

# Downtown Health & Fitness

OCTOBER 2014

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Visit us at: [www.downtownhealthandfitness.com](http://www.downtownhealthandfitness.com)

- **Free Friend Day—  
Monday, Oct 13**
- **Safe Trick-or-Treat  
on Halloween—  
Friday, October 31  
3-5:30 pm**

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This year I ran the Prefontaine 10k for the 10<sup>th</sup> time. One thing has not changed since the first time I ran the race: support from other racers and my community. Supporting fellow exercisers is a quality I often find at the gym.

The staff at Downtown Health & Fitness is also here to support you with your health and fitness needs. We are happy to show you how the equipment works and offer new exercise ideas and information that makes reaching your fitness goals a reality.

Last week Downtown Health & Fitness was honored with the Bay Area Chamber of Commerce 4 Star Customer Service Award. This reminds me that we have an amazing staff that is here to help you.

*Deb Lal*

## Injuries—A Fit Person's Worst Nightmare

*Joanna Stoops*

There are a lot of “givens” when it comes to exercise. It's a given that you're improving your health by exercising regularly. It's a given that you'll feel better when you make exercise part of your day. It's also a given that if you exercise for a long enough period of time you'll face a time when you're dealing with an injury or other physical setback such as recovering from a surgery or sickness. What do you do when something physical disrupts your exercise routine?

My first word of advice: just *don't* allow the mental battle to begin. Stop yourself from beating yourself up. Don't get discouraged or depressed. We often battle discouragement and depression when there's a hiccup in our ability to exercise like we regularly do.

Whether you're attempting weight loss or simply exercising to relieve stress and tension, when you can't do what you've been doing you may be frustrated that you won't continue losing weight. You may be stressed just at the thought of not being able to relieve stress through exercise.

My second word of advice is to *not* quit exercising. Most injuries won't take you fully out of commission. If you break your arm, keep working your legs, core, and other arm. If you have a plantar fasciitis flare-up, try biking and strength training. If you have an abdominal surgery, check with your doctor about exercises you may be able to do soon after surgery, such as light walking, biking, or easy strength training.

Two years ago, my shoulder was dislocated. I had to

keep my right arm in a sling for the first several weeks (and I'm right-handed!). I couldn't even walk without pain because the jolting pulled down on my shoulder. I didn't have any idea how many activities involved the shoulder until it became injured! But I did what I could. At first, I rode the recumbent bicycle. I got creative in my core exercises since planks or anything involving the arm was impossible. When I was able to go on walks, I did that and incorporated hills and stairs into my route. I remember one day doing stair laps, walking up and down a steep stairway near my house for about 30 minutes. The next day my calves were sore, and I exclaimed with great excitement, “yes! I finally found something to make me sore!”

My third word of advice is to allow the healing process to take its course. Don't “push through the pain” or refuse to adjust what you normally do. Your body needs to heal, and healing takes time. Resting isn't a bad thing!

My final word of advice is to rehabilitate the injury when it's healed to the point where you can safely work on range of motion and light strengthening exercises. The rehab process can vary widely, depending on the injury or surgery. Consult with your doctor and/or physical therapist about this. Make sure you have a proper and complete understanding of your medical condition. Consider hiring a trainer to learn more about correct form and exercises to help your condition.

Injuries are a fit person's worst nightmare, but don't allow them to keep you down.

## NEWS TO YOU

Congrats to our members who finished the Prefontaine 10k on September 20! We especially want to recognize those in our 10 Weeks to a 10k Program; participants' names are in red.

Debbie Bassett, Jonathan Bates, Harold Boesch, Aron Boesl, Jani Boyd, Porscha Boyd, Sandra Bullock, Laurie Burke, Jim Clarke, Holly Cutting, Jill Davidson, Patricia Harrington, Don Hynes, Eiji Ishiguro, Sharon Jones, Deb Lal, Kari Lyons, Janelle Maine, Kate Manship, Mary Marineau, Jamie Matsui, Suzie McDaniel, Judy McDole, Caddy McKeown, Kathe McNutt, Keri McPherson,

Jeanie Meyer, Helen Mineau, Anne Morgan, Katherine Nordholm, Mary Paczeniak, Mallory Pennington, Ryan Peterson, Kim Phelps, Nick Preston, Siobhan Preston, Lindi Quinn, Tara Ranegar, Judy Rocha, Sharon Rogers, Deborah Rudd, Laurie Sevier, Bonnie Smith, Kylee Smith, Michelle Stone, Joanna Stoops, Derek Sweeney, Brandy Thompson, Jessica Tobiska, Kelly Western, Elizabeth Wheeling, Sherry Williams, Marilyn Wilson, Danielle Wirt, Julie Woodman, Jake Wright, Jamie Wright, Amber Yester, Barb Yost, and Gina Young.

