

January 2012

Monthly Newsletter

Downtown Health & Fitness

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Visit us at: www.downtownhealthandfitness.com

- **New Year's Day—
DHF CLOSED**
- **Monday, January 2—
Free Friend Day**

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"New Year's"

By Gary R. Hess

Happy New Year's

to one and all

Celebrate and rejoice

to a new beginning

www.poemofquotes.com

2012 Hood-to-Coast team **Running on Purpose for a Purpose** is raising funds for the American Cancer Society. Several of the team members are staff members at DHF, and nearly everyone else is a member at DHF. They are doing numerous fundraisers including selling calendars and knives and holding fundraising events. In March they will be having a large garage sale. If you're interested in helping, stay tuned for upcoming information, and as you're cleaning and sorting, put items aside for the garage sale.

January is often a time when we consider making changes. Out with the old and in with the new. If you are ready to start a new routine or want to make changes to an old one, you may want to consider adding a group fitness class to your day. We offer over 30 classes a week with a wide variety of levels.

Body Blast: This class is definitely a workout. Two-minute intervals of cardio, strength training and core conditioning will make this full hour go by fast. This combination of exercise allows you to elevate your heart rate and keep those muscles and core strong.

Body Sculpting: Keeping your body strong requires strength training. We use dumbbells, bands, tubes and our own body weight to sculpt our muscles and keep ourselves strong and fit.

Cardio Blast: This class utilizes a variety of equipment including a step and the floor to create many different moves that will get your heart rate up. This effective cardiovascular workout also includes strength training, abdominal conditioning and stretching to create a well-balanced workout.

Circuit Training: By using our CYBEX pin-loaded machines and a mixture of movements in the weight room, you'll get a great cardiovascular/strength training workout that is fun, fast-paced and challenging.

Get on the Ball: Exercising on a ball can be more of a challenge than most people think. This class uses the ball for balance, abdominal conditioning and overall body strengthening while having a ball.

Morning Stretch: Forty-five minutes of deep stretching will start your morning off right. Flexibility is an important component of fitness, and this class will help you achieve greater flexibility.

PiYo: This class is all about sculpted abs, increased core strength, and greater stability.

Power Progression: This class begins with a simple weight lifting move and progresses from there. It adds in additional movement, a change of tempo, and an element of balance or plyometrics. What a challenge.

Silver Strength: Designed with our senior members in mind, this class uses light weights or no weights to condition the major muscle groups in a slow-paced class. We have added stretches and some light abdominal work to balance this total body workout.

Step Aerobics: Aerobic movement using a step bench. Each class contains a warm-up, step aerobics, strength training, abdominal conditioning, and stretching. Modifications can be made for all levels.

Turbo Kick: This class is similar to kickboxing but without the boxing bag. An hour of non-contact kicking and punching moves makes for a wonderful cardio workout.

Yoga: Balance, strength and flexibility are all achieved through yoga. Yoga creates a perfect balance of mind, body and breath awareness.

ZUMBA: This combination of Latin rhythms, aerobic dance, and easy-to-follow moves creates a fitness class that will blow you away. We want you to love your workout, to love working out, and to get hooked.

ZUMBA/Blast: This class is a combination of Zumba and Body Blast—a great routine to increase both strength and cardiovascular health.

ZUMBA Gold: All the fun of Zumba in a toned-down class for the older member. You'll be dancing all the way home after this hour-long class.

NEWS TO YOU

TUESDAY MORNING STRETCH

Join Sandy and start your day with a nice morning stretch every Tuesday from 7:45 to 8:30. She will use her years of experience to make this a diverse class to help you increase your flexibility.

ZUMBA GOLD

Beginning January 3, Royce will be teaching a ZUMBA Gold class every Tuesday and Thursday from 11 to 12 pm. ZUMBA Gold is similar to our other ZUMBA classes, just at a slower pace.



Recipe from
momswhothink.com

Looking Ahead

Fit Friday Hike

When: Friday, January 6
at 10 am

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

Bullards Run

1 mile, 5k, 10k

When: Sunday, January 8
at 2 pm

Where: Bullards Beach State
Park, Bandon

Call Tom at 541-247-4740 or
David at 541-347-3791 for
more information.

South Coast Striders

Walkable North Bend

2 or 5 miles

When: Saturday, January 28
at 9:45 am

Where: Meet next to Historical
Museum and Simpson Park in
North Bend

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

NATIONAL HUGGING DAY!



Back in 1986, Rev. Kevin Zaborney dubbed **January 21** as National Hugging Day.

Though it's not an observed national holiday, we think everyone should take advantage of the opportunity to give and receive hugs. Mark your calendar and give some hugs!

