

May 2012

Monthly Newsletter

Downtown Health & Fitness

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- **Mother's Day—Sunday, May 13**
- **Free Friend Day—Wednesday, May 16**
- **Memorial Day—Sunday, May 27 and Monday, May 28**
DHF CLOSED

Y Military Appreciation Month Y

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Hood-to-Coast team **Running on Purpose for a Purpose** fundraisers for May:

Ladies Day—Saturday, May 12 from 8:30am-6pm at Josie's on Broadway salon. \$35 gets you a glass of wine and a hair cut. \$20 gets you a glass of wine and a shampoo and style. In addition, there will be Lia Sophia jewelry, Thirty-One bags, Scentsy items, RADA Cutlery, and Riddle Family Fudge for sale.

Zumba Masters Class—Friday, May 18 6-8 pm at DHF. It's Angie's birthday! American Cancer Society is the official sponsor of birthdays. Come support the team and wish Angie a happy birthday! Entry by donation.

Garage sale—Saturday, May 26 at College Park Church. If you're doing any spring cleaning, save your donations, price them, and drop them off at College Park Church from 4-7 pm on Friday, May 25.

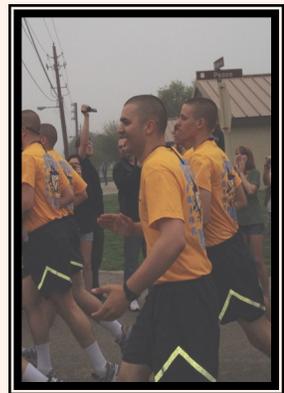
May is National Military Appreciation Month. As many of you know, Mike Lal, a former employee of Downtown Health and Fitness and my son, recently joined the United States Air Force. He has completed Basic Training and schooling and is headed to his first base. Watching him go through this process has made me mindful of the sacrifices our military men and women and their families make for our safety.

When preparing for Basic Training it is important to be physically fit prior to boot camp. The long hours of boot camp can be physically, mentally and emotionally exhausting and will seem less grueling if physically prepared. After Basic Training is complete, minds are expanded through schooling. Physical fitness is now placed upon the shoulders of our service men and women. Most of the military bases have a fitness center or obstacle course available for use. It is important for our military to be ready to respond on a moment's notice.

This is a time to thank our military men and women for or their service to our country.

Appreciation goes to not only those whom are deployed but all that serve in all capacities. I have also come to realize that the families of our military personnel also make sacrifices that need to be commended. If you or your loved one has spent time serving in any branch of the United States Military, we thank you for your time, your service and your commitment to the safety and security of the United States of America.

By Deb Lal



Mike Lal in USAF Basic Training Airman's Run March 2012

NEWS TO YOU

Summer Special
3 months for \$100
No joining fee

Begins May 1, 2012
Tell your friends!

LOOKING AHEAD
SUMMER PROGRAMS at
Downtown Health & Fitness
BOOT CAMP
and
10 WEEKS TO A 10K

Watch for details!

Looking Ahead

Fit Friday Hike

When: Fri., May 4 at 10 am
Where: South Slough Estuary
Call the slough at 541-888-5558 for more information.

Splint & Sprint 5k

1 mile and 5k
When: Sat., May 5 at 10 am
Where: Lower Umpqua Hospital, Reedsport
Call 541-271-9700 for more information. Registration forms at DHF

7th Annual Millicoma Marsh Trail and Track Run

1 mile, 2 miles, 5k
When: Sat., May 5 at 10 am
Where: Millicoma Middle School
Call Claudia Benn at 541-217-1226 for more information.

Let's Walk and Talk Together Women's Health Coalition

When: Sat., May 12 at 9 am
Where: Mingus Park
Call Lindi Quinn at 541-297-0421 for more information.

Boardwalk to Beach Run

5k, 10k
When: Sat., May 26 at 10 am
Where: Boardwalk in Bandon
Call Tricia Hutton at 541-347-6512 for more information. Registration forms at DHF

South Coast Striders

Euphoria Ridge
4 or 8 miles
When: Sat., May 19 at 9:30 am (for 4 mile hike) or 9:00 am (for 8 mile hike)
Where: Leaving from Bridge Store

Rocky Peak

3 or 4.4-5 miles
When: Sat., May 26 at 8 am
Where: Leaving from Coos Bay Visitor Center. Email Don Luce at southcoaststriders@gmail.com for more information.

