

October 2011

Monthly Newsletter

Downtown Health & Fitness

- **Monday, October 10—Free Friend Day & Columbus Day**
- **Monday, October 31—Halloween**

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CONGRATS TO MEMBERS WHO FINISHED THE PRE!

We especially want to highlight those who trained with us in the "10 weeks to a 10k" program.

Valerie Balken~Nichole Banegas
Margaret Barber ~ Jan Bartleson
Jonathan Bates ~ Laurie Burke
Michelle Collicott
Anthony Collins ~ Kay Collins
Jill Davidson ~ Linda Deveruex
Eric Gehrke ~ Jean Heldstab
Norm Herning ~ Paula Holmes
Emily Hoover ~ Jim Hossley
Kelly Katsikis ~ Tresa Kuhn
Deb Lal ~ Melissa Loudenbeck
Makenzie Marineau
Loren Martin ~ Tammie Martin
Patrick Myers
Katherine Nordholm
Mary Paczensniak
Heather Pedersen
Tyler Pedersen ~ Kim Phelps
Emery Phillips ~ Lindi Quinn
Alice Ramsay ~ Larry Reiber
Sandy Reiber ~ Trudi Rouske
Joanna Stoops ~ Joy Suppes
Diane Tracey ~ Tara Ustica
Wanda Weathers
Jillian Wightman ~ Russ Wright
Julee Yoakam ~ Carol Young
Our apologies if we missed anyone

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Υ What's Your Reason? Υ

Why do you work out? Is it because weight loss is desired, your doctor recommended it, or you enjoy the social activity? In some cases it may be all of the above. Everyone has a different reason to workout. Many DHF staff members have been training for special events. Jonathan Bates recently participated in a triathlon (taking 2nd place in his division!), Angie Kemp ran a half-marathon last month, and Jonathan, Lindi, Joanna, Melissa, Paula and myself all completed the 32nd Annual Prefontaine Memorial 10k last month.

Some people who exercise may be doing so with goals of participating in a sporting event or race, however, not everyone is.

One member told me the reason she worked out is so she could get up each day. If she didn't work out, her fibromyalgia would take over.

Another member does a very intense workout multiple times a week for 11 months each year in order to be physically fit enough to lead a 3-week hunt, by horseback, in the mountains of Wyoming during the month of September.

Another member spends a lot of time with her great-grandson and wants to be able to keep up with him.

A member who comes to the fitness center in the early mornings told me once that he would rather pay for a membership to a fitness center than pay for medication. By exercising regularly, he was able to avoid medication.

Many of our members have developed a special group of friends at the fitness center. Socializing is only a part of it, because they do work out. There is accountability when you are meeting a friend to workout. I have often said, "DHF is a social club that does a little exercise." A little exercise is putting it mildly.

Our members work hard at making a difference in their lives through exercise. I was very proud to have 45 members and staff running or walking in the Prefontaine Memorial 10k this past month. Seventeen of the participants were enrolled in our 10 Weeks to a 10k program. Thank you for making DHF a very special place to exercise and socialize.

Written by Deb Lal

NEWS TO YOU

We would like to extend a big Thank You to Anthony Collins for all of his help in the 10 Weeks to a 10k Program. His experience and communication skills are invaluable.
Thanks Anthony!



Good Luck Ben

Join us in wishing Ben Lee good luck in his future endeavors. Ben has worked at the front desk in the evenings and on Sunday's since March of 2010. We will definitely miss his happy disposition and ability to make everyone feel welcome.



Recipe from
Bob's Red Mill

Looking Ahead

See Jane Run

1 mile, 5k

When: Sat., Oct. 1 at 10 am

Where: Paved trails at John Topits Park

For more info contact Eli Thompson-Poore at 541-290-3243

If you're interested in traveling a bit for races, check out the schedule at the following web site. There are many races across the northwest.

<http://www.wvroadrunners.org/events.php>

South Coast Striders Hikes:

—Dellenback Dunes & Tenmile Creek

2.5 miles or 9 miles

When: Sat., Oct. 8 at 10 am

Where: Meet at Dellenback Dunes Trailhead, 10.5 miles south of Reedsport on Hwy 101. \$5 day use fee.

