

Downtown Health & Fitness

NOVEMBER 2014

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Visit us at: www.downtownhealthandfitness.com

**Free Friend Days—
Wednesday,
November 5 and
Friday, November 28**

**Thanksgiving Hours:
Closed Thursday 27
8 am—9 pm Friday 28**

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**Happy
Thanksgiving!**



Technology Irony

Deb Lal

Has technology helped us or hurt us? That is the question. Only 30 years ago the human race was more active with everyday activities than it is today. With the industrialized world highly computerized, what man once did with his hands is now done with robotics or computers. As a result, people have become less active. Technology has reduced—and at times completely removed—movement.

Things as simple as dialing a phone require less effort. We once had to get up and go to the phone, which was mounted on the wall; we now carry a cell phone with us wherever we go. We do not even have to memorize phone numbers because the phone does the work for us.

Who gets up to change the channel on a television anymore? If we are missing our remote control for the television, we go a purchase new one. My car has a backup camera which allows me to back up without turning my head to look behind me. Some cars even parallel park without us having to twist and turn to make sure we are getting close to the curb. In the past, if we wanted to talk with someone in our office we walked over to their desk, but

now we send an email.

Since we are no longer moving as we were, the world of fitness has exploded. It is important to be active, and fitness centers are a common way to do that. Technology plays an active role in fitness for many people.

There are many applications—apps—for smartphones and computers that help us be active. There are apps that provide workouts, and some that track workouts and dietary intake and allow us to share this information with friends on social media sites. Other apps will help users calculate their body mass index (BMI), and still others use a GPS to track walks or runs. Recently I read an article about movement and tracking steps. I downloaded an app called “Moves” that acts as a pedometer. As long as you have your phone with you it will count your steps.

This got me thinking about how technology has limited our activity and at the same time technology can help us stay fit. So the question is: has technology helped us or hurt us? You be the judge.

NEWS TO YOU

Congratulations, Leah!

Our yoga instructor Leah welcomed a baby boy, Merrick Alexander Lorincz, into this world on October 13!



New Zumba!

Lesley is changing it up again! Recently we added Zumba Step to our class schedule, and our newest addition is Zumba Fit (first called Zumba Hip Hop). Zumba Fit is all of the fun of Zumba but with a greater emphasis on fitness. You can expect lots of burpees and squats! It won't have a spot in our regular class schedule, but look for it on occasional Saturdays and on special occasions other days.

Smoky Mac-Stuffed Sweet Potatoes

Recipe from veganyackattack.com

This recipe takes your loaded baked potato to a whole other level. This is a great dish to serve the evening before or after a holiday, when you want something unique, festive, delicious *and* healthy. Serves 4.

Ingredients:

4 1/2-pound sweet potatoes, washed and scrubbed.
 1 1/2 cup dried pasta
 1 cup baked pumpkin puree (not pumpkin pie mix, but it can be canned)
 1/2 cup vegetable broth
 1/3 cup raw cashews, soaked for 1-2 hours or for 20 minutes in boiling water
 3 tablespoons nutritional yeast
 1 clove of garlic
 1/2 tablespoon lemon juice
 1/2 teaspoon Dijon mustard
 1/2 teaspoon chipotle flakes
 1/2 teaspoon smoked paprika
 1/2 teaspoon liquid smoke
 1/2 teaspoon sea salt
 1/4 teaspoon turmeric (for color)
 1 cup packed kale, chopped with stems removed
 3/4 cup tomato, diced
 1/3 cup yellow corn kernels
 1/4 cup green onion, diced (plus more for garnish, which is optional)

Instructions:

1. Preheat oven to 375 F. Wrap each sweet potato, separately, in foil and bake for 35-45 minutes or until they are fork tender.
2. While the sweet potatoes are roasting, cook the pasta according to the package directions.
3. Take the pumpkin, cashews, veggie broth, nutritional yeast, garlic, lemon juice, mustard, chipotle flakes, paprika, liquid smoke, sea salt and turmeric in a blender or food processor and puree until completely smooth.
4. Once the pasta is done cooking, drain and rinse with cold water. Place the pot back on the stove, over low-medium heat.
5. Pour the cheese sauce into the pot, and add the kale, tomato, corn and green onion as well.
6. Stir it all together and cook for 3-5 minutes, or until the kale is wilted. Add the pasta back in and add salt and pepper to taste, if desired.
7. Next, lower the heat and cover the pot until the sweet potatoes are done, if they aren't already.
8. Once the potatoes are done take them out of the oven and wait 5-10 minutes for them to cool, then unwrap, slice down the center to split and, if you have it, sprinkle a pinch of smoked salt over the potatoes.
9. Now, dump some mac and cheese in the middle of that thing and go to town!



