

November 2011

Monthly Newsletter

# Downtown Health & Fitness

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■ Friday, November 18—Free Friend Day

■ Thursday, November 24—Thanksgiving. DHF CLOSED

■ Friday, November 25—DHF hours 8 am -6 pm

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## November Holiday Hours:

Thanksgiving  
Day—CLOSED

∞

Black Friday  
(November 25)  
8 am to 6 pm

## Y Exercise Myths Debunked Y

Myths and misconceptions: I think it's safe to say we all try to avoid the trap of them. When it comes to the world of fitness, misconceptions are abundant. From old wives' tales to misinterpreted scientific discoveries, the misinformation leaks in everywhere. Here I discuss several common myths and reveal the truth.

**Myth:** "I need to spot train and do lots of ab work to get rid of the fat around my midsection."

**Truth:** You cannot lose weight in a specific area by spot training. Losing weight is purely a calorie-in, calorie-out equation. Where you lose the weight depends on your own body chemistry, but if you lose all excess weight, your "pudgy stomach" will disappear too.

**Myth:** "I want to change all this fat to muscle."

**Truth:** Fat cells and muscle cells are different. You can shrink fat cells and grow muscle cells, but you cannot change fat to muscle. This also means that a person with enlarged fat cells can have enlarged muscle cells at the same time, and a person with small fat cells can have small muscle cells at the same time. Fat does not mean weak, and thin does not mean strong.

**Myth:** "To lose weight, I need to keep my heart rate in the cardio 'fat burning' zone."

**Truth:** Calories come in three different forms: fat, carbohydrates, and protein. The cardio 'fat burning' zone is a lower heart rate zone that burns more fat calories than calories from carbohydrates or protein. When exercising at a higher intensity, the majority of the energy used is from carbohydrates. If you exercise in the lower zone, more calories from fat are burned, but overall fewer calories are burned. Because a negative

caloric balance must be obtained in order to lose weight, the best way to do that is to exercise at a higher intensity and burn more calories.

**Myth:** "I worked out for a whole hour, I burned a lot of calories!"

**Truth:** How many calories you burn during a workout varies greatly based on many different factors. Age, weight, sex, current fitness level, and the intensity and type of workout you did all change how many calories you burn. If you are exercising at only a moderate intensity, are very physically fit, weigh less than average, or are performing strength training exercises instead of cardio, you might only burn 350 calories instead of 600 in an hour. Don't believe the myth that you burned off three candy bars just because you spent an hour in the gym.

**Myth:** "Lifting weights will make me bulk up, and I only want to lose weight."

**Truth:** When it comes to lifting weights, there are several different combinations of repetitions, sets, and weight. Whatever your goal, there is a combination that will achieve that. Heavy weights with low repetitions bring hypertrophy (increased muscle mass). Light weights with many repetitions and sets increase muscular endurance. Even if your goal is simply weight loss, lifting weights increases your metabolic rate, which will aid in the process of weight loss. Lifting weights is important for everyone and will not necessarily result in large, bulging muscles.

*Written by Joanna Stoops*

## NEWS TO YOU

*Paula Holmes* has completed chemotherapy and has resumed teaching all of her Zumba classes! She has started radiation treatments so she may have to miss a class here or there, but mostly she will be here teaching on Tuesdays at 9 am, Wednesdays at 7:45 am, and Thursdays at 5:45 pm.



Recipe from  
*everydayagave.com*

## Looking Ahead

### Fit Friday Hike

When: Friday, November 4 at 10 am

Where: South Slough Estuary  
Call the Slough at 541-888-5558 for more info and to reserve your spot

### Turkey Trot Fun Run and Walk

Pick your own distance

When: Thursday, November 24 at 9 am.

Where: John Topits Park  
Call Barbara and Tim Young at 541-267-7960 for more info



If you're interested in farm-fresh foods, check out [www.localharvest.org](http://www.localharvest.org). This wonderful resource allows you to search local farms that grow fruits and vegetables and raise grass-fed, free-range meat, eggs, etc. There are also many farms that ship produce if the item you're looking for isn't at a local farm.

## Recipe of the Month: *Blueberry-Cranberry Sauce*

Looking for a new recipe to mix up Thanksgiving this year? Instead of granulated white sugar, this homemade variation of cranberry sauce is made with agave, which has a much lower glycemic index.

