

Downtown Health & Fitness

DECEMBER 2017

Dates to Remember:

Holiday schedule

CLOSED

Sunday, Dec. 24th

Christmas Eve

Monday, Dec. 25th

Christmas Day

Sunday, Dec. 31st

New Years Eve

Monday, Jan. 1st

New Year's Day

Free Friend Day:

Friday, Dec. 15th

DHF Holiday Party:

Friday, Dec. 22

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Reflections 2017

Lesley Gonzalez

I can hardly believe another year has passed. As I reflect on 2017 and all it had to offer, I am overwhelmed and blessed by each and every one of you. DHF has the best members and staff.

I have had the pleasure of watching the growth of our fitness center over the past few years and the great changes that have come our way. We truly have embodied what it means to really be "The Best Fitness Center on the Southern Oregon Coast", with outstanding customer service. Great things have happened in 2017 to make THIS the place to be!

We started out by adding the Functional Training Zone to the Southwest corner to make the best of the space we had. Adding the TRX multi mount, free weights, stability balls, medicine balls and a stretch area. This training zone is being used all the time and is a beautiful space. Watching the space being used for all sorts of fun training is exciting.

We then added the sleek new Waterrower. Many of you who have never rowing, love this machine and it's now part of your exercise routine. I have had many of you say to me it's your new favorite thing to do. We have added some extra needed weights for your use to the aerobic room as well.

We have had some staff changes to the fitness center this year. Back in August, Laurie Sevier, Personal Trainer and Fitness for Men instructor, left us to move to be closer to family in Bend. She will be greatly missed.

Longtime DHF member Tonya Pederson, who

has a passion for fitness, took on the task of leading the "Men of Steel". She jumped right in and started training with Laurie and pursued her Group Fitness certification. She was up to the task and is fitting right in.

Jill Davidson, also a long time DHF member and workout lover, stepped in and earned her Group Fitness certification, and became the instructor for the Wednesday's 5:30 am Body Blast class and Thursday's 7:45 am Dance Cardio blast class. She's doing a great job and bringing some fun, new things to her classes.

Amy Breshears moved to Coos Bay earlier this year from Maryland with her husband who is serving in the United States Air Force. She has a background in fitness and is going to be teaching Pop Pilates on Thursday afternoons at 4:30. She will be a great addition to DHF.

Jade Chavez came to us this summer to take the weekend staff position. She is currently a college student and studying Physical Education and sport. She's a great addition to the DHF staff. We appreciate her willingness to be her every weekend.

I am looking forward to 2018 with great expectations. All of our staff, personal trainers, and instructors strive to bring you excellence in providing the best in customer service, knowledgeable training, and a clean, safe environment.

From our Fit family to yours, we want to wish you a very Merry Christmas and a prosperous healthy new year! Thank you for your love and support.

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This time of year we reflect on all the wonderful things in our lives. Here at Downtown Health & Fitness, we want to thank all of our members for their wonderful support and dedication.

Friday, December 22nd we will have our annual DHF Christmas party potluck. Bring a dish to share and join in the fun! This party start at 5:00am and will go till the food is gone!

From our Family at
Downtown Health & Fitness
to yours,
Merry Christmas
We truly appreciate you.

Merry Christmas and Happy New Year

Fruit Juice Sweetened Cranberry Sauce

Recipe of the Month

A homemade alternative to store bought cranberry sauce with delicious hints of pineapple and orange to complement the flavor!

Ingredients:

2 bags of fresh cranberries (12-oz/ea)
 3/4 cup pineapple juice or orange juice
 1/2 cup applesauce (no sugar added)
 1/2 cup water
 Juice and zest of one orange
 3-4 tablespoons of honey or to taste (optional)

Instructions:

1. Put cranberries, pineapple juice, applesauce, and water in a saucepan and bring to a boil.
2. Keep on medium heat, stirring constantly until the cranberries start to explode (about 10-15 minutes).
3. Reduce to a simmer and pour the juice and zest over the cranberry mixture.
4. Simmer 10-15 minutes and remove from heat.
5. Cool completely and store in fridge at least 4 hours but preferably overnight before serving.

NOTE: This is not as sweet as store versions! Taste at the end of cooking. It is naturally sweet from the fruit juice and applesauce but you can add more honey or stevia to taste if needed.



Time for Kindness

By: Annis Cassells

Following up on a story we read, my middle grade English class was discussing kindness. "Where is the kindness in my life?" a sad-looking 8th grade girl asked. Though it was many years ago, I can still see her anguished face as she timidly brought forth her question. I probably said some "teacherly" thing in response. But this girl touched my heart, and I vowed to work to create an atmosphere that fostered kindness among students. Those 8th graders got it. Becoming more kind became our mission.