Recipe of the Month: *Eggs Italiano*

Ingredients:

1/4 cup distilled white vinegar
2 teaspoons extra-virgin olive oil
1 shallot, minced
1 clove garlic, minced
1 pound zucchini, (about 2 medium), diced
12 ounces plum tomatoes, (3-4), diced
3 TBSP thinly sliced fresh basil, divided
1 TBSP balsamic vinegar
1/2 teaspoon salt
Freshly ground pepper, to taste
8 large eggs
4 whole-wheat English muffins, split and toasted
2 TBSP freshly grated Parmesan cheese

Directions:

Fill a large, straight-sided skillet or Dutch oven with 2 inches of water; bring to a boil. Add white vinegar.

Meanwhile, heat oil in a large nonstick skillet



over medium-high heat. Add shallot and garlic and cook, stirring, until fragrant, about 1 minute. Stir in zucchini and tomatoes and cook, stirring occasionally, until the zucchini is tender, about 10 minutes. Remove from the heat; stir in 1 tablespoon basil, balsamic vinegar, salt and pepper.

Meanwhile, reduce the boiling water to a gentle simmer; the water should be steaming and small bubbles should come up from the bottom of the pan. Crack each egg into a small bowl and slip them one at a time into the simmering water, taking care not to break the yolks. Cook for 4 minutes for soft set, 5 minutes for medium set and 8 minutes for hard set. Using a slotted spoon, transfer the eggs to a clean kitchen towel to drain.

To serve, top each muffin half with some of the vegetable mixture, an egg, a sprinkling of cheese and the remaining basil.

MOMS AND THE MILITARY

By Annis Cassells

"My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her." ~ George Washington

May is dedicated to mothers as well as the military. Growing up, sometimes it may have felt that they were one and the same.

Our mom, Ruth Cassells, was definitely the Commander at home. Whatever she said was the law, and we responded with a crisp, but respectful, "Yes, ma'am!" If asked a question for which the answer was a negative, "No, ma'am." was mandatory. Even into adulthood, my brother, my sister, and I adhered to this standard.

Sometimes it felt like we lived with a Drill Sergeant as Mom directed us during our growing up years. But, the good habits that she instilled in us have carried us through now to our golden years. In addition to becoming a person that my mom was proud of, I am sure to close the cupboard doors, to not point my finger at something I'm describing, to not slam the door, and to say, "please" and "thank you."

Ours wasn't the only mom to teach her kids to stand up straight. Last week, I noticed an elderly woman in the grocery store whose shoulders were stooped. Her gray hair was bobbed at ear length, and she sported flipped-up, clip-on sunglasses. While in the dairy section, her daughter came up behind

her and pressed on her mom's back, between her shoulder blades. The mom immediately threw her shoulders back. At the same time, her daughter said, "There. This is pay back for all the times you did this to me." The two smiled together and the mom stood a little straighter for a moment or two as they continued their shopping.

Our mothers took care of us for all those years. For some of us, it's too late to reciprocate. Others of us lovingly completed that task already. But, for many, there is still the opportunity to repay Mom's loving-kindness with our time and attention. Now into my golden years, I can affirm that these are the things that mean the most to moms. When my two daughters make and take the time for me, it is one of the most precious gifts I can imagine. It may be a phone call for "no special reason" or a visit. I love and relish those moments together.

Mother's Day, celebrated the second Sunday of May, is but one day to express our feelings and spend time with our moms. If my mom were still around, I would get her to reminisce by asking her questions about her life, and I would savor and write down some of her tales. She'd certainly have a few war stories of raising us three kids. And, I would salute the extraordinary woman that she was.

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Highlights

Tidbits from the club and around the world

Bok Choy



Bok choy—a type of Chinese cabbage—is a unique vegetable with numerous health benefits. It contains high levels of vitamins A and C, beta carotene, calcium, fiber, potassium, and vitamin B6. It can help prevent cancer by fighting free radicals in your body, and can protect against cataracts.

Bok choy has a mild flavor and crisp texture that tastes great raw in salads and coleslaws or cooked in stir fries or soups. Experiment with different recipes and ways of cooking bok choy.

This vegetable can be found in most grocery stores.

Fitness Feature

Self-Myofascial Release (foam rolling)



Purpose: breakdown of soft tissue adhesions and scar tissue, increased flexibility, reduced pain

How it works: by rolling different muscles and tendons on the roller and holding on tender spots, the tension within the muscles and tendons is released.

Begin with short rolling sessions and gradually increase, adding more pressure by stacking your legs. This technique can be done on multiple areas on the body including calves/Achilles, quadriceps, IT band, back, latissimus dorsi, glutes, and adductors.



EMPLOYEE HIGHLIGHT LESLEY GONZALEZ

Lesley teaches over half a dozen classes per week for us—a variety of Zumba and strength training. She is a fabulous instructor, motivating people to work harder and exercise often. Come take a class she instructs, and you'll get a good workout that you'll feel for days!

Trainer tip

"When you're craving dessert, go out and order a single serving."

~Jennifer