

# Downtown Health & Fitness

FEBRUARY 2018

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## Dates to Remember:

**Wednesday,  
February 14th—  
Valentine's Day**

**Wednesday,  
February 14th—Free  
Friend Day**

**February 19th—  
President's Day**

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## Heart-Felt Fun

*Sandy White, Group Fitness Instructor*

When we think of February we think of hearts... among other things. But let's focus on the heart and exercise.

Exercise can improve your mood by producing endorphins. Endorphins are known to help produce positive feelings. If you have been exercising for a while you know that when you miss a few days your mood begins to change. You might feel a little "down". Then when you get back to your routine you feel your mood shift back to a more positive one.

Regular exercise increases your activity level which in turn increases your metabolic rate. Your metabolic rate is how effectively your body burns calories. Burning calories increases weight loss and weight loss leads to a healthier heart.

Exercise builds strong muscles and bones by releasing hormones that promote the ability of your muscles to absorb amino acids. Amino acids help your muscles grow and prevent breakdown. As we get older we tend to lose muscle mass and function which can lead to injuries. Keeping regular physical activity in your life is essential to building strong muscles and bones.

Exercise can improve your cardiovascular fitness, boost your feeling of happiness, help your digestive system, promote weight loss and bone density. When your body feels good, you feel good. When you feel good, your heart feels good. So do something good for your heart and your health. Keep exercise in your life!

## CLASS HIGHLIGHTS

### POWER BLAST with Brandy

Get your early morning power on! Monday mornings at 5:30 you can expect all aspects of fitness to be covered—strength, cardio-vascular, and core—using a variety of different exercises and formats. Come ready for some fun!

### Zumba With Paula

This combination of Latin rhythms, aerobic dance, and easy-to-follow moves creates a fitness class that will blow you away. We want you to love your workout, to love working out, and to get hooked.

Tuesdays at 9:00 AM Wednesdays at 7:45 AM

## Recipe of the Month

### Crustless Spinach Mushroom Quiche



#### Ingredients:

1 tsp canola or corn oil  
 6 oz Portobello mushrooms, stemmed and sliced  
 3 medium green onions, chopped  
 2 T port wine  
 2 garlic cloves, minced  
 1 cup frozen chopped spinach, squeezed dry  
 1 tsp cornstarch  
 $\frac{3}{4}$  cup fat-free milk  
 $\frac{1}{2}$  cup egg substitute  
 $\frac{1}{4}$  cup plus 2 T shredded part-skim mozzarella cheese  
 1 T shredded Parmesan Cheese       $\frac{1}{2}$  tsp pepper  
 Pinch of nutmeg

Preheat oven to 350 degrees. Lightly spray two 10-ounce ovenproof custard cups or individual pie pans with cooking spray. Place on a shallow baking sheet.

In a large non-stick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the mushrooms and green onions for 2 minutes, stirring occasionally. Stir in the port. Reduce the heat to medium low and cook for 3 to 4 minutes, or until all the liquid is absorbed. Stir in the garlic and cook for 30 seconds to 1 minute, or until fragrant. Remove from heat. Add the spinach. Using a spoon, separate it into small pieces.

Put the cornstarch in a medium bowl. Pour in the milk, whisking to dissolve. Whisk in the remaining ingredients. Stir in the mushroom mixture. Pour into custard cups.

Bake for 30 minutes, or until the centers are puffed and set (so it doesn't jiggle when gently shaken). Let stand for 5 minutes before serving.

(PS. This recipe is also gluten free)

## In Your Heart of Hearts

*Annis Cassells*

The heart is an amazing organ. This hard-working, fist-sized, ten-ounce, blood-filled muscle has become the universal symbol for love. In its physical capacity, an adult heart expands and contracts approximately 100,000 times a day, delivering nearly 2,000 gallons of blood to every cell in the body. Every sixty seconds, the heart pumps almost five quarts of blood through the body.

Romanticized by songs, poems, and expressions, heart references take on multiple meanings that reveal more about one's temperament, mood, and behavior than about the physical heart. The emotional side of the heart has become an integral part of our vocabulary.