# Homemade Raisin Bran Cereal

Recipe modified from [www.willowbirdbaking.com](http://www.willowbirdbaking.com)

*This might look time-consuming, but it's not at all—and it's SO worth it! This cereal tastes delicious, is inexpensive, and incredibly healthy!*

## Ingredients:

1/2 cup wheat bran flakes  
 1/2 cup whole wheat flour  
 1/3 cup almond flour (finely ground almonds; you can use another nut)  
 2 tablespoons sugar (try coconut sugar)  
 1/4 teaspoon baking powder  
 1/4 teaspoon salt  
 A few large dashes of cinnamon, optional  
 1/3 cup milk (or non-dairy milk alternative)  
 1/4 cup water  
 A few handfuls of raisins, if you want it to be raisin bran cereal

## Directions:

Preheat oven to 350 degrees. Sift all dry ingredients into a large mixing bowl and add milk and water. Stir to mix well. The resulting mixture will be a very wet “dough” (so wet, you can hardly call it a dough). Cut two sheets of parchment paper to fit two baking sheets, and set one sheet of parchment paper on the counter where you’ll be rolling—you won’t be able to transfer it without this!

Glop half of the “dough” out onto the sheet of parchment paper and flatten it by hand. Place a piece of plastic wrap over the dough and “roll” it out (your rolling pin will almost just be smoothing it out into place) EXTREMELY THIN, almost transparent in some places. It will look like a giant bran flake—super fun!

Remove the plastic wrap and transfer the parchment carefully to a baking sheet. Cook for 10 minutes, but check often after just 5, because such a thin dough can easily burn. You’re looking for a thin, leathery cracker that is crunchy at the edges. When it’s done, remove it and allow it to cool completely. While it cools, repeat the process with the other half of the dough.

After both giant bran flakes have finished their first bake, reduce the oven temperature to 275 degrees. Tear the first, cooled bran flake into regular bran flake-sized pieces (about 3/4 of an inch), spreading them out on the parchment-covered baking sheet.

Bake at the reduced temperature for 20 minutes, flipping and stirring the flakes around every 5 minutes. Repeat process with the second cooled, giant bran flake. Then allow all bran flakes to cool completely. Mix raisins in with bran and store well in a sealed container for up to two weeks.



## Looking Ahead

Upcoming walking, running, and hiking events

### See Jane Run-women's walk and run

1 mile, 5k

When: Sat., October 4 at 10 am

Where: John Topits Park (Empire Lakes), Coos Bay  
 Call Eli Thompson-Poore at 541-290-3243 for more information.

### Diabetes & Obesity Walk for Wellness

When: Sat., October 4 at 9 am

Where: Mingus Park  
 Visit [www.southcoast-diabetes.org](http://www.southcoast-diabetes.org) for more information

### Millicoma Marsh Trail and Track Run

1 mile, 2 mile, 5k

When: Sat., October 11 at 10 am

Where: Millicoma Middle School, Coos Bay  
 Call Steve Delgado at 541-297-7909 for more information.

### South Coast Striders Dellenback Dunes & Tenmile Creek

2.5 miles or 9 miles

When: Sat., October 4 at 10 am

Where: Dellenback Dunes Trail-head 10.5 miles south of Reed-sport on Hwy 101

### Golden and Silver Falls

2.8 miles or 5.8 miles

When: Sun., October 19 at 10 am

Where: Past Allegany on Glen Creek Road

Visit [www.coostrails.com](http://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 [southcoaststriders@gmail.com](mailto:southcoaststriders@gmail.com).

## Getting Past the Blip

Annis Cassells

All of us experience upsets, or blips, in our lives or routines. If we don't, we're not human. Everything doesn't always go as we plan, hope, dream, or desire.