Kind acts don't have to be huge. Small kindnesses qualify. Allowing someone to go first, holding a door, waiting or listening patiently, picking up something that was dropped, giving up a seat, saying a few kind words. We may never know, but an act that we view as a tiny thing could leave a big impression. These sorts of small gestures may touch another's soul.

In his book, *Don't Sweat the Small Stuff*, Richard Carlson, Ph.D., encourages us to "Schedule Time for Kindness." (p. 141) He says, though it seemed weird and artificial to schedule time for kindness, doing so "made it easier for kindness to permeate the rest of my life."

He tells that setting aside time on his calendar for kindness, like an appointment, proved to be powerful and effective and served to keep him centered on his goal of becoming more kind. At his scheduled time, he practiced doing something thoughtful for some-

one else. It may have been writing a letter, a check to a charity, or making a random phone call "for no other reason than to say, 'I love you.'"

Carlson says he reflected on ways he could make a positive contribution to someone else's life, or spent time thinking good thoughts for others.

The website for [kindspring](http://kindspring.com) shares many stories of kindness. Some provide ideas of how we can perpetuate more kindness in the world. Others just warm our hearts as we imagine the acts of kindness and the effect they had on the recipients. Ideas about small acts that we can do leap to the forefront.

Many of us have been on the receiving end of acts of kindness and/or have been the angels who performed them. Let's all take a moment and reflect on kindnesses we've experienced, either as the presenter or the beneficiary. How can we cultivate the kindness habit? Kindness. It's a movement we need now more than ever.

I've seen and met angels wearing the disguise of ordinary people living ordinary lives.
 ~Tracy Chapman

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Looking Ahead Walking, running, and hiking events.

December 9th at 10 am

Mac's Run
 5k and 10k at Sunset Bay
 Hosted by: South Coast
 Running Club
 \$5.00 SCRC Members
 \$15.00 Non SCRC

December 16th at 6pm

Christmas Lights Fun
 Run/Walk 1-5k
 Shore Acres State Park



See the following websites for more information:

www.coostrails.com to find out more about the walks with the South Coast Striders

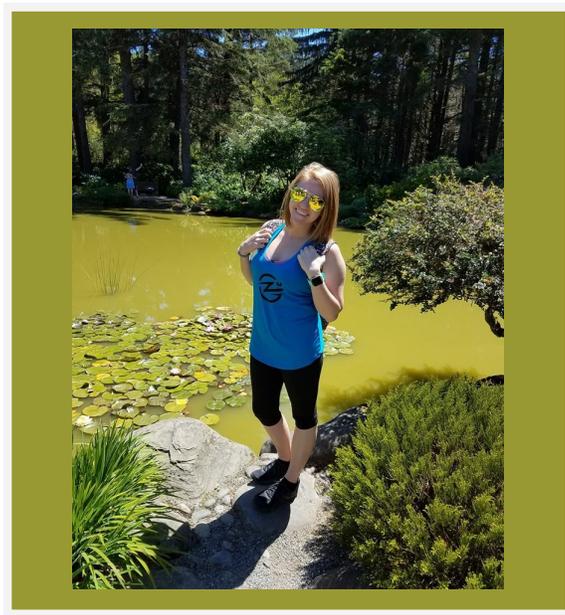
www.southcoastrunningclub.org to find out more on upcoming events or to check into the running club.

News to You

WELCOME AMY

Amy Breshears comes to us from Maryland where she found her passion for fitness. She wanted a healthier lifestyle and knew that eating better and going to the gym would make a difference. She started training with a personal trainer and it inspired her to become one. She loved the change it made in her life and wanted to do the same for others. She got her certification and started training clients at a local gym. Working at the gym lead her to teach group fitness classes, TRX training, one on one training, and even managing the gym. She loves challenging and inspiring people to do things they never thought they were capable of doing. Finding weak areas and making them strong again. She is a Certified Pilates instructor and is excited to teach Pop Pilates at Downtown Health & Fitness, and hopes to bring a little inspiration to everyone who takes her class.

Starting December 7th, Pop Pilates will be offered Thursday afternoons at 4:30.



What is Pop Pilates?

Pop Pilates (inspired by Pilates) is a fast paced incredible fusion of ab chiseling, total body defining moves, set and choreographed to your favorite top pop hits.

COMING SOON Jan 2018

CORE POWER YOGA

Stayed tuned for more information

