

September 2012

Monthly Newsletter

# Downtown Health & Fitness

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- **Labor Day CLOSURE—**  
**Sunday and Monday,**  
**September 2 and 3**
- **Fun Festival early CLO-**  
**SURE—Saturday, Sep-**  
**tember 15—closing at**  
**noon**
- **Free Friend Day—**  
**Monday, September 17**

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## NEW FALL CLASS SCHEDULE SEPTEMBER

We have added the following  
back into our schedule:

### MONDAYS

5:30am-6:30am

Power Progression with Deb

### TUESDAYS

10am-11am

Relax into Yoga with Kris

### WEDNESDAYS

5:30am-6:30am

Step Aerobics with Deb

### THURSDAYS

10am-11am

Chair Yoga with Kris

We will no longer have the  
Friday Night Party class.

## Y' How Old is Too Old? Y'

According to AARP, you need to be 50 years OLD to apply for an AARP card. Ross department store wants you to be 55 years OLD to get their special Tuesday-Club discount. Medicare benefits kick in for most people when they are 65 years OLD, while Social Security payments may not start for some people until they are 72 years OLD.

So at what age should you consider making exercise a part of your life? Should you wait until your doctor tells you that you need to exercise? Should you wait until you have gained too much weight to fit comfortably into your clothes? Should you wait until you have the time? Do you think you are too OLD to begin exercising?

A couple of months ago, I met a 90-year-OLD man who began exercising at our gym. This is the first time in his life that he has had a gym membership. Originally, it wasn't his idea; in fact, his daughter and son-in-law dragged him to Downtown Health & Fitness. They wanted him to be able to "get around better." I asked them to have a seat and spent about half an hour with our soon-to-be newest member.

Now that he has been exercising regularly for the past couple of months, he is shocked at how his life has changed. To start, there are the physical benefits that he has seen. He has more stamina and is able to work longer on projects around the house. He has lost two inches around his waist and can now button shirts that didn't used to fit. He feels stronger and can easily climb in and out of a sailboat.

There are other benefits that this man has seen. Because he has more energy, he has joined a water aerobics class and has developed a group of friends that he now socializes with. He feels that joining a health club and putting exercise in his life has been a good experience, and he now wishes he would have considered starting this years ago...like in his 70's. He is a pure example that you are never too OLD to start exercising.

If you are not sure how to get started, please be sure to ask for help at the front desk. A class is always a good way to become familiar with exercise. At 11:00am Monday through Friday there is a class that is designed with lower impact, easier movements and modifications. Mondays, Wednesdays and Fridays you can try our Silver Strength class. This class uses light weights or no weights to condition the major muscle groups in a slow-paced class. We have added stretches and some light abdominal work to balance this total body workout. On Tuesdays and Thursdays, we have Zumba Gold. This class includes all the fun of Zumba in a toned-down class for members who are learning ZUMBA, are new to aerobics, or want a lower-impact workout. You'll be dancing all the way home after this hour-long class. Come and join us before you think you are too old.  
REMEMBER: You are never TOO old.

*Written by Deb Lal*

## NEWS TO YOU

### YOGA of AWARENESS

Join us in welcoming Kristen (Kris) Crusoe back to our Yoga team. She has recently spent many hours studying **Yoga of Awareness** and will be sharing two new classes with our members beginning September 11 at 10am.

Her Wellness Yoga program provides medically sound, gently tailored, and accessible yoga classes to people living with chronic, progressive, or debilitating illnesses. Such a class could also

complement their medical treatment. Yoga induces the relaxation response, which puts the body into its healing state, and allows us to manage chronic illness, and provides tools for developing awareness, mindfulness, and inner health.

**Relax into Yoga** on Tuesdays at 10-11am  
and

**Chair Yoga** on Thursdays at 10-11am

## Looking Ahead

Upcoming walking, running, and hiking events

### Scotty Brown Memorial Run

About 5 mile fun run

When: Sat., Sept. 8 at 10 am

Where: Empire Boat Ramp Call Roy Mollier at 541-297-6669 for more information.

### Bandon Lions Cranberry Run

10k, 5k, 1 mile kids run

When: Sun., Sept. 9 at 2 pm

Where: Bandon City Park Benefitting the Bandon Lions Club's local vision programs.

Call Tricia Hutton at 541-347-6512 or Earl Miller at 541-347-9800 for more information.

### 33rd Annual Prefontaine Memorial Run

10k, 2 mile walk

When: Saturday, September 15 at 10 am

Where: 4th and Anderson in Coos Bay

Register online at [www.prefontainerun.com](http://www.prefontainerun.com). Call Bob Huggins at 541-269-1103 or visit website for more information.

### Pregnancy Resource Center Walk for Life and 5k

When: Saturday, September 29 at 9 am (registration at 8:30)

Where: Begins at Mingus Park Fundraiser for PRC, \$20 registration fee for 5k, or collect pledges. Call 541-267-5204 for more information.

