

# Downtown Health & Fitness

AUGUST 2019

## Dates to Remember:

**Free Friend Day**  
**Friday, August 9th**

**Saturday**  
**August, 10th –Circle**  
**the Bay**

**Saturday & Sunday**  
**August, 25th & 26th-**  
**Blackberry Arts Festival**

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Hope you are all enjoying our state of the art water dispenser. Cool, refreshing filtered water. Bring a water bottle and help save our environment!



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[dhfitness.net](http://dhfitness.net)

## “Reasons to Stay Hydrated”

*Sandy White*

1. It lubricates the joints– Cartilage, found in joints and the discs of the spine, contains about 80% water. Long term dehydration can reduce the joints’ shock absorbing ability, leading to joint pain.
2. It delivers oxygen throughout the body– Blood is more than 90% water, and blood carries oxygen to different parts of the body.
3. It boosts skin health and beauty– Dehydrated skin can become more vulnerable to skin disorders and premature wrinkling.
4. It cushions the brain, spinal cord and other sensitive tissues– Dehydration can affect brain structure and function. It aids in the production of hormones and neurotransmitters. Prolonged dehydration can lead to problems with thinking and reasoning.
5. It regulates the body temperature– Water that is stored in the middle layers of the skin comes to the surface as sweat when the body heats up. As it evaporates the body cools.
6. The digestive system depends on it– The bowel needs water to work properly. Dehydration can lead to constipation and an overly acidic stomach, increasing the risk of heartburn and stomach ulcers
7. It helps maintain blood pressure– A lack of water can cause blood to become thicker, increasing blood pressure.
8. It makes minerals and nutrients accessible– When dehydrated, airways are restricted by the body in an effort to minimize water loss, making asthma and allergies worse.
9. It prevents kidney damage– The kidneys regulate fluid in the body. Insufficient water can lead to kidney stones and other problems.
10. In addition– It boosts performance during exercise and can help with weight loss. It can help reduce the chance of a hangover when alternated with alcohol. So drink lots of water!

[www.medicalnewstoday.com](http://www.medicalnewstoday.com)

## Why Yoga?

“The practice of yoga sustains a healthy & strong body as well as an aware mind. With a steady practice; the breath, body & mind are united with the intent of creating a balanced state of being.” Susan Shakespeare - Yoga Instructor

If you are a life –long Yogi, or new to the yoga experience, we have a yoga class for you! We have 3 great yoga instructors on staff to help you along your journey. Kim, Susan and Heather are here to help.

Tuesday 11:30 am & 4:30 pm  
Thursday 11:30 am  
Saturday at 10:15 am

# Recipe of the Month

## Healthy Breakfast Muffin

- 3/4 cup blackberries
- 1 tablespoon chia seeds
- 3 tablespoons maple syrup, pure
- 15 ounce cannellini (white kidney) beans, canned
- 1/2 cup applesauce, unsweetened
- 1/4 cup coconut oil
- 1 cup oats, dry
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup almonds, sliced



1. In a medium bowl, squish a 6 ounce package of blackberries with a fork. Stir in 1 tablespoon chia seeds and 1 tablespoon of the maple syrup (the rest will be used later). Set this blackberry jam aside to congeal.
2. Grease an 8 x 8 inch baking dish and preheat the oven to 325\* F.
3. Rinse and drain a 15 ounce can of white beans (cannellini or great northern). Add them to a blender or large food processor.
4. To the blender or food processor, also add: 2 tablespoons of maple syrup, applesauce, melted coconut oil (or butter), rolled oats, baking soda, cinnamon, and salt. Blend until a batter forms.
5. Add 1/2 cup of almonds and blend until combined, or just mix in if you want added texture.
6. Pour 2/3 of the blender bean mixture into the prepared 8 x 8 inch pan. Spread it out evenly. You'll want about 1 cup of batter set aside.
7. Pour the blackberry jam on top of the bean layer and carefully spread evenly.
8. Drop small spoonfuls of the set aside bean batter on top, covering evenly. Not all the blackberry jam will be covered and that's okay. Optional: sprinkle extra almonds or oats on top for texture.
9. Bake for 30 minutes at 325\* F. Allow to cool to room temperature and then refrigerate overnight. Cut into nine squares and serve cold.

## Who do you think you are?

*Annis Cassells*

Who do you think you are?

That **is** who you are. Based on your thoughts about yourself, you become that person. If you think you're a leader, you act like a leader. If you believe you're an athlete, you perform like one. If you think of yourself as helpless, you look to others to solve problems. Whatever the label, you figure out how to behave to fulfill that idea of yourself.

Our self-evaluation isn't the only one that counts. We receive messages from the words, facial expressions and body language of others. Our family and friends, even our acquaintances, transmit messages about our capabilities and traits that we internalize and often believe. Others' frowns or smiles, leaning in or backing away, head nodding or head shaking communicate their thoughts and beliefs about us.

Words can inspire or discourage, and they leave their imprint. I grew up hearing I was clumsy. Every time I bumped into a table or dropped a dish, that label was reinforced. Into adulthood, I'd say, "I'm the reigning president of the Clumsy Club." I can still get my feet tangled up in throw rugs or with each other. But today, I try to watch where I'm stepping and hold tight to plates and art pieces.

These reinforced self-images based on behavioral elements can last a lifetime, but we don't have to be stuck with those labels.

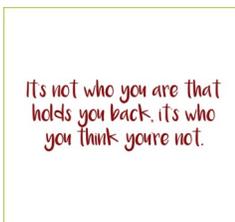
Acclaimed poet Jimmy Baca tells about returning to prison twenty years after his release to talk with inmates. He urged them to start seeing themselves as leaders for good, to

use their power, energy, and heart to make a turn-around. "We are bigger and much more than the labels the system sticks on us." Baca told them they'd be okay once they broke out of the prison mentality. That's what he had done to turn his life around.

There's always the opportunity to take classes or receive coaching in order to bring us closer to the image we want to project. But, for me, no amount of coaching or thinking *I'm a singer* can help me carry a tune or harmonize in a choir. I might have the will, but I'm lacking in talent.

Possessing natural talent is a different ballgame. Folks with aptitude in sports or the arts see the admirable results of their practice and attempts. They receive positive feedback from onlookers. Their ideas of themselves are reinforced: *I am an artist, I am a basketball player, I am a singer*. And they continue to excel.

Virgil, the ancient poet, is quoted as saying, "They can because they think they can." What do you think you can do? Who do you think you are?



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

**Saturday, August 10th  
Circle the Bay  
30K Run/30K Relay  
8 AM**

**Saturday, August 10th  
Steve Prefontaine Festival  
of Miles  
6 PM**

**Sunday, August 11th  
Bandon History Hike  
Downtown Old Bandon  
10 AM**

**Saturday, August 31st  
Sunset Bay Trail Run  
4 Mile , 15K, 1/2 Marathon  
1 Mile kids run  
10 AM  
Sunset Bay Gazebo**

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.

*AUGUST 25TH & 26TH*  
*Downtown Coos Bay*

*Coos Bay Oregon*

**BLACKBERRY**  
❖ ARTS FESTIVAL ❖

