

Downtown Health & Fitness

APRIL 2018

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Dates to Remember:

CLOSED:

**Easter Sunday
Sunday, April 1st**

**FREE FRIEND DAY
Thursday, April 12th**

**Earth Day
April 22nd**

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*WE WILL BE
CLOSED
EASTER
SUNDAY,
APRIL 1st*



Check Your Cold

Lesley Gonzalez

Cold and Flu season is still lurking around and it has been a long, tough one. So we should be mindful when we feel like we are getting a cold. Should we workout? Should we go to the gym? These are some valid questions that need to be answered.

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, get good rest and be respectful of others.



NEWS TO YOU

Saying goodbye- Jade Chavez, our weekend desk girl, will be moving on. She has been a great asset and our members have grown to really like her. She will be missed.

Welcome-Alexis Gonzalez. Alexis is currently enrolled at SWOCC studying business. You might also recognize her as a Barista at the Hwy 101 Dutch Bros. stand. She will be here to open up for you Saturday and Sunday!

Chicken Avocado Caprese Salad

Recipe of the Month



Ingredients:

- * 1/2 cup balsamic vinegar
- * 2 T brown sugar, packed
- OR
- * 1/4 cup balsamic vinegar reduction sauce
- * 1 T olive oil
- * 2 boneless, skinless thin-

egar and brown sugar to a small saucepan over medium heat.

Bring to a slight boil and reduce by half, about 6-8 minutes; set aside and let cool.

Heat olive oil in a medium skillet over medium high heat. Season chicken breasts with salt and pepper, to taste. Add to skillet and cook, flipping once, until cooked through, about 3-4 minutes per side. Let cool before dicing into bite-size pieces.

To assemble the salad, place romaine lettuce in a large bowl; top with chicken, mozzarella, tomatoes, avocado and basil. Pour balsamic reduction on top of the salad and gently toss to combine. Serve immediately and enjoy!

Read more about this recipe on <http://damndelicious.net/2014/05/26/caprese-avocado-salad/>

sliced chicken breasts

- * Kosher salt and freshly ground black pepper, to taste
- * 6 cups chopped romaine lettuce
- * 6 ounces fresh sliced or mozzarella “pearls”
- * 1 cup cherry tomatoes, halved
- * 1 avocado, halved, seeded, peeled and diced
- * 1/4 cup basil leaves, chiffonade

Instructions:

You can either use bottled Balsamic Reduction sauce or make your own. To make the balsamic reduction, add balsamic vin-

Focus

By Annis Cassells

Concentrate enough on one thing and the background becomes a blur. Sometimes that's healthy and productive. Staying focused provides clarity and helps you accomplish tasks and reach your goals.

In 2016, I participated in a writing retreat near Hope, Canada. No phones, no radio, no television, no Wi-Fi. With time dedicated to writing in the peaceful setting of the Inn at Lake Connamara, I learned new techniques, sharpened skills, and wrote four new pieces.

Focus can be a positive distraction. In a lengthy MRI session, unable to move for an extended period of time, a golfer I know replayed whole rounds in her head. (Amazing how golfers can recall every stroke.)

Before my MRI when I was slated for a lumpectomy, the nurse weighed me and reported my weight in kilograms. I'd never been good at math, but working to convert kilograms into pounds kept my focus off the grueling amount of time I had to lay perfectly still.

Sometimes, being so focused is not helpful. All manner of things can be happening around you, and you never realize it. You just don't see it because you're preoccupied. I'm reminded of a friend who was shocked when his wife found someone else. He was so intent on his career, he neglected home and family.

And, focusing on the negatives means you often miss out on life's positives. Zeroing in on the positives can change attitudes, actions, and productivity.

Think about how focus has helped or hindered you in your life. Can you come up with some instances? Write them down and take a look at them. Do you see a pattern?

Would more focus on the goals you've set for yourself, whether they are health-related, work-related, family-related, or personal, help raise your accomplishment tally?

What I've found helpful is this: at night before bed, I write three goals for the next day on my calendar. I look at that short list the first thing in the morning to remind myself of the things I want to focus on that day. Sometimes, I have to call myself back to the list, and even say out loud, "Focus!" But, the act of writing these three items and keeping them in a visible spot has helped me get things done. Goals are ticked off, and I feel better about myself for having accomplished something during the day.

Give this method a try. Or think about what works for you to stay focused. Take charge and do what works for you. You'll get more done and enjoy the feeling of accomplishment. Your positive focus will move you forward.



"Photo by Bobbi Emel-Wolmuth"

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Looking Ahead
Upcoming walking, running, and hiking events.

Sunday, April 8 9:00am

Sweet Creek Falls

Meet at 9am Dune Info Center, Reedsport

Sunday, April 15 10:00am

Gold & Silver Falls

Meet at G&S Falls Trail head at 10am

RUNS

April 7 – Salmon Creek

Run 5k/10k

Hemlock & 2nd, Powers

April 21 – Roseburg to

Coos Bay Relay

Visit www.coostrails.com for more information on this hike or to find out more about South Coast Striders. You can also contact Don Luce at southcoaststriders@gmail.com.

www.southcoastrunningclub.org to find out more on this or upcoming events or to check into the running club. Find them also on Facebook.

CLASS HIGHLIGHT

CIRCUIT TRAINING

Circuit Training is a fast-paced class using weight machines and free weights in a somewhat interval style. We spend 30-45 seconds on each Cybex machine then the instructor leads the participants in a free weight, cardio, body weight or balance session for about the same amount of time. There is a warm up in the aerobic room for 5-8 minutes then we head to the weight room for 35 minutes and back to the aerobic room for ab work and a final stretch. The time goes by fast and we have a lot of FUN! Come join us Monday at 9am and Friday at 7:45

REMINDER

Zumba Gold



Don't forget! Starting April 1st, Royce Bogs is back teaching Zumba Gold on Tuesday and Thursday mornings at 10:15 am. We thank Paula Holmes for filling in for us!

**LOST &
FOUND**

Please take an extra look through the lost & found basket at the end of the hall if you are missing any items. We will be taking them to the Salvation Army by April 10. Thank you!