

July 2011

Monthly Newsletter

Downtown Health & Fitness

Monday, July 4—
Independence Day. DHF
CLOSED 3rd and 4th

Wednesday, July 20—Free
Friend Day

440 Central Ave ♦ Coos Bay, Oregon 97420

541-267-3948 ♦ email: dhfitness@downtownhealthandfitness.net

Visit us at: www.downtownhealthandfitness.com

Fast or Slow?

Inside this issue:

Fast or Slow?	1
News to You	1
Pushing Individuality	2
Recipe of the Month	2
Upcoming Running/Walking Events	2

Summer Classes

There are a few changes to our class schedule this summer. We will continue to offer all of our regular classes, and are adding Turbo Kick on Friday nights at 5:30 for July and August. The Tuesday-Thursday Turbo Kick will be moved back to 6:50 pm. The Monday and Wednesday 5:30 am class is cancelled for the summer. It will resume after Labor Day weekend in September.

Paula Holmes Update

Paula has begun her chemotherapy treatment. She has a treatment every three weeks. The treatments leave her feeling tired and weak, but, when she is feeling good, expect to see her in Zumba. She will either be teaching the class or just enjoying being a participant. The chemotherapy compromises Paula's immune system, so we ask that you avoid coming to the fitness center if you are not feeling well.

Lost & Found!

We will be cleaning out the lost & found bin at the end of the hallway soon! Please look for any missing items and claim them before they end up at Goodwill.

Why can Joe run a mile in under five minutes but can't run for more than 10 minutes? Why can Jane run a marathon but can't run a single mile in under 9 minutes? Obviously, one of the factors behind this is training; the body will adapt to the stresses placed on it. If you're running short distances fast, your body is trained to run a fast mile. In the same way, if you're running long and slow, your body is trained to run a long distance in a longer time.

Though the type of training you place your body under largely determines your abilities, another important factor is the majority of your muscle fiber type.

There are two main different types of muscle fibers: type I and type II. Type I muscle fibers, or slow twitch muscle fibers, are responsible for long-term muscle contractions. These muscle fibers are used for posture and stabilization, as well as exercises that are performed for a longer period of time, such as walking or running five miles. Type I fibers contain more myoglobin, which allows for improved delivery of oxygen. Slower exercise maintained over a length of time is called aerobic exercise, meaning "with oxygen." Type I fibers are smaller in diameter, slower to produce maximal tension, and resist fatigue better than type II.

Type II, or fast twitch, muscle fibers have low oxidative capacity and fatigue quickly. They have a larger diameter, and are important for short-term

contractions such as sprinting, throwing, and other speed and power exercises.

All muscles have a combination of type I and type II fibers, however, heredity determines the percentages of the type in each muscle. If you're blessed with lots of fast twitch muscle fibers, you might be able to train your body to be an excellent baseball pitcher or win a record running 200 meters. If you're graced with many slow twitch muscle fibers, you might enjoy training for a marathon or taking a long bike ride on a Saturday afternoon.

Understanding what you're best at, based on genetics, is a wonderful thing. Don't let it stop you, though, from training your body in your weaker area. Many adaptations take place as a result of training, and you might surprise yourself. With training, people are able to improve all of their muscle fibers, regardless of the type. Ryan Hall completed the 2011 Boston Marathon in 2:04:58. That is the fastest any American has ever run a marathon. He ran each mile in under five minutes. If you ask me, he has trained himself to utilize both fast and slow twitch fibers.

Running a 2:04:58 marathon might not be in your future. I don't think it's in mine either, but figuring out where you fall in the "fast and slow twitch fiber continuum" will help you train more effectively, whatever your goal.

Written by Joanna Stoops

NEWS TO YOU

SUMMER BOOTCAMP

Angie will lead a bootcamp July 5th-July 29th on Tuesdays, Thursdays, and Fridays at 5:30 am. Register now!
\$40/members, \$60/non-members.

10 weeks to a 10k

Join Joanna, Deb, and Anthony for 10 weeks of training for the Prefontaine 10k. Group runs on Tuesdays (5:15 am, 2:30 pm, or 5:30 pm) and Saturdays at 8 am. Sign-up now! Free for members, \$25/non-members.

