

January 2011

Monthly Newsletter

Downtown Health & Fitness

- December 31—5am-6pm
- January 1—DHF CLOSED
- January 7—Happy Hour Yoga 5:30 pm
- January 19—FREE FRIEND DAY

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CHECK OUT THE NEW
BOSU BALL LOCATED IN
THE WEIGHT ROOM

**Power Progression
NEW CLASS
Mondays at 5:30 am**

This class begins with a simple weight lifting move and progresses from there. With additional movement, a change of tempo, and an element of balance or plyometrics, this class can be a challenge.

Doesn't it seem that when you get one thing in your life on track, something else gets off track? That seems to be the case in my life, and exercise is no exception. Either the house is clean, the dog has been walked, and my homework is done—yet I haven't exercised in days, OR I ran five miles, made dinner, and went grocery shopping—yet loads of homework awaits my attention. Keeping things in line is a difficult task.

Exercise itself can be a hard thing to keep in line. I often see people in the gym logging hours on the ellipticals and treadmills, while slouching the whole time. I know it's easy to forget about one thing while working on another, but don't let posture be the forgotten aspect of exercise.

Proper posture is critical while exercising. Poor posture can result in back and neck pain, degenerative arthritis, and joint pain. Crawford Chiropractic in Stockton, California explains why posture is so important. "If a human weighs 10 pounds and the center of the ear sits directly over the center of the shoulder, the load on the spine and its tissue is only 10 pounds. However, if the head is translated

forward, its weight will increase by 10 pounds, for every inch forward. So for every inch the head is moved forward, the weight of the head is added weight upon the spine, discs, joints and nerves, thereby causing more than just a pain in the neck." (<http://correctyourposture.com/html/rart001.htm>)

The amount of increased weight that the shoulders and back must bear just from improper posture is shocking. Clearly, good posture is of utmost importance. While using the treadmill or elliptical, stand tall and resist the sometimes subconscious urge (especially while running) to bring your shoulders up toward your ears. Also, do not lean on the front of the elliptical. Always engage your abdominal muscles, and you will get a better workout.

If you're so tired that you cannot maintain proper posture and exercise at the same time, cut your workout a bit short and stand up tall. It's hard to keep everything organized, but make sure you don't let your spine slip out of line.

Written by Joanna Stoops

NEWS TO YOU New Equipment!

You may have noticed new equipment in the gym in the last month. We added a BOSU Ball and 14 Body Bars in four different weights to our facility. The BOSU Ball (a blue dome) is located in the weight room and can be used for stability and balance, as well as a variety of exercises including push-ups (turn the ball upside-down), triceps dips, and side and back lunges. It can also be used for flexibility exercises. The Body Bars, located in the aerobic room, can be used like free weights to perform exercises such as biceps curls, triceps extensions, rows, and overhead presses. They can also be placed behind the shoulders while performing squats and lunges. In addition, a Body Bar can be placed over a step bench horizontally and push-ups can be done. So many different exercises can be done with both the BOSU Ball and the Body Bars. If you're feeling adventurous, combine the BOSU Ball and a Body Bar for a great workout! If you need instruction or extra ideas, talk to one of our staff members.



Black Bean Brownies

From *Baking With Agave Nectar*

Happy New Year 2011!

December 31: 5 am-6 pm

January 1: Closed

January 2: Regular business hours



Looking Ahead

Bullards Run
1 mile 5k, 10k
When: January 9, 2 pm
Where: Bullards Beach State Park
For more information call Tom Bedell at 541-247-4740 or David Ledig at 541-347-3791

South Coast Striders—Walkable North Bend
2 miles or 5.75 miles
When: January 29, 9:45 am
Where: Meet at Coos Historical & Maritime Museum
For more information visit www.coostrails.com/striders/striders.htm

Create your own activities this month:

- Walk at Empire Lakes/John Topits Park
- Hike at Golden and Silver Falls
- Run the trails at Sunset Beach
- Walk 3 laps around the inside of the mall for one mile

