

March 2011

Monthly Newsletter

# Downtown Health & Fitness

- Free Friend Day—  
Tuesday, March 8
- Saint Patrick's Day—  
Thursday, March 17
- PiYo Class begins—  
Monday, March 21
- Zumba/Blast begins—  
Thursday, March 24

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## Happy St. Patrick's Day!



### Attention Zumba Fans & Fanatics!

No more Gorilla Tape necessary! [www.slip-ons.net](http://www.slip-ons.net) is selling "slip-on dancers." The strips of elastic-type material go around the toe of your shoe and make the Zumba twists and moves easier on your knees. Many different colors and designs are available. Order them on their website.

440 Central Ave ♦ Coos Bay, Oregon 97420  
541-267-3948 ♦ email: [dhfitness@downtownhealthandfitness.net](mailto:dhfitness@downtownhealthandfitness.net)  
Visit us at: [www.downtownhealthandfitness.com](http://www.downtownhealthandfitness.com)

## Y Get Some Sleep! Y

Here's something you may not be aware of, or you may be too tired to care: One out of every three adults in the world is sleep-deprived. To remind Americans of the importance of a good night's sleep, March 7-13 is National Sleep Awareness week.

Sleep gives your body rest to heal injuries and sore muscles. Most people who exercise have experienced injuries and sore muscles at some point. Though it's best to exercise with care to avoid injuries, if they do occur, sleep is vital for healing. Sore muscles are a result of small micro-tears in the muscle fibers after a hard workout. During a good deep sleep, the body releases growth hormone, which aids in both repairing those muscles and boosting the immune system.

Sleep rests your mind and gives you the ability to be mentally strong and prepared for the day. Yesterday may have been a hard day, but sleep clears your mind and provides a fresh outlook for a new day.

Finally, sleep helps you maintain and even lose weight. The hormones leptin and ghrelin work to control feelings of hunger and fullness. A lack of sleep causes leptin levels to go down—which means you don't feel full—and it causes

ghrelin levels to go up—which means your appetite is stimulated. These things almost guarantee overeating, but getting proper rest helps these hormones to work correctly so you eat the amount that your body needs.

Though it is suggested to get 8 hours of sleep per night, that is only a suggested amount and some people require more or less. March 13 is the daylight savings time change, so know how much sleep you need, and adjust for losing an hour!

Here are some tips for a better night's rest:

- ♣ Sleep in a dark room.
- ♣ Sleep in a quiet room.
- ♣ Set a schedule for sleeping and waking times, and be consistent with it.
- ♣ Don't consume caffeine for 4-6 hours before bedtime.
- ♣ Avoid heavy meals before bedtime.
- ♣ Give yourself 20-30 minutes to wind down and relax by drinking herbal tea, taking a bubble bath, reading, or doing another relaxing activity of choice.

*Written by Joanna Stoops*

## NEWS TO YOU

### NEW CLASSES

Beginning the week of March 21st we are adding two new classes to our schedule.

Melissa will be teaching PiYo on Mondays at 4pm. This class combines Pilates and Yoga for a fabulous workout that will strengthen your core, help with flexibility and be a great addition to your weekly workout routine.

Lesley will be teaching a ZUMBA/Blast class on Thursdays at 7:45 am. Start with ZUMBA and finish with her famous Body Blast. A great way to start your day. Take the challenge.



Angie, Paula and Lesley have completed their ZUMBA BASIC STEP 2 Training and are ready to show you their stuff. Check the class schedule class times.



## Black Bean Nacho Pizza

Recipe from *Eating Well*

### Looking Ahead

Fit Friday Hike  
2-4 miles

When: March 4, 10-11:30 am  
Where: South Slough Estuary,  
Charleston  
For more information call the  
Slough at 541-888-5558.

Run of Two Cities  
5k, 10k

When: March 12, 9 am  
Where: Mingus Park (8th Terrace)  
For more information call Tim Wall  
at 541-269-5169.