The poet Ellen Bass writes “Relax. Bad things are going to happen...” And she is right. None of us is immune. Our car batteries will die. There will be no milk for the kids' cereal. A fall will cause a broken bone. Appointments will be missed or canceled. Our hearts will break. And, we will break hearts.

I can remember becoming sulky as a teenager whenever life disappointed me. My mom irritated me even more by reciting this quote: “Into each life, some rain must fall.” Boy that would make me mad. But in the '50 and 60s, no matter how angry kids became, we had to shut our mouths and carry on. And letting my mother know I was angry would not have stopped her ribbing. I can hear her now, almost singing, “You might as well get glad.”

David Steindl-Rast, Benedictine Monk and gratefulness guru, says every moment is an opportunity to learn something. Those times are gifts, even the blips. When we rise to the occasion, we may avail ourselves of the opportunity to learn patience or a new skill, or to stand up

for ourselves. The unfortunate instance becomes a turning point in our lives. Over time, we realize we are grateful for that then-awful moment.

What happens if we do not take the opportunity for reflection and learning? We get another chance to experience and learn.

Steindl-Rast's recipe for happiness and gratitude is as simple as when our parents taught us to cross the street -- Stop. Look. Go.

Stop and get quiet.

Look for the opportunity in the unfortunate moment

Do something; life presents us with choices

Most of us do adjust and adapt when unexpected or difficult situations happen. We think in divergent ways and new doors open. Often people will say, “When \_\_\_\_\_ happened, I thought it was the end of the world. But, it turned out to be the best thing that ever happened in my life.” We are grateful and happy. And, it all started with that seemingly pesky blip.

What challenge or disappointment have you faced and turned into an opportunity for learning and a better life? Live in gratitude.

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## Member Feature

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

### Galeno Navarro



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

**A:** 7 months

**Q:** What is your favorite type of exercise?

**A:** Weights, salsa dancing

**Q:** What keeps you active?

**A:** Modern lifestyle, stressors, motivation, focus, benefits

**Q:** What is your favorite healthy snack?

**A:** Avocado shake with strawberries (blend 3 large avocados, 6 strawberries, and Bolthouse Multi-V Goodness juice)

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

**A:** High-intensity workouts, timing, and diet

#### More info about Galeno...

If anyone would like to try salsa dancing, which is a great workout in a social setting, call 541-294-5799. We are trying to form a Latin club in this area.

### How much exercise does it take to burn off that Halloween candy?

Enjoy a treat, but in moderation! A little bite can take a lot of work to burn off. Check the list below to know how much exercise you'll need to do after a little splurge.

Reese's Peanut Butter Cups-5 miniatures -220 calories  
17 min running, 39 min cycling, or 26 min lifting

Kit Kat-2 fun size bars-210 calories  
16 min running, 37 min cycling, or 24 min lifting

Sour Patch Kids-1 fun size pack-210 calories  
16 min running, 37 min cycling, or 24 min lifting

Hershey's Milk Chocolate Kisses-9 pieces-200 calories  
16 min running, 35 min cycling, or 23 min lifting

Butterfinger-2 fun size bars-170 calories  
13 min running, 30 min cycling, or 20 min lifting

Snickers, Twix, Almond Joy, or Mounds-2 fun size bars or any variety -160 calories  
12 min running, 28 min cycling, or 19 min lifting

Starburst-8 pieces-160 calories  
12 min running, 28 min cycling, or 19 min lifting

Candy Corn-19 pieces-140 calories  
10 min running, 28 min cycling, or 19 min lifting

Gummi Bears-14 pieces-130 calories  
10 min running, 23 min cycling, or 15 min lifting

Three Musketeers-2 fun size bars-127 calories  
10 min running, 22 min cycling, or 15 min lifting

York Peppermint Pattie-2 snack size patties-120 calories  
9 min running, 21 min cycling, or 14 min lifting

Tootsie Rolls-5 pieces-117 calories  
9 min running, 20 min cycling, or 14 min lifting

Peanut M&Ms-1 fun size pack-90 calories  
8 min running, 16 min cycling, or 11 min lifting

Skittles-1 fun size pack-60 calories  
5 min running, 11 min cycling, or 7 min lifting

Obtained from [www.mensfitness.com](http://www.mensfitness.com)