

# Downtown Health & Fitness

APRIL 2016

## Dates to Remember:

April Fools Day-April 1st

FREE FRIEND DAY—Friday,  
April 15

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## CLASS HIGHLIGHT

### SILVER STRENGTH

This class is designed for older members, but is no less challenging than many of our other classes. This is a full body workout, including a warm-up, cardiovascular, strength training, balancing and core stability, including a nice cool down with a stretch. We use a variety of equipment to challenge all major muscle groups. This class is offered 3x a week Mondays, Wednesdays and Fridays at 11:30 am to 12:30 pm and taught by our very own Sandy White, who has over 25 years of group fitness instruction. There is no age limit to this class.

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## Exercise and Illness

By Lesley Gonzalez

I don't feel well. Should I workout? Should I go to the gym?

Have you heard the saying, or advice "I think I am coming down with something, I'll just go to the gym and sweat it out."? Well, this advice is does not always prove to be the best advice.

Exercise actually can provide some temporary relief from some cold symptoms, but studies taken from Ball State University, indicate that colds and flus will last the same amount of time whether someone exercises or not. Maybe it's time to give yourself a few days off. We need rest when we are sick. And to top it off, colds are most contagious during the period before we start to feel ill and during the first few days with symptoms. If you suspect that you may be coming down with a cold or the flu, please consider staying home and out of the gym in order to avoid spreading it to others.

Dr. Alastar Jordon, a lecturer in sports and exercise sciences at Leeds Trinity University states; "It's acceptable to exercise if you have a sniffle, but anything worse than that, it's probably best not to exercise."

Do not exercise if you have a fever. When you exercise, you raise your body's temperature. If you already have a high temp and you raise it further, you can make yourself even more ill. In adults, a fever is considered to be anything above 38C (100.4F).

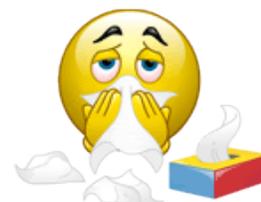
### THE NECK CHECK:

The neck check is one way to gauge whether you should avoid exercise or not. If symptoms are above the neck – a head cold, say – it's ok to exercise. Anything below the neck, such as bronchitis, tightness in your chest or muscle or stomach pains, it's not OK to exercise.

If you feel that you cannot give up a couple days off of your regular workout routine, consider working-out at home. Maybe go for a walk or put in a workout DVD.

Make sure to talk with your doctor about your concerns with cold or flu.

Most of us who love being in the gym, not just for our exercise routine, but also to get in our social meeting and coffee time, have the hardest time staying away when we feel under the weather. Bottom line: Listen to your body and be respectful of others.



## STAFF UPDATES

We are very excited to have Rachel Kappelman join our team at Downtown Health & Fitness. Rachel is a certified Zumba instructor. Her love for dance began her journey in Zumba. She expanded her knowledge by becoming certified Zumba Instructor last October. She has been teaching since that time.

Rachel is married and the proud mom of three boys. She will be instructing our Tuesday 5:45 pm class and will be included in our Saturday 9:00 am rotation. Please join us welcoming Rachel.



# Spring Strawberry Spinach Salad

Recipe of the Month

## Ingredients:

- 1 Bunch spinach, rinsed
- 1 package of strawberries, sliced
- 1 tsp. salt
- 1 tbsp white sugar
- 2/3 cups of balsamic vinegar
- 1/4 cup olive oil
- 1 tbsp honey
- 1 tbsp poppy seeds



## Directions:

In a large bowl, mix the spinach and 3/4 of the strawberries.  
 In a blender, place the remainder of the strawberries, sugar, salt, balsamic vinegar, oil, and honey and blend until smooth. Stir in the poppy seeds. Pour over the spinach and strawberries, and toss to coat.

*Twenty Loves*

*By Annis Cassells*

## Looking Ahead Walking, running, and hiking events.

Don't worry. This is not about your dating history. Or it could be.

It's mainly about doing the things you love to do. In the grind of daily routine and other obligations, it's hard to find time for yourself. Activities you've enjoyed doing, things that brought a smile to your face or laughter into your atmosphere, often get pushed aside because of the "gotta-do's."

