

# Downtown Health & Fitness

APRIL 2017

## Dates to Remember:

### Closed Easter Sunday

Sunday April, 16th.

April Fools Day-April 1st

### FREE FRIEND DAY— Thursday April, 6th

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## **Lost & Found!**

We will be cleaning out the lost & found bin at the end of the hallway soon! Please look for any missing items and claim them before they end up at Goodwill.

**HAPPY  
EASTER**

440 Central Ave ♦ Coos Bay, Oregon 97420  
541-267-3948 ♦ email: [dhfitness@downtownhealthandfitness.net](mailto:dhfitness@downtownhealthandfitness.net)  
Visit us at: [www.downtownhealthandfitness.com](http://www.downtownhealthandfitness.com)

## **Building a Stronger Core**

By Lesley Gonzalez

If any of you have taken one of my Group Fitness classes, you will find one common theme throughout my teaching. I LOVE core work. I am constantly encouraging and pushing my participants to focus on core training.

Our core muscles are the sturdy central link connecting our upper and lower body. It consists of your muscles, bones and joints in the abdomen, back, sides, pelvis, glutes and hips. It is the center of our being. When we have a strong core, we have a strong body.

Weak core muscles can impair how well your entire body functions. But, a strong, flexible one can work in almost everything you do.

Most of us want nice abs, and we often think that to get that we must focus on doing a ton of ab work. But 500 crunches and a ton of sit ups never seem to do the trick.

There's lots to factor in when we want nice abs, so let's focus on core work with some of these tips:

Proper nutrition and clean eating is KEY. Our diet plays a huge role in our abdominals and the extra weight we carry around our midsection. In last month's newsletter our Personal Trainer, Jennifer Stephens, wrote a great article about Eating for Health. She had a ton of good information we can all glean from.

Another factor to consider is our cardiovascular

exercise and is one of the most important success factors: We never want to neglect our cardio. Swimming, running, walking or taking a group fitness class are just some of the ways you can get your cardio fix. If you do not pay special attention to these two important tips, you might as well just forget it.

Here are some tips to keep your core strong, and remember, all of our group fitness classes always incorporate core work.

- A strong core helps your balance and posture – When side, stomach and back muscles are strong, your body stays upright without tiring.
- A strong core keeps your stomach flatter so you look better and clothes fit better – Keeping your core toned helps to keep abdominal muscles in good condition.
- A strong core makes it easier to do everyday activities – Twisting, reaching, climbing stairs and other activities are all easier when your core muscles are toned.
- A strong core helps you to reach your fitness goals more easily – When your core is strong, you can engage in your preferred exercise for longer periods of time, increasing the chances of reaching your fitness goals.
- A strong core reduces back pain – When the core muscles are strong, it reduces the pressure put on discs in the spine. (IEQ Health)

Together we can BUILD A STRONGER CORE!

## **Staff Highlight Alishia Bullis**

If you're one of those early bird, get it done at 5 am workout people, then you know our lovely Alishia. She has been a faithful DHF employee making sure our doors are open by 4:45 am Monday—Friday for almost 2 years now. Her infectious smile, and caring heart for all, has made her one of our most beloved employees. She is the wife of Donny and mother to two precious boys. She makes sure the lights are on, the cardio equipment is ready and those pots of coffee keep on brewing. When she's not here, members are curious, wondering if she's ok. Thanks, Alishia, for your dedication to our fitness center and our members. You are loved!



# Ten Minute Tuna Wraps

## Recipe of the Month

### Ingredients:

1 can of tuna  
1/2 avocado  
1/2 carrot  
1/2 cucumber  
1/2 red onion  
1/2 tsp. lemon juice  
1 salt and pepper

Tortilla wraps of your choice



### Directions:

Drain tuna. Combine tuna and lemon juice first, adding in the rest of the ingredients as you go. Place mix on tortilla wraps and spread! It's a simple and healthy way to make a quick nutritious lunch for the day or a snack on the go.

Recipe at: <http://yummiestfood.com/healthy-tuna-wraps/>



## Poetry, A Vital Part of Life

*Annis Cassells*

"Today is 'Poem in Your Pocket' Day," I announced to the woman I'd just met at my assigned table at the Women's Business Conference. "May I read you a poem?" I asked as I whipped a piece of paper from my pocket.

"Sure."

And I began reading aloud Lucille Clifton's "Blessing of the Boats."

When I finished and handed her the poem to keep, she smiled. Not a big I'm-glad-to-see-you smile, but a warm, contented smile and said, "Thank you. That was just what I needed to hear today."

