



September
2011

Monthly Newsletter

Downtown Health & Fitness

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Visit us at: www.downtownhealthandfitness.com

- Sunday & Monday, September 4 & 5— Labor Day—DHF CLOSED
- Saturday, September 17—Fun Festival—DHF CLOSED
- Tuesday, September 27— Free Friend Day

Y The Good and Bad of Routines Y

Inside this issue:

The Good and Bad of Routines	1
News to You	1
Dealing with Stress	2
Recipe of the Month	2
Upcoming Running/Walking Events	2



Back to School

**We will be closed
Sunday and Monday,
September 4 & 5
and Saturday,
September 17**

*Enjoy Labor Day and
The Fun Festival!*

If you are running the PRE on Sept. 17, we will open up from 9-9:45 AM for members to congregate, use the restroom and stretch; we will also open after the race, from 11-12.

It's September. The leaves are changing colors, the weather is getting a bit cooler (I know, sometimes our best weather is in September!), and the kids are going back to school. These things generally cause you to get back into your routines: housecleaning, cooking, working, assisting with homework, driving children about, or resuming school yourself. Whatever your situation, you're probably starting to think about getting back into your routine.

Routines can be extremely helpful. They keep you focused and help you accomplish more than you would if you were floating about your day without a plan. The downside of routines is the mundaneness that comes along with them. Doing the same thing day-in and day-out can bore you and cause you to lose your energy and enthusiasm.

When it comes to exercise, establishing a routine is wonderful. You may be a Monday-Wednesday-Friday exerciser, a Monday through Friday exerciser, a morning exerciser, an evening exerciser, or anything in between. Having a set routine will likely keep you on track better than any other thing. But just like any other routine, your exercise routine can turn into a mundane, predictable hour during which your body isn't challenged.

Changing your exercise routine is extremely important to bring about the best results. The Principle of Specificity states that your body adapts to the stresses placed on it. If you keep your body doing the same thing workout after workout, your body will not adapt because there are no longer stresses being placed on it. This does not mean that your body doesn't respond to the exercise(s) any-

more, but that you are not continually improving. There is a variety of different recommendations for how often to change your routine, but a good rule of thumb is to change it every month, or more often if you need some extra spice in this area of your life.

Changing up your workout doesn't mean that it gets progressively harder every time forever. It can include an increase in intensity (faster cardio, heavier weights), but just working different muscles in different ways will keep your body continually challenged. As well as altering the number or repetitions and sets you perform of each exercise.

There are scores of different ways you can work a particular muscle or muscle group, so utilize them all. Research the web to find new ideas, or check out a book from the library. Plus, we are always happy to give you new ideas, so ask one of our staff. The chart below will help you with ways to vary your current exercise routine.

If you normally...	Then try...
Walk on the treadmill for 30 minutes at 3.5 mph	Increasing the incline to 2.0 for 5 min. twice within the 30 minutes
Work your lats using the Cybex pulldown	Overhead EZ-Curl bar lying on a bench
Do traditional bicep curls	Bicep curls with a resistance tube
Do overhead shoulder presses	Lateral raises

Written by Joanna Stoops

NEWS TO YOU

The 32nd Annual Prefontaine Memorial Run, the PRE, is on Saturday, September 17. If you are planning on running or walking the 10k, please let our desk staff know so we can be sure and give you well deserved support. See you at the finish.

**Missing something?
check the
LOST and FOUND**





Recipe from
lifesambrosia.com

Looking Ahead

2nd Annual Sunset Bay Trail Run

1 mile, 4 miles, 15k

When: September 3, 10 am

Where: Sunset Bay State Park

For more info call Patrick at 541-290-7530 or Lawrence at 541-751-7999.

Fit Friday Hike

2-4 miles

When: September 9, 10 am

Where: South Slough Estuary

To pre-register or get more info, call the slough at 541-888-5558.

South Coast Striders

—Cape Mountain Trail

3 miles or 6-8 miles

When: September 11, 10 am

Where: Meeting place to be announced.

—Millicoma Marsh White Point

1.4 or 2.9 miles

When: September 17, 10 am

Where: Meet at the Millicoma School field in Eastside.

For more info any of the SCS

hikes, contact Don at southcoaststriders@gmail.com

Scotty Brown Memorial Mud Run

When: September 10

For more info call Roy Mollier at 541-297-6669

32nd Annual Prefontaine Memorial Run

10k or 2 miles

When: September 17, 10 am

Where: Begins at 4th and Anderson

\$22 before September 13, \$25 after

For more info visit

Recipe of the Month: *Oven Baked Fish Sticks*

Ingredients:

1 pound halibut fillet, skin removed if present, cut into 1/2 inch sticks

1/3 cup milk

2/3 cup plain bread crumbs

2/3 cup panko bread crumbs

1/2 teaspoon kosher salt

1/4 teaspoon fresh cracked pepper

non-stick spray

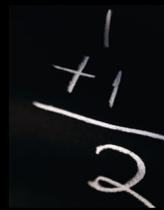
1 lemon cut into wedges

Directions:

Preheat oven to 400 degrees. Pour milk into one bowl. In another bowl combine plain bread crumbs, panko bread crumbs, kosher salt and pepper. Season fish sticks with salt and pepper. Dip the fish sticks into milk and then dredge in bread crumb mixture to coat completely. Place on plate. Let stand 5 minutes. Spray a baking sheet with non-stick spray.

Place in oven for 3 minutes to warm. Remove prepared baking sheet from oven, place fish sticks on sheet. Bake for 10 minutes. Turn. Bake for another 10 minutes or until fish flakes easily. Turn on the broiler and broil for 2-3 minutes or until fish browns.

Transfer to serving platter with lemon wedges. Serve.



Dealing with Stress

We

all must handle stress in our daily lives. Our bodies are wired for it, but, over-stress plays havoc with our mental and physical selves. We may experience aches and pains or explode when some small thing sends us over the top. Doing something positive to de-stress is far healthier than suffering with the outcome of letting it all pile up.

When fulfilling my field work requirement for my Counseling certificate, I shadowed Irene V., a counselor at a continuation middle school. As she worked with the students, there were glimmers of hope, but those successes were outnumbered by the challenging, often-tumultuous, emotion-filled days. I wondered how Irene dealt with the tremendous amount of stress.

"I have a daily ritual," she said. "When I get home, I fill my bathtub with hot water and bubble bath. I light candles, put on some soothing music, pour a glass of wine, and relax in the tub until the water becomes lukewarm. Then, I pull the plug and visualize the water carrying all the stress of the day down the drain."

Remembering Irene's story, I have tried her method and found that it works for me, too. Each of us can take responsibility for coming up with our own routine or ritual for combating stress. One helpful way is to build a conscious time for slowing down into our day. Just the act

of decelerating and noticing the world around us alleviates stress.

Here are some ideas for slowing and decreasing stress:

- Create a place in your home, at your work, in your heart, where you can go for quiet, recollection, and reflection.
- When you walk with someone, don't think about what you'll say next. Just listen or walk in silence.
- Learn to stand back and let other take their turn as leaders. They learn, and you get a break.
- Divide big jobs into little jobs. One bite, or one baby step, at a time works.
- Occasionally, turn down the lights, the throttle, the invitations. Less really can be more.
- Take time to read . . . inspirational works, poetry, great books.
- Sit quietly, with eyes closed, and scan your body. Notice how you're feeling.

What stress-reducing routine might you incorporate in your day? Having a plan for coping with stress will make it easier for you to stay calm, cool, and healthy.

Written by Annis Cassells

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