

Downtown Health & Fitness

AUGUST 2015

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Visit us at: www.downtownhealthandfitness.com

Dates to Remember:

**Wednesday, August 5th—
Pilot INSANITY Class**

**Thursday, August 6th—
FREE FRIEND DAY!**

**Monday, August 10th—
Pilot INSANITY Class**

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***“Success isn’t
how far you
got, but the
distance you
traveled from
where you
started.” -
Pre***

There’s still time to train for the Prefontaine Memorial Run on September 19th. Join our 10week to 10k program. See the front desk for details.

Technology and Exercise

By Deb Lal

The words Technology and Exercise are, in some cases, what I would call an oxymoron; two words that are contradictory. After all, when technology arrived in our world, we physically began to slow down, and that process has resulted in an inactive society.

I am glad to say that Technology has turned the corner and has come alive in the world of exercise, activity and promoting healthy lifestyles. With smart phones in the palm of everyone’s hand, so is a plethora of Apps, Devices and Social Media groups to keep us motivated and moving. There are apps for encouragement, tracking our daily progress, providing daily meal planning, setting goals, providing community support and even reminding us it is time to move and much more.

These apps and devices will track our steps, our sleep, our diet and our exercise by the hour, day, week, month and year. If we want to learn new exercises, there are apps that show video clips of proper movement and form. In the past it was not uncommon to see a weightlifter walking around the gym with a small note book in hand, used to log their reps and sets, which is

now done on their phones in the palm of their hand.

The newest technology to hit the markets has been in the form of bracelets. There are several variations and brands of these Fitness Tracking bracelets available. The best thing to do when selecting the right one for you is to go online, read reviews, talk to friends who are currently using one and do a little research so you can purchase the fitness tracker that will meet your needs.

I am enjoying the technology that is now available. I wear a fitness bracelet to see how active I am each day, I use my computer or an app on my phone to review the newest fitness news, and I love to use the app “Map My Run” to track my running route with the GPS service. Most of these apps are free or come at a small price.

The following is a quote from Frank Lloyd Wright in regards to Technology “*If it keeps up, man will atrophy all his limbs but the push-button finger.* Now is our time to change this thought by using technology to keep us moving, active and healthy.

Class & Instructor Changes Coming

Please welcome Shirley Tremel and Jacklyn Corriea as our newest group fitness instructors starting September, 8th.

Shirley will be teaching Insanity on Monday & Wednesday at 5:45pm. Insanity is a MAX interval training class that maximizes your caloric burn opportunity with a variety of extreme intensity exercises in 3-minute intervals.

Come try the pilot classes on Wednesday, August 5th and Mon-

day, August 10th, before the September 8th official start date. It will give you a taste of the extremely challenging Insanity style.

Jacklyn will be teaching a PowerStep class on Thursdays at 5:45pm. PowerStep brings all the classic step class components but incorporates additionally challenging power moves. This class starts September 10th.

Check out our new exciting fall class schedule available at the front desk!

Frozen Fruit Kabobs

Recipe of the Month



Ingredients

- * 1/4 cup orange juice
- * 2 T orange blossom honey
- * 16 medium strawberries
- * 16 fresh pineapple chunks
- * 2 bananas, thick sliced
- * 1/4 cup unsweetened shredded coconut
- * 1/4 cup finely grated or shaved chocolate

* 8 wooden skewers

Directions

Line a baking sheet with parchment paper. In a large

bowl, stir together orange juice and honey. Add strawberries, pineapple and bananas and toss to coat. Thread fruit onto 8 wooden skewers in any order you like.

Place coconut and chocolate on separate large plates or combine them on one. Roll kabobs in coconut and chocolate, using your fingers to help coat fruit if needed. Place kabobs on the prepared baking sheet, cover and freeze until fruit is completely firm, at least 2 hours or up to 3 days.

Photo and recipe taken from: <http://www.wholefoodsmarket.com/recipe/frozen-fruit-kabobs>

New Best Buddy

By Annis Cassells

A buddy hangs with you, keeps you on track, encourages and cheers you on. You do things together, go places. That's what my newest buddy -- the Fitbit tracker -- does for me.

