

July 2012

Monthly Newsletter

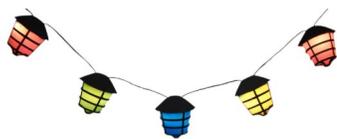
- Independence Day—
Wednesday, July 5
DHF CLOSED
- Free Friend Day—
Monday, July 16

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Class Schedule Update

Beginning in July we are making some changes in our class schedule.



Friday Night PARTY

Every Friday night this summer join us here at DHF for a PARTY at

5:45-6:45 pm

ZUMBA
TURBO KICK
BODY BLAST
ZUMBA BLAST
KICKBOXING

It the Instructor's Choice!
Check the board for class details.

Turbo Kick has been cancelled on Tuesdays and Thursdays at 6:50-7:50pm

Downtown Health & Fitness

440 Central Ave ♦ Coos Bay, Oregon 97420
541-267-3948 ♦ email: dhfitness@downtownhealthandfitness.net
Visit us at: www.downtownhealthandfitness.com

Running a 10k

Many years ago I walked into an aerobics class and overheard someone say they wanted to run the PREFONTAINE MEMORIAL RACE. I boldly said, "I'll run it if you will." Well, I had never run a day in my life. What was I thinking? That's 6.2 miles! So, we began running two mornings a week, with a longer run on Saturdays. This training program took us nine months before we were able to run the PRE. The good news is, I finished the PRE.

At Downtown Health & Fitness we have a program that will get you ready to either run or walk the PREFONTAINE MEMORIAL RACE. It is a 10-week program to a 10K race. This program is 4 days a week. Some of the run/walks are based on mileage and others, on time. Two of the days are group runs/walks, and two of the days you are free to go on your own or with a friend. Routes are mapped out for the group days. With the assistance of our trainers and the

expertise of Anthony Collins, a seasoned runner, we show you running techniques and exercises to help you increase your ability to run faster, longer and stronger.

You may be asking yourself, "Why would I want to take this program?" There are many reasons: one may be that you are not sure how to get started; another may be that you need some motivation or encouragement. Last year we had over 30 people signed up for the program. Many of those ran the PRE and have continued their running routine.

So, take the Agony Hill challenge. Sign up for Downtown Health & Fitness' 10 Weeks to a 10K program. Run or walk the PREFONTAINE MEMORIAL RACE on September 15, 2012. It is free for our members and only \$25.00 for non-members. See you there.

Written by Deb Lal

NEWS TO YOU

10 weeks to a 10k

Join us for our 2nd annual PRE training program! Beginning July 10, we'll meet twice a week (Tuesdays at 5:15 am or 5:30 pm, and Saturdays at 8 am). On September 15, you'll be ready to walk or run the Prefontaine Memorial 10k.

Free for members, \$25 for non-members. Sign up now!

Does your workout need a kick in the butt?

SUMMER BOOT CAMP

Tuesdays, Thursdays, Fridays
5:30-6:30 am

Four weeks—July 2nd-27th
Led by Angie

\$50/members, \$75/non-members

Register now—space is limited!

Mon and Wed 5:30 am classes are on hold for the summer beginning June 15. They will resume after Labor Day in September.



Recipe from
nourishingmeals.com

Looking Ahead

Upcoming walking,
running, and hiking
events

23rd Annual Mayor's
Firecracker Run
1 mile, 4k
When: Wed., July 4 at 10 am
Where: Mingus Park
Contact Rex Miller at 541-
269-1199 for more
information

Kentuck Run
**Fundraiser for Hood-to-
Coast team**
15k, 5k, 1 mile kids run
When: Sat., July 14 at 8:30 am
Where: Kentuck Inlet
Contact Kay Collins at 541-
217-0372 for more
information

South Coast Striders:
Kentucky Falls/N Fork Smith
4 or 9 miles
When: Sun., July 8 at 7:30 am
Where: Leaving from
Reedsport Visitor Center

Cape Mountain Trails
3 or 6.5-7 miles
When: Sat., July 14 at 8:30 am
Where: Leaving from Fred
Meyer parking lot in Florence

Bandon Historical Hike
1 or 4 miles
When: Sun., July 22 at 9:45
am
Where: Meet at public
parking lot on east side of
Hwy 101 in Bandon across
from The Station restaurant

Email Don Luce at
southcoaststriders@gmail.com

Recipe of the Month: *Sweet and Spicy Kale Chips*

2 large bunches kale, stems and inner ribs removed

1 small lime, juiced

2 tablespoons extra virgin olive oil

2 tablespoons creamy almond butter

1 tablespoon maple syrup or honey

1/2 to 1 teaspoon crushed red chili flakes

1/2 teaspoon Herbamare

Preheat oven to 250 degrees F.