One of humans' five basic needs is for Fun. That takes different forms for different people. But whatever you look forward to doing usually employs the fun factor. Otherwise, it would make your "Dreaded" list instead of "Twenty Loves."

Here's how you're going to take a look at your Loves.

Fold a sheet of paper in half the long way and make columns that look like the example and number to 20.

| 20 Loves | A/O | Time | R/E | Date |
|----------|-----|------|-----|------|
| 1        |     |      |     |      |
| 2        |     |      |     |      |
| 3        |     |      |     |      |

As quickly as you can, fill in the first column with 20 things you LOVE TO DO. Then look at the other columns.

**A/O** = Alone or with Others. Go down your list and mark A or O (or A/O if sometimes this is an activity you do either way). For me, "walking on the beach" is A/O. Writing is A. Zumba is O. Then continue with the other columns.

**Time** = How much time it takes to do this activity.

**R/E** = Relaxing? or Energizing? How does this activity affect you?

**Date** = When is the last time you did this activity?

This exercise is designed to remind you of the things you love to do and let you notice factors around them. It's meant to encourage you to get back to those activities.

Has it been too long since you've done something that's on your list? Is it an activity you like to do with others? Maybe it's time to round up some friends and get back to enjoying this activity.

Have you missed doing an activity because you haven't had time? As you look at how much time that item takes, can you either a) carve out the time for yourself? or b) make it a shorter session you could handle, but still enjoyable?

Is it an activity that you find relaxing that you need to reinstate? Or maybe you've been feeling kind of "blah" and one of your energizing activities would be the one to get busy doing.

Fun is a basic human need. And, if you've been foregoing fun activities that you love, maybe it's time to bring some of them back into your schedule. Do it for yourself. It's a matter of your health and well-being.

Or, perhaps your list shows that you **are** spending time doing the things you enjoy in life. If so, it's great to know you're fulfilling your need for fun. Congratulations!

\*Twenty Loves is adapted from Dr. Sidney B. Simon's work.

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April 9— Tide Pools, Critters and Seaweeds, oh my!  
 South Coast Striders 2 mile walk around Sunset Bay Park. Meet at 9:00 am at the day-use parking lot near the picnic area.

April 16—Roseburg to Coos Bay Relay. South Coast Running Club's 67 mile, 5 person relay for runners or a 23 mile relay for walkers.

April 23—Siltcoos Lake Trail  
 South Coast Striders 4 mile loop. Meet at 10 am at the Trailhead.

See the following websites for more information:

[www.coostrails.com](http://www.coostrails.com) to find out more about the walks with the South Coast Striders

[www.southcoastrunningclub.org](http://www.southcoastrunningclub.org) to find out more on upcoming events or to check into the running club.



## Member Feature

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

### Rick Stevens

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

**A: Been a member off and on, but became permanent about 5 months ago.**

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

**A: Cardio & Free weights**

**Q: What keeps you active?**

**A: My wife and I are avid golfers. So, during the summer I'm quite active on the course. During the winter it's a bit more of a challenge.**

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

**A: I'm a fan of fresh fruit (especially apples), cashews and yogurt.**

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

**A: I am by nature LAZY. Self motivation is critical. I like to get into a routine.**

**Q: What would you like other members to know about you?**

**A: That's hard! I love my grandkids. Actually, my heart's desire is that the people get to know the real me, the more they would realize that my faith in Jesus Christ is the most important part of my life.**

**Q: What is your favorite recipe or food you like to eat?**

**A: Honestly, I'll have to "punt" on this one. My wife is a wonderful cook and virtually everything she prepares is great!**

### NEW EQUIPMENT

Have you ever wanted to do a pullup or chin-up, but are not quite strong enough to pull yourself all the way up? How about doing a tricep dip with a nice 90 degree bend in the elbows? Both of these exercises are hard to do. They both require you to lift and hold your body weight.

Check out our new PRECOR Chin/Dip Assist machine to our weight room. This new piece of equipment is located next to the Crossover Cables. The Chin/Dip Assist will allow you to select the right amount of weight needed to assist you in completing these exercises.

Now you can be successful and get stronger at the same time. If you would like some assistance on this machine on how to set it up or use it properly, just ask someone at the front desk for assistance, we are always happy to help.