### South Coast Striders:

#### Blue Ridge Trails

2 or 5 miles

When: Sat., Sept. 8 at 9:15 am

Where: Leave from Coos Bay Visitor Center

#### Cape Blanco

When: Sun., Sept. 16

Where: Cape Blanco State Park

Email Don Luce at [southcoaststriders@gmail.com](mailto:southcoaststriders@gmail.com)

## Recipe of the Month: *Southwestern Pinto Bean Veggie Burgers*

### Ingredients:

- 1/2 cup diced onion
- 1/2 cup dry breadcrumbs (I used Panko breadcrumbs because they're lighter and lower in calories than regular breadcrumbs)
- 1/4 cup chopped cilantro
- 2 tablespoons minced seeded jalapeño pepper
- 2 tablespoons reduced-fat sour cream
- 1 teaspoon hot pepper sauce
- 1/2 teaspoon ground cumin
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon salt
- 1 large egg
- 1 (15-ounce) can pinto beans, drained
- 1 (8 3/4-ounce) can no salt-added whole-kernel corn, drained



Recipe from [pickyeaterblog.com](http://pickyeaterblog.com)

### Directions:

- Combine the first 9 ingredients in a food processor (this saves on cutting time if you have a good food processor). Transfer to a large bowl, and mix in the egg.
- Put pinto beans and corn in a food processor, and then add to the mixture in the bowl. Alternatively, you can add the pinto beans/corn to the bowl and partially mash with a fork or potato masher.
- Divide bean mixture into 4 equal portions, shaping each portion into a 3 1/2-inch patty, and refrigerate for 10 minutes. Heat canola oil in a large nonstick skillet over medium-high heat. Add patties to pan, and cook 5-10 minutes on each side or until thoroughly heated through.

## Working Positive Affirmations

by Annis Cassells

"I'm not..." or "I can't..." or "Life sucks." are just a few of the negative thoughts that run through our heads from time to time. For some of us, the phrases come frequently. We have those learned, negative tapes from our childhood or young adulthood that we keep replaying -- and believing.

But what if positive thoughts took over? What if we used positive affirmations. "I am..." or "I can..." or "Life loves me." And, what if we believed THEM.

Our circuit class laughed aloud recently when Sandy delivered her "madwoman" exercise set, and in the midst of all our groaning, I smiled and piped up with, "We are handling everything with ease." Sure, I was tired, achy, and wishing the exercise time away, too. But there was something about that positive affirmation that changed the atmosphere in the weight room and gave me the kick to carry on. And there was something about that laughter that brought us all together instead of each of us struggling on our own.

If a little positivity can produce a change in the exercise realm, it can do it anywhere we might need a pick-me-up. It can make a difference in how we see tasks ahead of us, or even in how we see our day unfolding. Author and inspirational speaker Mike Dooley says, "Thoughts become things...choose the good ones." So why not insert a positive thought

over a negative one and create an energy shift?

Here's how you do it:

- Catch yourself thinking or saying a negative idea. ("I have to get up and go to work.") Or ("It's going to be an ugly day.")
- See how you can turn it into a positive one. ("Today, I get to go to work and do \_\_\_\_.") Or ("Life is great, and I'm making a wonderful day of it.")
- Repeat the positive thought in your mind. Try it aloud, preferably when looking at yourself in the mirror. Then watch as your smile appears and broadens. We all know that smiling makes us feel better. When we feel better, we do better.

Negativity feeds on complaining and blaming. The negativity habit is difficult to break and drives people away from us. According to psychiatrist William Glasser, love and belonging is one of humans' five basic needs. We don't get that need met when we place a negativity wedge between us and our family and friends.

Putting forth a positive outlook and affirmations also creates a nurturing atmosphere for our youngsters and models an effective and happier way to live. "Life is good."

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# Highlights

Tidbits from the club and around the world

## Bison



Like cows, bison are very large mammals in the bovidae family. Bison are the same animal as the American version of Buffalo.

Bison meat is a healthier option that tastes similar to beef. Nutritionally, for 100 grams of meat, bison has 68 fewer calories, 6.86 fewer fat calories, and 4 fewer grams of cholesterol.

Many people feel that bison has a better taste than beef, and appreciate that the meat doesn't marble, or shrink when cooked.

Bison has as many different cuts as beef, though ground bison is easier to find in the stores. Bison can replace beef in any recipe you choose.

Find bison at grocery stores, health food stores, or from local bison farmers. Silver Dollar Bison Ranch ([www.silverdollarbisonranch.com](http://www.silverdollarbisonranch.com)) is a local farmer; this summer they are selling their meat at the Farmer's Market each Wednesday from 9-3.

## Fitness Feature

### Plyometric side plank

**What it works:** Core, especially obliques



**How to do it:** Form a side plank by raising your body off the floor, supporting your body on one elbow and with the foot closest to the floor. Then move your top foot forward and backward over your stationary foot, touching your toe to the ground both behind and in front. Try to increase speed but don't compromise form—keep your shoulders square. Make sure to switch sides!

### EMPLOYEE HIGHLIGHT BRANDY THOMPSON

Brandy has worked at DHF for 6 years. She works each Saturday, giving the gym a relaxed weekend atmosphere. She also stays busy being a mother of two young girls, and working a full-time job at Cardinal Employment Services.



### Trainer tip

*"Don't try to outrun your mouth. You cannot exercise off what you've eaten—especially if you've over-eaten. Instead, consume healthful foods in moderate portions—and exercise too."*

*~Joanna*