Kick start your weekend
with Friday night

Turbo Kick!

with Melissa
Fridays at 5:30 pm
July and August only





Recipe from
www.eatcleandiet.com

*Happy
Independence
Day!*

We will be closed July 3rd and 4th

Looking Ahead

22nd Annual Mayor's

Firecracker Run

1 mi., 4k

When: July 4, 10:00 am

Where: Mingus Park, Coos Bay

For more information call Rex Miller at 541-269-1199.

12th Kentuck Run

1 mi., 5k, 15k

When: July 9, 8:30 am

Where: Kentuck Way Lane, North Bend

For more information call Tracy Fawns at 547-7564667.

South Coast Striders

~July 9: Eel Lake Hike and

Strider's Picnic

4 or 6 miles

Leaves from Tugman State Park at 10 am.

~July 17: Sawmill and Tribal Trail

2.7 or 5.6 miles

Leaves from Ferry Road Park at 8:30 am.

~July 23: Bandon Historical Hike

1 or 4 miles

Meet in Old Town Bandon on the east side of Hwy 101 across from The Station restaurant at 9:45 am.

For more information on these hikes, visit <http://www.coostrails.com/>

Recipe of the Month: Chili and Lime Black Beans

Ingredients:

1 can black beans
1 cup chopped onion
1/2 cup chopped tomato
Cumin
Chili powder
Coriander
Black pepper
Oregano
All natural salsa
Cooking spray
Juice of one lime
Your favorite hot sauce

Instructions:

Heat a bit of the cooking spray in a non-stick pan and add spices to taste. My favorite is heavy on the cumin, medium on the

coriander, black pepper, and chili powder, and light on the oregano. Add chopped onion and cook until just starting to caramelize and turn brown on the edges. Add 1 whole can of black beans, undrained. Reduce heat and simmer until mixture thickens. Add the tomatoes, juice of 1 lime, some natural salsa, and hot sauce if desired. Simmer another 5 min or so to mix all the flavors.

There are so many ways to enjoy these black beans. They can be wrapped in a whole wheat tortilla with shrimp; they go wonderfully with fresh avocados as well. Brown rice and plain yogurt can be mixed in. Another option is to add extra salsa and some scrambled egg whites.

Pushing Individuality

By Annis Cassells

Every person is different—dreams, muscle make-up, interests, and personalities don't necessarily match up with those of our friends or family. Instead of being okay with whom and where we are, most of us give in to peer pressure. Sometimes, that is a good thing, especially when it's positive pressure.

I remember back to the teen years when the most important thing in the world was fitting in, not being different in any way. All the girls wore the same heavy woolen crew socks, the same rolled up Levi's, and the same sneakers, stiff with white polish. If you dared to be different, that was cause for talk, maybe being snubbed.

Eventually, we outgrew those teen days, found our own ways, developed our own styles. Each became our own person. We cared less and less about what others were doing or how we compared to them. Thank goodness!

Over the years, I've learned that I'm the one in control of me. So, if my pace is slower than someone else's I can decide to be on my own time frame or to try to come close to matching theirs. If I'm not at their level of proficiency, I can be satisfied with where I am or work harder. Sometimes, I

discover that I need to push myself a bit, to see that I can rise to the occasion with a little more (or sometimes a lot more) effort.

Take last week in Lesley's body sculpting class. I've been worked out more consistently than usual this past winter in Bakersfield, but no one had asked me to do the number of push-ups that Lesley did—and certainly not those spread-feet push-ups. Often my attitude about exercise is "no matter how many I do, it's more than if I'd have stayed at home." Rationalizing this way, I will stop when I think I'd done enough. But, that day I wanted to see what I could do if I tried. By the time class was over I'd done four sets of ten push-ups and was so proud of myself. Does this mean I'm going into body-building? That would be an emphatic "No." But it is gratifying to see how far I've come and what I can do.

Understanding ourselves, our capabilities and styles is important. And what's key is that we realize that we can choose to respect and live with our abilities and talents, or we can decide to not allow ourselves to be limited by them. It's up to us.

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