Looking Ahead

Upcoming walking, running, and hiking events

Turkey Trot Fun Run and Walk

Pick your own distance
 Entry fee is 2 or more canned food items
 When: Thursday, Thanksgiving Day, November 27 at 9 am
 Where: John Topits Park (Empire Lakes), Coos Bay
 Call Barbara and Tim Young at 541-267-7960 for more information.

South Coast Striders Barklow Mountain

3.7 miles or 8 miles
 When: Sunday, November 30 at 7:30 am
 Where: Caravan from Ray's Grocery in Bandon or meet the group at 101 & Elk River Road at 8 am (if coming from the South)

Visit www.coostrails.com for more information on these hikes or to find out more about South Coast Striders. You can also contact Don Luce at south-coaststriders@gmail.com.

Holiday Season Already?

Annis Cassells

November begins the winter holiday season. And, though we've barely touched fall, carving our pumpkins and stocking up with goodies for "trick or treaters", it's a good time to take a breath and a plan the steps we can take to see us through the rest of the year.

Carving out bits of time for ourselves will help deal with the additional flurry of activity that the holidays bring. I worry about folks who take on so much they leave no time for themselves. One of my friends recently said, "I'm like a wheelbarrow, weighted down by too many 'yeses.'"

The push to cook and bake, decorate, entertain, and spread holiday cheer is weeks away. But, some folks are already bogged down. At my latest doctor's appointment, I noticed his nurse's uncharacteristic lethargy and subdued demeanor. Before, Angie had always sported a smile that settled in her eyes. But not this time. After a few attempts at small talk, I asked, "Well, what are you doing for fun?"

She laughed. "Nothing. There is no fun in my life." Angie told me she works long hours then helps her single-mom daughter care for an 18-month old child with health problems. On her stuffed weekends, she spends Saturdays cleaning

and devotes Sundays to her parents. There's no time for Angie right now. When the holidays come, something in her busy lineup will have to give, or she will feel even more stressed. My guess is that she will just take on others' extra expectations.

More than ever, when additional duties show up in our lives, we must make time for ourselves and for activities that relieve our stress. Maybe it's a bubble bath soak or a cup of tea with a friend. Maybe it's a walk on the beach or getting a pedicure. Whatever it is, setting aside a little "me" time allows us to de-stress, regroup, and ready ourselves for the inevitable busy-ness to come.

The holiday season is bearing down on us. It's often stressful and not always the most pleasant of family times. But practicing self-care, even 15-20 minutes a day, or three times per week, will help us do more than "get through it." We'll get through it without feeling deprived and put upon, making happier holidays for everyone.

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Member Feature

Get to know our members! We randomly select members to feature each month. You could be next!

Mikki Karroll

Q: How long have you been a member of Downtown Health & Fitness?

A: 2 years

Q: What is your favorite type of exercise?

A: Silver Strength class, Zumba Gold class, walking, square and round dancing

Q: What keeps you active?

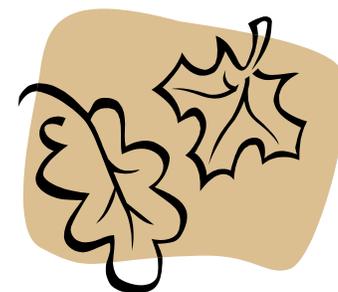
A: Thinking about what I would be like if I didn't keep active

Q: What is your favorite healthy snack?

A: Pumpkin seeds, edamame and cheese

Q: What is your biggest struggle with health and fitness?

A: Extremely low energy level



More info about Mikki...

"I so very much enjoy knowing and exercising with my classmates. They are all friendly, fascinating people, and I feel fortunate to be among them."

Mikki Karroll's favorite healthy recipe

White Sumiso Sauce

1 cup light brown miso (you can get it at Safeway)

1/4 cup sake (rice wine)

3 tablespoons mirin

1/2 cup + 1 tablespoon sugar

1/4 cup rice vinegar

2 tablespoons lemon juice

2 tablespoons grapefruit juice

Place the miso, sake, mirin, and sugar in a medium pot and stir until smooth. Cook the mixture over medium heat for 4 to 5 minutes, stirring with a whisk. Add the rice vinegar and the juices and cook until the miso sauce is no longer watery, about 8 minutes. Transfer

the sauce to a clean, freezer-proof container. Cover with a tight-fitting lid and store in the freezer.

This sauce will not freeze solid. It can be used as a flavoring in salad dressings. Dilute 1/4 cup of the sauce with 2 tablespoons water and use over vegetables, chicken, or fish.

Quick dressing recipe:

2 tablespoons sauce, 2 tablespoons vegetable or olive oil, 2 tablespoons rice wine vinegar, 1 teaspoon Dijon mustard, freshly ground black pepper and sea salt. You can put garlic in it too, if you like. Put all ingredients in a jar and shake well.