Use a knife to cut out the tough inner rib that runs lengthwise through the center of each kale leaf. Then cut the kale into large pieces.

In a small bowl, whisk together the remaining ingredients. Place the kale into a large bowl, or two, and pour the mixture over the

kale. Use your hands to gently massage the mixture in, coating each leaf.

Use one very large cookie sheet or two medium sized sheets and distribute the kale evenly so they are in one layer. Bake for about 40 minutes, removing the pans every so often to stir and flip the leaves. You should only need to do this 2 to 3 times during cooking. If they are not crisp and dry at the end of cooking time just pop them back in until they crisp up. Once they are done, let them cool on the cookie sheets then transfer to a bowl to serve.

Nut-Free Variation: Replace the almond butter with sesame tahini or sunflower seed butter.

Accountability Buddies

By Annis Cassells

No one gets up in the morning and decides **not** to accomplish something. Even when we're on vacation there are things to be completed. We may want to visit a museum, see some historical site, swim in the ocean, We have daily goals and recurring goals.

Occasionally, though, we may need some help in carrying out the tasks that enable us to reach those goals. That's where an accountability buddy comes in. The buddy doesn't do the job for us or nag us to get on with it. He or she serves as an external monitor when a little extra motivation becomes necessary.

My friend Dennis is my accountability buddy. As writers, we share the reality of staring at a blank page or screen or finding **other** projects to do that push our writing to the side. What we've learned is that when either of us has a writing project going, "book ending" with each other makes us focus and get the job done.

Here's how it works. The first book end occurs when we email the other to announce we've begun. "I'm writing for one hour." Or "I'm working on my blog post." are typical messages. Then we work away, attempting to accomplish the goal we've stated.

The second book end goes out when we've finished. When Dennis was working on his

novel, he'd write, "Wrote 2,532 words!" Mine today is going to say, "Finished the DH & F newsletter article!" We respond to each other after book end #2 with congratulations and words of encouragement. Sometimes we ask a question about how it went. The book ending propels the task outside of our heads, giving it life, providing the accountability that comes with saying it out loud.

One of my coaching clients, who needed to incorporate more exercise to accomplish her health goal, would send me a text message when she was about to begin her walk. Thirty-five or forty minutes later, she'd text that she was finished and at how many beats per minute, as indicated by the music podcast she'd used.

Whatever we need to want to do, having someone with whom to bookend can be beneficial. Setting up this kind of arrangement with a buddy can be helpful to both parties. Goals are achieved and friendships are deepened.

Go ahead. Use the many communication tools at our disposal to increase your success rate at starting and finishing tasks that hover on the edge of completion. As for me, I'm ready to email Dennis.

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Highlights

Tidbits from the club and around the world

Black Pepper



Black pepper is typically added to foods at the table when you add salt, but it contains far more benefits than salt. Black pepper:

- Aids in proper digestion
- Aids in the breakdown of fat cells
- Contributes to skin health
- Fights against infections
- Is an antioxidant
- Contains manganese, iron, potassium, vitamin C, and vitamin K

Add a pinch of black pepper to your meals and reap all these great benefits—plus, enjoy the great spicy flavor!

Fitness Feature

Single-Leg Romanian Deadlift



What it works: Hamstrings, glutes, calves

How to do it: Stand on one leg. With a flat back, bend over from the hips and reach for the toes, allowing the free leg to raise up. Stand back up and repeat for as many repetitions as desired. To progress the exercise, hold a dumbbell in each hand.

EMPLOYEE HIGHLIGHT DEBRA PIERSON

Debra has been our faithful yoga instructor on Tuesdays, Thursdays, and Saturdays for over four years. Her calm and gentle spirit creates the perfect yoga atmosphere.



Instructor tip

“It all comes down to one thing—want it for **yourself!** YOU are the deciding factor in your fitness goals.”

~Lesley