Free Friend Day January 19

Recipe of the Month: *Black Bean Brownies*

4 ounces unsweetened chocolate
1 cup unsalted butter
2 cups soft-cooked black beans, drained well (canned is fine)
1 cup walnuts, chopped
1 tablespoon vanilla extract
¼ cup (granulated) natural coffee substitute (or instant coffee, for gluten-sensitive)
¼ teaspoon sea salt
4 large eggs
1½ cups light agave nectar

Preheat the oven to 325°F. Line an 11- by 18-inch (rimmed) baking pan with parchment paper and lightly oil with canola oil spray.

Melt the chocolate and butter in a glass bowl in the microwave for 1 1/2 to 2 minutes on high. Stir with a spoon to melt the chocolate completely. Place the beans, 1/2 cup of the walnuts, the vanilla extract, and a couple of spoonfuls of the melted chocolate mixture into the bowl of a food proces-

sor. Blend about 2 minutes, or until smooth. The batter should be thick and the beans smooth. Set aside.

In a large bowl, mix together the remaining 1/2 cup walnuts, remaining melted chocolate mixture, coffee substitute, and salt. Mix well and set aside.

In a separate bowl, with an electric mixer beat the eggs until light and creamy, about 1 minute. Add the agave nectar and beat well. Set aside.

Add the bean/chocolate mixture to the coffee/chocolate mixture. Stir until blended well.

Add the egg mixture, reserving about 1/2 cup. Mix well. Pour the batter into the prepared pan. Using an electric mixer, beat the remaining 1/2 cup egg mixture until light and fluffy. Drizzle over the brownie batter. Use a wooden toothpick to pull the egg mixture through the batter, creating a marbled effect.

Bake for 30 to 40 minutes, until the brownies are set. Let cool in the pan completely before cutting into squares. (They will be soft until refrigerated.) Makes 45 (2-inch) brownies.

Becoming Resilient

By Annis Cassells

It was a tough year, 2010. As a people and a nation, we faced many challenges -- unemployment, rising costs, health issues, and shrinking incomes, to name a few. No one is immune from adversity. We all get our turn, sometimes several over the years. But, heightening our resilience can help us shake off some of the negative feelings and begin bouncing back as we approach 2011.

My friend and colleague, Bobbi Emel, is a great example of resilience. A care-giver immersed in grief after the lengthy illness and death of her partner, Bobbi listened to herself with her heart and head; then, decided to make some changes. She moved to another town, became involved in renovating her new home, joined a grief group, and began trying out a variety of jobs. Bobbi's journey wasn't an easy or quick one, but she came through it flexing her resiliency muscles and has made a new life for herself, helping others. For more inspiring stories of resilience, click on the BLOG button on Bobbi's website, Bounce, at www.bobbiemel.com.

Dr. Al Siebert, PhD., author of *The Resiliency Advantage* said, "Resilience is the process of successfully adapting to difficult or challenging life experiences. Resilient people overcome adversity, bounce back from setbacks, and can thrive under extreme, on-going pressure without acting in dysfunctional or harmful ways."

Developing resilience demands active participation. In his book, *A Setback is a Setup for a Comeback*, Willie Jolley says that the key is to view each setback as an opportunity to learn and grow. We decide to make

changes based on what we've learned, and we survive and thrive.

We may need to alter our thinking by

- Believing that there **is** something we can do to manage our feelings and cope with the situation
- Seeing ourselves as survivors, rather than victims
- Accepting circumstances that cannot be changed
- Realizing that we need to let loved ones know what's going on with us
- Finding positive meaning in the traumatic events that have occurred (aka "the gift")

We may need to get busy by

- Developing problem-solving skills
- Seeking help and helping others
- Re-connecting with family and friends for social support
- Taking care of our minds and bodies
- Paying attention to our emotional, spiritual and physical needs

Let us look forward to 2011 as an opportunity to show ourselves and the world how we're bouncing back. "Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good." Elizabeth Edwards.

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