St. Patrick's Day 5k Run-Walk  
**WEAR YOUR GREEN AND RUN!**  
Benefits the 2011 Relay for Life  
When: March 19, 10 am  
Where: Empire Lakes/John Topits  
Park; starting line first right past  
SWOCC dorms  
Registration forms available at  
Downtown Health & Fitness  
For more information contact  
Heather at 541-217-1123 or  
heather@epuerto

South Coast Striders-Sweet Creek  
Four sections equaling 5 miles  
When: March 27, 10 am  
Where: Meet at Coos Bay Visitor  
Center at 7:15 am to carpool.  
For more information visit  
[http://www.coostrails.com/  
striders/striders.htm](http://www.coostrails.com/striders/striders.htm)



“Like” our Facebook  
page to receive updates  
and information about  
specials and classes.

## Recipe of the Month: *Black Bean Nacho Pizza*

### Ingredients

- 1 cup canned black beans, rinsed
- 1/2 cup chopped jarred roasted red peppers
- 1 medium clove garlic, quartered
- 1 tablespoon chili powder
- 1/4 teaspoon salt
- Yellow cornmeal, for dusting
- 1 pound prepared whole wheat pizza dough
- 1 cup shredded Monterey Jack cheese
- 2 medium plum tomatoes, diced
- 4 medium scallions, thinly sliced
- 1/4 cup chopped pitted ripe black olives
- 2 tablespoons chopped pickled jalapeños

### Preparation

Preheat grill to low. (For charcoal grilling or an oven variation, see below.)

Place beans, peppers, garlic, chili powder and salt in a food processor and process until smooth, scraping down the sides as needed.

Sprinkle cornmeal onto a pizza peel or large baking sheet. Roll out the dough (see Tip) and transfer it to the prepared peel or baking sheet, making sure the underside of the dough is completely coated with cornmeal.

Slide the crust onto the grill rack; close the lid. Cook until lightly browned, 3 to 4 minutes.

Using a large spatula, flip the crust. Spread the bean mixture on the crust, leaving a 1-inch border. Quickly layer on cheese, tomatoes, scallions, olives and pickled jalapeños.

### In our Dreams

By Annis Cassells

Welcome to Dreamland. Not some death-defying, roller coaster, thriller theme park—or maybe it is. When it's our nighttime dreams we're talking about, it could be all of those or none. It depends on what message our inner selves, our subconscious minds, are trying to send us. Usually these messages are symbolic. Each dreamer is unique so what the symbols represent is personalized for each individual. And, every person dreams, whether they remember their dreams or not.

In my childhood recurring dream, I asked an odd-looking woman who appeared at my bedside whether she was a witch or a fairy. When she replied, “I’m a witch,” I would feel fear rise up but would wrestle her down and stuff her in a dresser drawer. Today, I’d read that dream’s message: *Have courage, little Annis. You will prevail on the side of Good.*

Being able to interpret our dreams depends on several factors. First, we have to remember the dream. Keeping a dream journal in which we write down the dream each morning in as much detail as possible works well. It helps to note any emotions felt during the dream **and** while writing. If we wake up through the night, we just jot down a few key words to help recall the dream so we can write it fully in the morning.

Second, we look for things that really stand out for us in the dream. Third, give the dream a title. Over time, we begin to see patterns or recurring themes that we can relate to happenings in our lives, our struggles,

fears, and concerns. During interpretation, we may share our dreams and listen to others’ ideas, but we each rely on our own gut feelings and experience when determining the meaning for **us**.

Dreams can be useful tools to support our waking lives. A process called “dream incubation,” during which we write a question seeking guidance, may help us solve problems. “What can I do to bring the staff closer?” As we fall asleep, we focus on the question. Often, our dream will steer us to a satisfactory answer. Golfer Jack Nicklaus found a new way to hold his golf club in a dream, which he credits as significantly improving his game overnight.

Inventions, discoveries, and creative arts have been the outcomes of dreams. Musicians such as Billy Joel and Paul McCartney report having found inspiration for their music through dreams. Elias Howe, inventor of the sewing machine, saw holes in the spears of native tribesmen in one of his dreams. That solved his problem of how to make a needle work in his new invention.

Dreams are not merely our unleashed subconscious. As Sarah Crestinn reminds us, ***Dreams are nature’s answering service—don’t forget to pick up your messages once in a while.***

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