—Golden and Silver Falls
2.8 or 5.8 miles

When: Sun., Oct. 23 at 10 am

Where: Golden and Silver Falls past Allegany

For more info on either of these hikes contact Don Luce at southcoaststriders@gmail.com

Happy Halloween

Recipe of the Month: *Chicken Tamale Pie*

Filling:

- 1 medium yellow onion, coarsely chopped
- 1/2 cup green bell pepper, coarsely chopped
- 1/2 cup red bell pepper, coarsely chopped
- 1 tablespoon vegetable oil
- 1 pound lean ground chicken breast
- 1 clove garlic, peeled and crushed
- 1 tablespoon chili powder
- 1/4 teaspoon sea salt
- 1/4 teaspoon oregano
- pinch ground pepper
- 1 8-ounce can tomato sauce
- 1/2 to 3/4 cup grated cheese
- 2 tablespoons sliced black olives

Crust:

- 1 quart water
- 2 teaspoons sea salt
- 1 cup medium-grind cornmeal

Directions:

Preheat oven to 350 degrees F. Grease 9" pie dish, set aside. Bring water and salt to a boil in a saucepan, very gradually add cornmeal, beating

constantly so it does not lump. Lower heat and continue cooking and stirring about 5 minutes, until thickened.

Spread 2/3 of corn mush into the bottom and around the edges of a prepared pie dish, set aside; keep rest warm.

Stir fry onions, green and red peppers in oil in a large skillet over medium heat 8-10 minutes, until tender; add meat, garlic, chili powder, salt, oregano and pepper; stir fry 5 minutes longer breaking up clumps of meat. Mix in tomato sauce and simmer, uncovered, about 5 minutes.

Spoon meat mixture into the corn mush lined pie pan, spread evenly, spread the remaining corn mush on the top of the pie. Sprinkle with cheese and sliced black olives. Bake uncovered for 30 minutes. Let stand at room temperature 10 minutes, then cut into wedges and serve.

Makes 6 servings.

Motivation in Flux

Annis Cassells

“I've got to get motivated!” We've all heard people say this. Maybe we've said it ourselves. But “getting motivated” comes from the outside. The best chance of motivation, with positive results, comes from within, from our goals and inner desires.

My goals and desires have changed over time, depending on my stage of life; thus, my motivation changes, too. Today, a primary motivator for me is my health and well-being. I want to have a good quality of life and be strong enough to do such things as travel, play hard, and learn new things. I want to continue to make a contribution to the world. These desires motivate me to take care of myself with diet and exercise and to monitor my level of happiness.

In my middle years, bringing up my daughters and being a good model for them motivated me to behave in ways that coincided with what I thought was best for them. During those years, doing my best work as a teacher and honing my craft were also important to me. I wanted to make a difference in the lives of my own children and for the youngsters who were in my charge.

Back in the early days of my youth, asserting myself and becoming my own person were high on my list. I loved learning and was motivated to do my best in school and to take part in every possible opportunity that came along.

Though some major focuses changed, when I look back, I see that several themes of motivation have remained the same: anger, fear, and love.

Anger or outrage at an unfair situation still

motivates me. I will get on the bandwagon of a cause to help level the playing field or make a difference. Author Julia Cameron is correct, “Anger is our friend” because it makes us take action.

Fear of unwanted consequences can be a powerful motivator for me. In my youth, it was fear of disappointing my parents that kept me going. These days, it's the fear of osteoporosis or becoming debilitated that spurs me to take the raft of pills and vitamins that fills my too-small meds organizer.

It's my love for learning new things, love of adventure, and my love for people that have been strong motivators all my life. In high school, I joined the newspaper staff and went out for the speech team. I began motorcycling and took the safety course in my late 40s. A few years ago, I enrolled in Spanish language school in Mexico. Trying something daring or traveling to new places fulfilled my desire for adventure. Always a “people person,” it's love, and genuine interest in people, that fills my calendar with dates for tea or coffee, leads me to continue teaching and counseling, and keeps me connected with others.

Reassessing our goals and desires on a regular basis keeps our motivation high. As Zig Ziglar said, “People often say that motivation doesn't last. Well, neither does bathing--that's why we recommend it daily.

What is it that motivates you?

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Highlights

Tidbits from the club and around the world



Quorn



Quorn is a meat-free, soy-free product that can be used in place of meat. Quorn is:

- High in protein (made from a fungus)
- Low in fat
- Cholesterol-free
- Available at health food stores and some grocery stores (Safeway, Fred Meyer)

Find more info about Quorn, along with recipes at www.quorn.com.

Featured Exercise

Seated Dumbbell External Rotation



Muscle worked:
deltoids (shoulders)

How to do it: grab a single dumbbell and sit on a bench. With legs bent, bring your right leg up on the bench, and with your right

EMPLOYEE HIGHLIGHT JOANNA STOOPS

Joanna has worked at DHF since May 2010. Along with her front desk responsibility, she is a student. She will be graduating this year with a degree in Sport Management. She recently designed our 10 Weeks to a 10k program and did a wonderful job. She brings great talent and organization to DHF.



Trainer tip

“Start where you are at, not where you want to be.”

~Deb Lal