

June 2011

Monthly Newsletter

Downtown Health & Fitness

- Sunday, June 5—DHF's 5-year anniversary
- Monday, June 13—Free Friend Day
- Sunday, June 19 — Father's Day

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Paula Holmes, one of our Zumba instructors, was diagnosed with breast cancer. This has prompted me to look into the correlation between exercise and cancer. I have a high risk of cancer myself being that my maternal grandfather, paternal grandmother, my mom and my sister have all died of cancer. I have always said that by exercising, I would have a greater ability to survive cancer, should it strike me. Research has confirmed that there are benefits from exercise when it comes to cancer prevention.

Recent studies have shown a connection with exercise and prevention of several types of cancer, including intestinal, endometrial, colon, breast and lung. A study of 850 women revealed that physical activity can lessen their odds for being diagnosed with endometrial cancer or breast cancer, even if they were considered "at risk" for the disease. Another study showed that men with a higher fitness level have a lower risk of developing lung cancer. In this study, unfit men were about twice as likely to die of lung cancer than fit men.

People who exercise regularly tend to have other healthy habits. They tend to be more mindful of their diets by consuming less saturated fat—especially animal fat—and consuming more whole grains and fiber. People who exercise are also leaner. Obesity is a risk factor for many

cancers.

Other studies indicate that exercise can increase survival rate for those who have undergone treatment for cancer.

All the research and studies that I reviewed had one thing in common: all agreed that exercise could help prevent or minimize your risk of cancer. Of course exercise is only a part of prevention, and other factors such as diet, BMI (Body Mass Index), and environmental conditions play a role.

According to an article on PreventDisease.com, "The fact that exercise is now being shown to prevent cancer is important for one more reason: it proves that cancer is systemic, not local. In other words, cancer is a whole-body failure, not just a specific tumor or lesion that can be surgically removed or targeted with radiation. Because cancer is a systemic failure, it must be treated holistically -- that is, the whole person must be considered: their physical health, immune system function, mental health, spiritual health, and of course their day to day activities such as eating and exercising."

Unfortunately, there is no absolute guarantee that we will all be free of cancer, but please take a proactive approach to keeping yourself healthy and active.

Summer Bootcamp!



Join Angie 3 days a week for summer bootcamp! Push yourself with this program and be encouraged by the camaraderie of your teammates.

July 5th to July 29th
Tuesdays, Thursdays, and Fridays at 5:30 am.

\$40 for members, \$60 for non-members.

Register now for a month of fitness you won't forget!



Arthritis Foundation Classes

Register NOW for Arthritis Foundation Classes. Classes begin June 28th to August 4th
Tuesdays and Thursdays
11am to 12pm

Everyone Welcome
\$40 for the entire 6 weeks

NEWS TO YOU

ZUMBATHON

Fundraiser and Silent Auction

Please come and support Paula in her battle with breast cancer by attending the Zumbathon Fundraiser and Silent Auction, June 4 from 12-3 pm at the North Bend High School main gym. Tickets are \$15 in advance and \$20 at the door. They are available at several different locations, including Downtown Health & Fitness. Contributions can also be made at Sterling Savings Bank to the "Paula Holmes Donation Account."

10 weeks to a 10k

- Have you always wanted to run or walk a 10k?
- Has it been years since you've ran or walked a 10k?
- Do you want to push yourself and do something you never imagined possible?

10 weeks to a 10k (6.2 miles)
Weekly plans
Group runs/walks

Check at the front desk for more information on this program.



Recipe donated by
Jenna Kulluson

Celebrating Five Fun and Healthy Years!



June 5th marks our 5th anniversary! In celebration, we will be giving away water bottles with our name on the label on Monday, June 6th. Come exercise, quench your thirst, and celebrate with us.

Looking Ahead

Jennifer's Catching Slough Classic and 3rd South Coast Half Marathon
1 mi., 5k, 12k, 13.1 mi.
When: June 18, 8:00 am
Where: Catching Slough Road and Coos River Hwy.
For more information call Pete Dawson at 541-267-6329 or Claudia Benn at 541-217-1226.

South Coast Striders
~June 11: Cherry Creek
1/2 mile or 3 miles
Carpool from Coquille Community Center at 9:00 am

~June 26: Oregon Coast Trail
4 or 9 miles
Sunset Bay State Park, 10:00 am

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

Recipe of the Month: *Indulgent Granola*

Ingredients:

8 cups rolled oats (not quick-cooking or instant)
2 cups nuts, chopped
1 cup golden brown sugar
2 teaspoons salt
1 teaspoon ground cinnamon
1/2 teaspoon ground cardamom
1/4 cup granulated sugar
1/2 cup honey
2/3 cup butter
Dried fruit (optional): banana, apple or mango.

Directions: Position racks in middle of oven and preheat to 300 degrees. Lightly spray 2 large baking sheets with nonstick spray or line with parch-

ment paper.

Mix oats, nuts, brown sugar, salt, cinnamon and cardamom in large bowl. Combine granulated sugar, honey and butter in small saucepan. Bring to simmer over medium heat. Pour hot liquid over oat mixture and stir well. Toss mixture until thoroughly mixed. Spread granola on prepared baking sheeting.

Bake until golden brown and fragrant, about 30 minutes. Rotate pans halfway through.

Cool granola completely. If you like large "sheets" of granola, remove with a large spatula. If you like clusters, let the granola cool until it won't burn your hands, then shape into handfuls. Add dried fruit after the granola is cooled.

Being There By Annis Cassells

This year marked my third Survivors Lap at the Bakersfield Relay for Life. We escorted our friend Diane, as this was her first time on that emotion-laden turf. "I'm nervous," she said, dabbing her eyes with a tissue while we waited. The Survivors Lap is truly a celebration, and once we got going, Diane allowed herself to experience and enjoy every aspect of it. She waved like the Queen, shook hands, accepted Mardi Gras beads and other trinkets, and smiled non-stop.

For years, I had stood on the sidelines, cheering as the survivors walked by, yelling what I hoped were words of encouragement, and giving high-fives and even hugging people. Some were complete strangers; others, friends and acquaintances. That experience sparked a flood of emotion in me.

One year, I was randomly chosen to distribute the little triangular boxes that contained butterflies. Survivors would release their butterflies into the air as the lap began. The look of joy on their faces was unmatched.

All of those times made me feel good to be there, made me feel like I was making a contribution. It was pretty emotional.

Then, in 2009, it was my turn to walk in the Survivors Lap. Judy and I would

walk together, both of us first-timers. In one short year, I'd had a lumpectomy, and she had had a melanoma removed. How quickly our health had become a major concern.

From the time the organizers gathered us in the staging area, the tears flowed. There were over a thousand of us—survivors.

Before starting out, I felt the difference, being on the track instead of on the sidelines. I looked into the smiling faces of the people lining the pathway, strangers and a few familiar faces. I heard their words, "I'm glad you're here!" and "Congratulations!" and I was overwhelmed with feelings of love and being loved. Then I saw our family and teammates, and I was a blubbing wreck.

But, I felt good. I felt cared for and supported and valued. I wasn't just a statistic or an answer on a survey. I was a person who had been faced with a challenge and met it, a person ready to take on any challenge now.

What can you do to help? I think support is the answer. Be there—talking about anything, or not talking—just letting another human being know that you care.

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