

# Downtown Health & Fitness

AUGUST 2017

## Dates to Remember:

**Free Friend Day**  
**Monday, Aug 21**

**Solar Eclipse**  
**Monday, Aug 21**

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## **Functional Training Zone**

The new Functional Training Zone is in full effect. This is an area where you can use free weights, stability ball, bosu ball, box jumping, the jump ropes, TRX and much more. You can also still use this space to stretch.

Don't forget that if there is not a class going on in the aerobic room, it's all yours. There is all the fitness equipment you need as well as a nice quiet open space to stretch.



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## TRX

*Lesley Gonzalez/TRX Trainer*

As I'm sure you've noticed, the TRX suspension/resistance bands are now installed in the new Functional Training Zone, located in the south west corner of the fitness center. Many of you have expressed curiosity since you've observed the sweat pouring while different clients and I have been involved in training sessions.

Last month, I had the opportunity to go to Portland and participate in the TRX Certification course. In that training I learned how to properly use the TRX for personal and group training. I am passionate about TRX and excited to bring it to Downtown Health & Fitness.

What is TRX? TRX stands for "Total Resistance Extreme". TRX fitness and suspension training was created by an ex-Navy SEAL, Randy Hetrick. He designed it to be an extremely portable way of working out virtually anywhere.

TRX suspension training focuses on using your own bodyweight as resistance, as opposed to free-weights. This is a total body workout that incorporates strength training as well as hardcore work on your core.

TRX suspension training is a fun and challenging way to mix up your workout. But it's important to know how to use it properly.

All of our staff members can show you the basics, but if you want to get a greater understanding of how to incorporate TRX into your routine and properly execute this full body workout on your own, please feel free to contact me for some TRX personal training sessions.



### Client testimonials

"TRX is for everyone! It's beginner friendly, there is cardio-strength training connection and it beats boredom!" Amelia M.-Member/TRX client

"TRX changed my whole concept of a full body cardio workout that is so effective, concise and over all knowing that you have done a very complete body workout, balance, core, arms, legs, chest." Kris F.-Member/TRX client

## **Age is Just a Number** *Sandy White/Group Fitness Instructor*

Age is just a number. We've all heard that phrase at some time. Aging is inevitable, but the dynamics of aging is different for all of us. Being active in our youth and staying active as we age is best, but we don't all do that. Work or unexpected changes in our health can have a huge affect on a person's activity level. If you are in your 50s, 60s or even your 70s or 80s, you can still create positive changes in your life, your health and your attitude toward exercise and activity.

Keeping up with the grandkids or going on vacation are big motivators to get active again. How you go about getting active is all about you. Find the activity that appeals to you the most and success will come more easily. When you begin an exercise program, the first thing you might notice is a change in your stamina. As movement

becomes easier, you will find your coordination and flexibility much improved. Finally, from all your hard work and dedication, you realize your strength has increased. These are the benefits of exercise.

These days, getting older doesn't mean sitting in a rocking chair. Here at DHF we offer a variety of ways to get and stay active. Our weight room is very user friendly, and our staff is here to help in any way we can. We have classes designed to fit all ages and fitness levels. We want you to succeed and find joy in moving again. Remember, you don't have to be a kid to feel like one.

## 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.



## Nature Fix

*Annis Cassells*

Pings, chimes, catchy tunes, and wonky noises – our days are filled with constant audible notifications. Vibrations from our phones, Facebook, email, and calendars alert us, interrupt concentration and prod us to do something or go somewhere. We are always in demand. There's a cure for that.

Recently, Judy and I experienced a couple of days of peace and quiet, time off the grid. For our annual getaway, the "birthday jaunt," we visited Oregon Caves National Monument and Preserve. This slice of tranquility sits in the Siskiyou southeast of Cave Junction at the top of a 45-minute, curvy, breath-catching road. As ranger Hope Turner said, "It's a real commitment to come up here."

Wi-fi is not available to visitors. Cell phone service must be searched for. A sign in the Chateau reads "The world's worst cell phone service delivers the world's best nature service."

In addition to touring the caves, Judy and I did two surface hikes, the No Name and the Big Tree Loop trails. They took us through aromatic forests of fir and cedar with groves of madrone, moss-covered rocks, fallen tree stumps, lacy ferns, and gurgling streams. Many folks were on the mountain, but we had the trails to ourselves.

Nature's sounds engulfed and delighted us -- the rush of the River Styx, the creeks, and the waterfalls. The birds' calls and songs, and scampering noises of small animals on the forest floor surrounded us.

