

Downtown Health & Fitness

AUGUST 2018

Dates to Remember:

Free Friend Day
Friday, August 10th
Saturday
August, 11th –Circle
the Bay (30 K)

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Downtown Health & Fitness is (kind of) patiently awaiting the arrival of :

Baby Boy, Breshears, Amy & Tyler

And welcome baby Baby Girl, Van Rooyen! Born July 31st 2018!

We can't wait to meet the little bundles of Joy!

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Age is Just a Number

Sandy White

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 effect 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.

Other benefits could be reducing your risk of heart disease, helping your body manage blood sugar and insulin levels, improving your mood and helping reduce stress. Regular exercise can help strengthen bones and muscles, which can lower your risk of falls. Exercise releases proteins and other chemicals that improve brain function. It can even improve your sleep.

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.

Saying Goodbye

Staff changes are happening around DHF. Please be patient with us as we make some transitions.

First, we say farewell to Andre. Andre has been with us for 4 years, faithful and committed. He has been a joy to have, and our members have grown to really enjoy him in the evening shift for all these years. He always has a smile and greets our members with care. He takes care of all the maintenance and made sure every machine was in top working condition. He has made sure things

ran smoothly and made our fitness center look in top shape. Andre has been offered a great job at the Coos Bay School district and we wish him well. He will be here until mid August.

Welcome to our newest staff members, Riley Anter and Esteban Anguiano. They are excited to be on our DHF team. Look for their employee highlights in September's newsletter.

Recipe of the Month

Healthy Breakfast Muffin

2 ½ cups old-fashioned oats (1.5 cups ground, 1 cup whole)
 2 Tbsp old-fashioned oats for muffin tops
 2-3 large overripe bananas (1 cup mashed or or 1 cup applesauce)
 2 large eggs lightly beaten
 1/3 cup honey
 3/4 cup milk
 2 tsp real vanilla
 2 tsp baking powder
 1/2 tsp baking soda
 1/2 tsp salt
 1 tsp cinnamon



1. Preheat Oven to 325. Toast oats for 4-6 minutes, until lightly browned. Let Cool.
2. Divide oats into portions of 1.5 Cups, 1 Cup, & 2 Tbs.
3. Turn oven up to 350.
4. Place 1.5 c of oats into food processor & blend/pulse until they reach a rough, flour like consistency.
5. Mash bananas well, No lumps.
6. Add eggs, honey, milk & vanilla. Mix to combine.
7. Add dry ingredients(including ground oats, & 1 c whole oats) to wet ingredients until just incorporated. Allow to sit for 10 minutes to soak the oats.
8. Scoop into muffin tin, lined with muffin wrappers
9. Sprinkle muffin tops with the 2 Tbs of the reserved oats, press lightly to make sure they stick.
10. Bake at 350 for 20-23 minutes, a toothpick inserted into the center of the muffin should come out clean.
11. Enjoy!

For the Long Haul

Annis Cassells

When a writer friend said, "If I'd known I was going to live this long, I'd have taken better care of myself," I laughed. She made this statement as she hobbled along with the aid of a curved-handled cane. So I listened.

There were times in my young life when I drank too much beer, ate too many donuts, cakes, and cookies, and sat around too much. I'd been an active athlete in my high school days and a physical education major in college. I could afford to coast in adulthood.

And coast I did. We could even say I got bogged down in life's sludge for a period of time. When I waded out, years had passed. By then, I had tried and failed at every trendy diet that hit the best-seller's list. There was no time for real physical activity. Work, kids, and survival took precedence.

It's now twenty-two years since that friend's statement, and I have reached my 75th birthday. True, it's been a "long haul" but along with life's challenges, it's been rewarding and illuminating. And I am in better physical shape than I was in my forties.

During my seventy-five years I've learned taking care of myself brings the benefits of health, peace of mind, and confidence. Sure, by now I do make accommodations in my daily life. Jumping jacks are a thing

of the past, and I grab lighter hand weights during strength workouts. I have a rule about staying on the floor during step class, and I modify or shun work on the ball. But those things have been replaced by walking at a brisk pace, Zumba, and figuring out what I can do on the machines, with resistance bands, and on my own to maintain muscle mass.

My main thing is I want to be strong enough to be active in my daily life and to be able to travel and hike. There's still a lot I want to do and see, places I've dreamed and read about that I want to experience, and adventures to pursue. The list of destinations continues to grow!

So I am more self-aware. I think, *How's my posture?* then throw my shoulders back and walk swinging from the hip. I am conscious of how my body's positioned and make sure it's "right" before making a move.

Regular massage figures into my self-care plan for maintaining good health and a positive outlook.

Being in it for the long haul, I believe little more care and awareness will help ensure that I'll be able to keep active and vital. And I'll be able to put a check mark by more items on my long to-do list. Here's lookin' at seventy-six.

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Looking Ahead
Walking, running, and
hiking events.

August, 5, 2018
Bandon Historical Hike

August, 12, 2018
Summer Sampler
Meet at New River
10:00 AM

August, 11, 2018
Circle The Bay
Coos Bay

August, 25, 2018
Cape Mtn. Trails
9 AM
Meet at Florence Fred
Meyer

Upcoming Races:
September, 15, 2018
39th Annual
Prefontaine Memorial Run

See the following websites for more information:
www.coostrails.com to find out more about the walks with the South Coast Striders
www.runningintheusa.com to register for these and other races.

www.southcoastrunningclub.org to find out more on upcoming events or to check into the running club.

Community Events!



August 10, 11, & 12
Charleston Seafood Festival!
Fun, Family & Food

AUGUST 25TH & 26TH

Coos Bay Oregon
BLACKBERRY
 ➤ ARTS FESTIVAL ➤



CBDA
 COOS BAY DOWNTOWN ASSOCIATION

Equipment Highlight

Hex-bar

We are excited to add a new piece of equipment to the weight room. The hex-bar (or hexagonal bar), is a wonderful way to get the benefits of a deadlift without the stressors on the spine a traditional deadlift can present. Since the trap bar configuration allows you to step inside it rather than behind it, the long lever is shortened along a horizontal axis, thus significantly reducing the amount of sheer force on the spine. You are safely able to lift more weight. Some enthusiasts even use this bar to do shrugs.

