

Understanding that we all are deserving of a counseling outlet, we need to look at counseling in a different way. It is an opportunity to clarify our thinking and to be heard by someone who is skilled at getting to the root of life’s problems. A counselor can help us transform our thinking and our lives.

Seeking help is not a sign of weakness. It’s a sign that we recognize and acknowledge our needs, that we have a goal or desire and wish to explore all possible avenues.

When we want to learn something new, we take a class or ask an expert. When we want to work on our lives, we may look for a life coach or a counselor. Finding the person and level of service that will help us get what we need is the first step for our happiness and satisfaction. It’s our life. Let’s “let the sunshine in.”

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Highlights

Tidbits from the club and around the world

Star Fruit



Star fruit is a fruit grown in Thailand and throughout southeast Asia, Australia, South America, Hawaii, and Florida. They are more readily available in the winter, and since they have many nutritional benefits, now is the time to eat some!

- High in vitamin C
- High in fiber
- Only 30-40 calories for a whole fruit
- High in antioxidants and flavonoids

Check out the following website for great star fruit recipes: <http://www.nikibone.com/recipe/fruit/starfruit.html>

Featured Exercise

Kneeling Lat Pulldown



Muscles worked: latissimus dorsi, teres major, biceps, and rhomboids. Glutes stabilize.

How to do it: use the lat attachment on the cable machine. Kneel in front of it (use a mat to make it easier on your knees), forming a straight line from your shoulders to your knees. Reach up, grip the bar, and pull down, rotating from your shoulders. Pull all the way down before letting the bar raise back up. Repeat with as many repetitions as desired.

EMPLOYEE HIGHLIGHT ANGIE KEMP



If you want the ultimate workout, take a class from Angie. She has over 15 years of experience as a group fitness instructor. Some of her talents include Step Aerobics, Kickboxing, Weight Lifting, and Zumba. This combination makes for an excellent instructor. Join her on Mondays and Wednesdays at 5:45 pm for Cardio Blast.

Trainer tip

“Life is a series of choices. Continually make positive choices—resulting in changes—and you’ll see results.”

~Joanna