Deer families of three and four emerged at night, nibbling their way around the edges of areas that had a short time before been

populated with park visitors.

Before departing, we took a last walk for a short distance on the No Name Trail to capture some photos in a different light. We breathed deeply and savored the view of neighboring mountains and the natural wonders we'd been steeped in. We felt refreshed. We'd experienced something I didn't really know about until two days later when our friend Elaine sent me an article from NPR called "Forest Bathing: A Retreat to Nature Can Boost Immunity and Mood" by Allison Aubrey.

"The aim of forest bathing ... is to slow down and become immersed in the natural environment." A certified forest therapy guide helped Aubrey's group tune in to the smells, textures, tastes and sights of the forest. She said, "We took in our surroundings by using all our senses."

Forest bathing has been a practice in Japan since the 1990s and is beginning to take off in the United States. Studies have found it boosts immunity and mood, alleviates stress, and reduces blood pressure. Read more at <http://n.pr/2v9bGED>

The idea that being in nature brings benefits isn't new. But when we're bogged down by everyday life, tied to technology, and surrounded by concrete, we sometimes need reminders to get outside and grab our nature fix. The southern Oregon Coast is a perfect place for that

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

**August, 6, 2017  
Bandon Historical Hike**

**August, 12, 2017  
Kentucky Falls and North  
Fork Smith River**

**August, 12, 2017  
Circle The Bay  
Coos Bay**

**August, 19, 2017  
NUT 100K/50K  
Roseburg**

**August, 27, 2017  
Siltcoos Lake Trails**

**Upcoming Races:  
September, 16, 2017  
38th Annual  
Prefontaine Memorial Run**

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.runningintheusa.com](http://www.runningintheusa.com) to register for these and other races.

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

## Featured Equipment

### ***WaterRower***

Welcome WaterRower to DHF! We are excited to bring to you the latest in rowing technology. The WaterRower is the perfect exercise machine.

The WaterRower's unique WaterFlywheel design uses an specially formed paddle to cup the moving water, reduce slippage and produce an unrivalled simulation of the benefits of rowing.

There is no jerkiness or jarring which is often associated with conventional mechanical rowing machines making the exercise unpleasant; only smooth even load, kind to the body, and relaxing to the mind.

There is no "solid" connection between user and the moving water, simply an immersed paddle which dampens out any detrimental mechanical feel. Providing some "give" is essential for accommodating bad or developing technique, lessening the risk of injury.

Like rowing, the WaterFlywheel does not apply resistance to you, you apply work to it; you are the engine. By the "rule of cubes", the amount of work you apply dictates the speed at which you row. From a gentle paddle to a "give it your all" workout, you are in control when rowing, remember you are the engine. The amount of work you do is dependent on you, not on the machine.

The more work you do, the more resistance/drag you can overcome, and the faster you move. The speed which you can maintain is dependent on the level of work you can maintain and again, is limited only by you. Row harder and you go faster, row easier and you go slower. The is the self paced nature of the WaterRower and rowing allows anyone to row regardless of age, sex, size or fitness levels.

This is a joint friendly, low impact, relaxing of the mind, calorie burning exercise.

I think you will find, if you haven't already, you will want to use this machine and ROW!

If you would like, please use the YouTube below link to get a full tutorial on how to properly use the WaterRower or ask any of the front desk staff for more information.



[www.youtube.com/watch?v=sfnAhEAa\\_T8](http://www.youtube.com/watch?v=sfnAhEAa_T8)

## Class Highlight

### ***Restorative Yoga/Susan Shakespeare***

There are many styles of yoga that approach the same goal integrating the body/mind from different angles. One such style is Svaroopa Yoga. This is a gentle, supported yet powerful yoga, that is restorative and relaxing in nature with an emphasis on releasing deeply held tensions in the spine.

Many styles of yoga either advocate or inadvertently bring about the tightening of muscles surrounding the spine in order to accomplish the "perfect" pose. In contrast, Svaroopa Yoga emphasizes relaxing the spinal muscles. In other words, it emphasizes proper alignment for the sake of release.

Instead of tightening muscles to achieve alignment, students use props to support their bodies into the proper alignment. Often students who have had difficulty with other Yoga styles enjoy Svaroopa because of the support of blankets and other props.

I will be offering Svaroopa Yoga the first Thursday of each month, beginning September 7th at 11:30 am. If you are interested it will be helpful to sign up in advance. I look forward to seeing you there.

Susan