Recipe of the Month: *Italian Vegetable Stew*

Ingredients:

¼ cup extra-virgin olive oil, plus extra for serving
1 eggplant (about 1 pound), cut into 1-inch chunks
1 (28-ounce) can whole tomatoes, drained, tomatoes chopped medium, and juice reserved
1 onion, minced
1 red bell pepper, stemmed, seeded, and cut into 1-inch chunks
4 garlic cloves, minced
1 tablespoon tomato paste
1 tablespoon minced fresh oregano or 1 teaspoon dried
3 cups vegetable broth, plus extra as needed
1 pound Yukon Gold potatoes (about 2 medium), peeled and cut into ½-inch pieces
2 zucchini (about 1 pound), quartered lengthwise and sliced 1 inch thick
2 tablespoons chopped fresh basil

Salt and pepper

Grated Parmesan cheese, for serving

Directions:

1. Heat 2 tablespoons oil in 12-inch skillet over medium-high heat until shimmering. Brown eggplant lightly on all sides, 5 to 7 minutes; transfer to slow cooker.
2. Heat remaining 2 tablespoons oil in skillet over medium-high heat until shimmering. Add tomatoes, onion, bell pepper, garlic, tomato paste, and oregano and cook until dry and beginning to brown, 8 to 10 minutes. Stir in 1 cup broth, scraping up any browned bits; transfer to slow cooker.
3. Stir reserved tomato juice, remaining 2 cups broth, and potatoes into slow cooker. Cover and cook until vegetables are tender, 4 to 6 hours on low.
4. Stir in zucchini, cover, and cook on high until tender, 20 to 30 minutes. (Adjust stew consistency with additional hot broth as needed.) Stir in basil, season with salt and pepper to taste, and serve with Parmesan and additional olive oil.

It's a Stretch

Annis Cassells

Physical stretches are ultra-satisfying to the body, like that first, delicious wake-up stretch in the morning. Or how about those lovely post-exercise stretches and yoga postures. Our bodies seem to sigh in contentment.

Maybe we have a fitness goal to meet -- want to become stronger, more agile, better at balancing, more flexible. We ramp up our routines or change them in some way in order to stretch our capabilities.

Stretching our budgets, striving to make ends meet and stay within our budget parameters, is a reality for many of us these days. I've become more creative about finding ways to save money or to spend less. New recipes, like the pot of turkey stew I made from Thanksgiving leftovers, creep into my repertoire and become staples.

Other stretches bolster the mind and spirit -- ours and others'. Some of us are stretching our minds, opening ourselves to new learning and growth. Maybe we're going back to school or choosing a different career path, tackling a new hobby, or learning a new skill.

Getting up the courage to stumble through unfamiliar and scary directions is a stretch. I'm still in the dark about a lot of technology, but

highly motivated by the idea of being able to communicate with friends and family over my computer and actually be able to see their faces. I just figured out how to download Skype and tried it out for the first time. It was fun and frightening and amazing and free!

Some of us are stretching others, challenging them or mentoring them. We may be taking someone under our wing and mentoring them within our own areas of expertise, stretching them to promote their growth. When we mentor others, we are stretched, too. It forces us to be at the top of our games, to walk our talk. We tend to work at setting a good example and try to learn more in order to be a valuable resource.

Discovering what we can do to improve our lives, make them even more than they are at this moment, requires envisioning, reaching, and stretching beyond today. We can choose to set our sights on a new horizon and get moving in the direction of our dream. January of the new year is a primo time to see what we can accomplish with just a little stretch. Happy New Year to all.

Copyright © 2011. Annis Cassells. All rights reserved. A life coach and speaker, Annis can be reached at HeyAnnis@aol.com. Read her blog at www.thedaymaker.blogspot.com

Highlights

Tidbits from the club and around the world

Just Like Sugar



Just Like Sugar is a natural sugar substitute. It is not a sugar alcohol and therefore does not have a laxative effect. It is made with four basic ingredients: dietary fiber from chicory root, vitamin C, calcium, and natural flavors from orange peel. The sweetness comes from the chicory root, and because the body cannot digest the fiber, it's calorie-free. It works in baked goods well, and since the conversion between sugar is 1:1, it's simple. There are several benefits and attractive qualities about Just Like Sugar:

- No aftertaste
- Glycemic index of 0
- Fiber improves digestive health
- Calcium strengthens bones
- And much, much more!

Just Like Sugar can be found at health food stores. Find out more info at www.justlikesugarinc.com.

Featured Exercise

Stability Ball Plank



Muscles worked: all core muscles, emphasizing intrinsic core stabilizers

How to do it: place elbows on ball. Stabilize yourself as you bring your feet out behind you. Your body should form a straight line from your neck to your ankles. Keep your core engaged and do not let your lower back arch. Hold this position for as long as you can. Aim for at least 20-30 seconds. Repeat as many times as you'd like.

EMPLOYEE HIGHLIGHT MELISSA LOUDENBECK

Melissa has been with DHF for a year. She has many talents. Catch one of her classes: Monday at 4pm for Piyo, Tuesdays or Thursdays at 6:50pm for Turbo Kick or and a Saturday for ZUMBA.



Trainer tip

“Form first! Then come power and speed.”

~Jonathan