*She was there in a heartbeat.  
 He has a heart of gold.  
 You're all heart.  
 We had a heart-to-heart talk.  
 I had my heart set on it.  
 Have a heart!  
 Cross your heart?*

*Heart of hearts; heartbroken; heartfelt; change of heart; heartrending; heart throbbing; heartened; fainthearted; pure of heart; cold-hearted.*

Historically, the heart has played an important part in the beliefs of many cultures. In ancient times, the Chinese related it to the center for happiness. The Greeks were convinced it was the seat of the spirit. And, though no one is certain of the precise origin of the heart's association with love, the Egyptians believed that both intellect and emotions originated from the heart.

*I love you with all my heart.*

"Falling in love causes our body to release a flood of feel-good chemicals that trigger specific physical reactions," according to a 2014 article by the Loyola University Health System, "What falling in love does to your heart and brain." So the heart racing that occurs when one falls in love? That pitter-patter is due to increases in the levels of adrenaline and norepinephrine.

But love and other positive emotions like compassion, caring, and appreciation produce rolling, regular, harmonious rhythms of the heart.

Cardiologist Mimi Guarneri contrasts this with heart rhythms generated by negative emotions such as anxiety, anger or frustration. The heart's reactions to positive emotions benefit our total health and well being. They communicate to our brain that the heart feels good, and allow the brain to create a warm, gentle feeling - *- heartwarming.*

It's February, the month of love. Maybe the ancient cultures had it right. Be open to staying positive, appreciative, and caring – for your heart's content.

## Looking Ahead

Upcoming walking, running, and hiking events

There are np upcoming hikes or races for February.

[www.southcoastrunningclub.org](http://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!

# Personal Trainers

## Downtown Health & Fitness



**Jennifer Stephens**

**Certified Personal Trainer- NSCA,  
Senior Strength & Conditioning  
Specialist,  
BS in Exercise & Movement from  
UO**

A commitment to health through fitness and healthful eating can change every aspect of a person's life experience. Fitness is a lifelong priority to me, and is key to having the energy and stamina to live life to its fullest. Being fit allows us to not only perform all the activities of day to day living but also to pursue our passions. Our dietary habits form the foundation of our health. For 20 years I have met my clients where they are and worked to teach them how to improve their health and life experience through fitness and food choices. My clients include a diverse population from teenagers to the silver sneakers. For those who are post-injury or coming out of physical therapy, I can help you continue your journey back to health. Whether your goals are strength and power, weight loss, stress reduction, or recovery, I am enthusiastic and skillful in guiding you in forming new techniques or habits to support your goals.

**541-404-6438   Coastal\_botany@msn.com**



**Michelle Frost**

**Certified Personal Trainer  
with ACTION**

Michelle is highly motivated to help others reach their health and fitness goals. She couples tremendous motivational skills and enthusiasm with her technical training to engage people of all fitness levels in achieving their personal results. She accommodates a wide range of clientele, from those with a variety of ailments to endurance athletes.

In addition, she is a Certified Group Fitness Instructor teaching a variety of Group Fitness classes, which include Kickboxing, PiYo Live and HIIT.

Michelle has a strong passion for kinesiology, nutrition, diabetes, arthritis, autoimmune diseases, injuries and ailments. Since her back surgery in 2013, she has overcome additional personal health obstacles, including diabetes, severe arthritis and other ailments, to compete in Triathlons and Marathons. Michelle would love to meet you at your current level and guide you to achieve your fitness goals.

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**Lesley Gonzalez**

**TRX Trainer  
Certified Personal Trainer-  
Fitour- AFAA**

Lesley has a desire to encourage people to live a healthy lifestyle, make exercise a priority in everyday life and have fun doing it. In 2008, she became a Certified Group Fitness Instructor teaching a variety of Group Fitness classes, which then culminated into an interest in Personal Training and working with clients one on one.

She specializes in TRX training (Total Resistance eXercise) which is training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of TRX suspension bands, a performance training tool that leverages gravity and the user's body weight to complete the exercise. This format of training is designed to meet the needs of all ages and fitness levels.

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