6 servings

3 cups fresh cranberries (washed)  
1 cup orange juice  
1 cup light agave  
1 cup fresh blueberries  
1 teaspoon ground cinnamon  
1/4 teaspoon nutmeg  
1/4 teaspoon allspice

In a medium saucepan, bring cranberries, orange juice, and agave to a boil.

Reduce heat and simmer for 8 minutes. Stir occasionally.

Remove from heat. Stir in spices and blueberries.

Slightly mash berries with a spoon.

Allow mixture to cool. Transfer to a covered storage container. Chill in refrigerator for 8 hours before serving.

## Everyday Mythology

By Annis Cassells

Most kids delighted in the tales of mythology that we read in school. These were fascinating stories of Herculean strength, the charms and beauty of Aphrodite, the speed of Hermes, the Trojan Horse, and many more. Such tales were meant to instill virtues or to discourage poor behavior.

In those days, young people grew up with the myth of the perfect life -- a fairy tale life. It's still true today. The media bombards us with images of achievements or aspirations we deserve and can easily get. Maybe it's the ideal family. Or, the dream house or a flashy sports car, as pictured in the latest magazines. How about the perfect figure or physique? Maybe it's rock or sports star fame and fortune, or the perfect job.

As adults, we set out on a quest to attain that goal of "happily ever after" and usually learn to cope with the fact that there is no "perfect." We have to deal with disappointments and failures. Picking ourselves up, and adjusting our idea of what would make us happy, we reset our goals. Okay, so the picture I carried in my head in my youth changed from driving my Ford Thunderbird convertible, my hair blowing in the wind, to me chugging along in my rusty red Falcon. I still got where I needed to go.

Then, there's the mythology that we are not enough, that we aren't **worthy**. Many of us

hear it and internalize it and believe it, allowing the myth to define us. Society told me that women could be teachers, nurses, secretaries, or housewives; that men were the ones with strength and the brains to do math and science.

A prevailing myth back in the day was that women didn't have strength or stamina. In addition to certain occupations being closed to us, girls' basketball rules prohibited players from crossing the center line. Half the players never got the chance to shoot a basket. That's the thing about believing such myths -- we never get, or take, the chance to try.

What happens when limiting myths are shattered all to heck? A whole new world opens up to us, a world of increased opportunities and changing roles. We reinvent ourselves and move into a new life. Treasures such as new communities, new friends, and intriguing situations come into our lives. Sometimes it's a different job or a satisfying hobby that adds meaning for us and stimulates our zest for life. We experience unexpected joy and become re-energized as we learn to see ourselves differently.

Dispelling limiting myths is instrumental for our growth and development. We emerge from the shadows of the myth into the sunny, real world. We become who we always would have been if we'd only believed in ourselves.

Don't let anyone else tell you what you can do or how you should be living your life or set down limitations for you. Throw the myths aside and step out on faith in yourself.

*Copyright © 2011 Annis Cassells. All rights reserved. A life coach and speaker, Annis can be reached at [HeyAnnis@aol.com](mailto:HeyAnnis@aol.com). Read her blog at [www.thedaymaker.blogspot.com](http://www.thedaymaker.blogspot.com).*

# Highlights

Tidbits from the club and around the world

## Teff



Teff is an ancient Ethiopian grain. It is extremely small, even smaller than poppy seeds. It can be purchased as the whole grain or ground into flour. It has many nutritive benefits.

- Gluten-free
- Extremely high in manganese
- Higher in protein than wheat

Teff grains and flour can be found at health food stores. To find recipes and cooking instructions, search the web.

## Featured Exercise

### Modified Inverted Row

**Muscles worked:** upper, middle, and lower trapezius, rhomboid major and minor, anterior deltoids, rotator cuff muscles.



**How to do it:** position yourself under a bar (the bar on the Smith machine works great) and grab the bar with an over-hand, shoulder-width grip. Bend your knees so they're at a 90-degree angle. Hang from the bar with your arms straight and your feet firmly planted on the floor. Keeping your core straight, pull yourself up to the bar. Lower back down and repeat.

### EMPLOYEE HIGHLIGHT SANDY WHITE

If you want a class that will keep you hopping, attend one of Sandy's Circuit Training classes. Her energy and enthusiasm are contagious. Sandy not only teaches tough classes, but she is also the assistant manager at DHF. Her hard work helps to keep our facility clean and running smoothly.



### Trainer tip

"Go harder, not longer."  
~Jennifer