This is not a commercial. But it is a piece about how becoming aware is making a difference in my behavior. I believe it works the same way for most people. Awareness equals change.

An enthusiastic new Fitbit wearer and I were having lunch in Mexico when she enumerated the tracker's features and raved about all the steps she was logging while walking the streets and hills of San Miguel de Allende. I was polite but not interested in one for myself. That was then.

Fast forward 18 months when I arrived in Coos Bay and again heard the Fitbit's virtues. This time, via friend and DH&F member Rosalie Ra.

Judy and I investigated websites, reading articles and checking out videos. We wondered what the pros and cons of the Fitbit were. Satisfied with what we learned, we ordered a pair. A few weeks ago, our new buddies arrived, and we've had time to test them out and see what the big deal is.

This is what's true for me. The goal of 10,000 steps per day is now on my mind. I'm interested to see how many steps it takes to walk to my regular places. I've always

walked more in Coos Bay than at home in Bakersfield, but now that I'm intent on reaching that 10K target, I check my Fitbit during the day to see my number of steps. If I'm off the mark in the evening, I'm out for an after-dinner walk.

Before, evening time was usually devoted to sedentary activities. It's awareness and being goal-oriented that make the difference. I want to see the number 10,000. I want the buzzer on my wrist to go off and flags to wave, signifying I've reached my daily objective.

Along the way, encouragement comes in the form of a text message, "You're almost there! Only 2,342 steps to your goal." Just like a buddy.

We all know we *should* drink lots of water each day. Our trainers, our doctors, and our mamas have told us this for years. Usually a reluctant or distracted, forgetful water tippler, I'm now drinking 64 oz. or more and logging my intake on my Fitbit's dashboard using the App on my phone.

It works for me. This awareness pushes me to action. That action will have a long-term effect on my health and fitness. Hurrah for my new best bud!

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Looking Ahead

Upcoming walking, running, and hiking events.

Historic Bandon Saturday, August 8th, 9am, 4 mile walking tour of Bandon.

Kentucky Falls/N. Fork Smith River Sunday, August 16th 7:30am. 4.5—9 miles of easy to most difficult trail hiking.

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.

13th Annual Scotty Browns Memorial, Muddy Run/Walk. Non-competitive 3-4 mile trail. 3 Mile North Spit Hwy, North Bend, Or.

6th Annual Sunset Bay Trail runs. 1 mile kids run, 4 m, 15k, 13.1 mile runs over hilly trails and in the scenic park. Sunset Bay State Park, Charleston, Or.

www.southcoastrunningclub.org to find out more on this or upcoming events or to check into the running club. Find them also on Facebook. Inexpensive family memberships include a quarterly newsletters and discounts on many of the great run events held along the beautiful south coast!

Member Feature

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

Kristie Vaughn

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

A: 2 years.

Q: What is your favorite type of exercise?

A: Elliptical & Lesley's (any!) classes.

Q: What keeps you active?

A: Grandkids and my husband.

Q: What is your favorite healthy snack?

A: Apples.

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

A: Chocolate and anything with sugar in it.

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

A: I love just staying home and working outside. When people ask me what I'm doing I love to say I'm just "puttering"!

New Personal Trainer

Welcome Michelle Frost



We are excited to announce that Michelle Frost has joined our team at Downtown Health & Fitness as a Personal Trainer.

Michelle lives and breathes the aspects of good health and nutrition and is highly motivated to help others reach their health and fitness goals. She couples tremendous motivational skills with her technical training to engage people of all fitness levels in achieving their personal results.

Michelle has experience in teaching a variety of Group fitness classes as well as being a certified personal trainer. Her accreditations include ACS Personal Trainer, Beachbody PiYo Instructor, Spin Instructor, MOSSA Kick Instructor, ACE Group Fitness Instructor as well as experience teaching Yoga and HIIT30 classes. She will begin taking new clients for personal training immediately.