Often people say they just don't "get it" after reading a poem or they say they don't like poetry. A huge reason is how poetry was taught in schools. Those of us who delighted in rhythm and rhyme from Mother Goose and Dr. Seuss got turned off in high school literature classes.

I always loved poetry, but as an adult, I learned reading poetry produces several benefits. One is improving vocabulary by introducing unusual words, phrases, or allusions. Another is long-term brain health can be improved by reading poetry. Studies have shown that people who memorize and recite poems are less susceptible to Alzheimer's. I'll bet many of you still recall poems you learned in grade school or high school.

Poetry improves critical thinking. Since its meaning is not obvious or one-dimensional, poetry requires readers to

actively analyze and decipher language and meaning instead of engaging in passive reading. And, triggering emotions and memories, poetry helps develop empathy as it unites people across time and cultures.

Set aside the time to read a new poem several times. Read it aloud so your ear can hear the language. Then read it again. Sometimes I do several readings, trying out different stresses and phrasing.

Why would anyone WANT to read (and re-read) poetry? To interact with the poet's ideas and learn something, feel something, and see how the poet's experience relates to yours. Reading several times helps find meaning. There is no ONE meaning of a poem. Each of us brings our experience and life to a poem and may glean different meanings. That's what turned us off in high school, searching for "the meaning," usually what the teacher said it was.

April is National Poetry Month.

Inaugurated by the Academy of American Poets in 1996, it has become the largest literary celebration in the world. "Poem in Your Pocket" Day is a large part of NPM. This year, it's April 27. Find out what's happening in the Bay Area to celebrate National Poetry Month. Seek out some poetry, favorite poets, or new-to-you poets. Try writing some of your own poetry or pull out those poems you wrote long ago.

Add poetry to your life for the benefits and pleasure it can bring.

Copyright © 2017, Annis Cassells. All rights reserved. A life coach and speaker, Annis can be reached at [HeyAnnis@aol.com](mailto:HeyAnnis@aol.com). Follow her blog at [www.thedaymaker.blogspot.com](http://www.thedaymaker.blogspot.com).

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

### April 2nd @ 9am—Sweet Creek Falls

Four variations of this hike rated moderate

### April 15th @ 9am—Euphoria Ridge

Tribal Chief of Coquille Tribe Don Ivy will lead the 4 mile hike rated "moderate" with some steep hills at times.

### April 22nd @10am—Camp Myrtlewood

Long and short variations offered.

To find more information on hikes around the area visit [Southcoaststridders.com](http://Southcoaststridders.com)

### Coos Bay Hump Day Runners

Did you know there is a running club that meets every Wednesday night at 7 Devils and anyone can participate?

This group of running enthusiasts, meet up at 7 Devils at 6:15 pm every Wednesday night for a group run. They will provide two distances to run, some stretches and a warm up. Then they all meet back up at the Pub and have a beer together. Don't drink beer? That's OK too. They offer other refreshments as well.

# Member Feature

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

## DON KOCH

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

**A:** Going on 8 months

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

**A:** Strength Training

**Q: What keeps you active?**

**A:** Being a sports dad. My son and I are always training and working on the sport he is currently playing. He plays football, baseball, and basketball, wrestles, and has done track.

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

**A:** Raw almonds and beef jerky.

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

**A:** Nutrition! I'm always working on nutrition. Also, my love for beer. I am getting much better with cardio, a struggle in the past for me.

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

**A:** I may seem unapproachable at the gym but I'm focused and in the zone, doing work. I am a really nice guy.

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

**A:** Baked Salmon II This is not my recipe but one I love and use often, especially during salmon sea son. (see front desk for recipe)



## Class Updates

Welcome Jill Davidson

**Starting April 1st, we will have a new Thursday morning line up in our Group Fitness Schedule**

Jill Davidson, a member since 2006, will be joining our Group Fitness Team. She and her husband Jason have been married for twenty years and have two children, Payton and Pierce. Jill was born and raised in Coos Bay and is a 1995 graduate of Marshfield High School. From there she pursued her cosmetology license and has worked for Cutting Edge for more than 20 years. She is a fitness enthusiast and loves all kinds of exercise and will be certified as a Group Fitness Instructor in the fall. Jill will be bringing her style of teaching to your Thursday 7:45 am class with a little bit of dance and a little bit of Cardio Blast. We are excited to bring her on, and she is ready to work you hard! Please help in welcoming Jill!

Lesley will now be teaching Thursdays 9:00 am Step Interval class.

