

# Downtown Health & Fitness

FEBRUARY 2019

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## Dates to Remember:

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

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

**Monday,  
February 18th—  
President's Day**

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## Physical Activity and Heart Health

With February being the month of LOVE, let's put into practice some of the ways to keep our heart healthy.

**Physical activity** is an important way to prevent heart disease – the nation's No. 1 killer — and stroke, the nation's No. 5 killer.

1. **Do at least 2.5 hours** of moderate intensity physical activity (think brisk walking), spread across the entire week, to improve your cardiovascular health.

2. **Moderate-intensity activity** gets your heart beating faster, causes you to break a sweat and makes you breathe harder. (Hint: You should be able to talk but not sing.)

3. **You don't have to** do the activity all at once. Spread the time over the course of your day if needed — it all counts!

4. **Try dividing your exercise** into two or three mini-segments of 10 to 15 minutes per day — you will still experience benefits.

5. **Doing more than 300 minutes** of moderate-intensity physical activity per week can provide extra health benefits.

6. **Most people are safe** doing activity that requires moderate effort.

7. **If time is an issue**, and you're able to, do 75 minutes or more of vigorous activity (at least at a jogging pace) each week to improve your cardiovascular health. (That's equal to 150 minutes of moderate-intensity activity.)

8. **You'll enjoy added health benefits** by engaging in whole body muscle-strengthening physical activity for at least two days per week.

9. **The heart-healthy benefits** of physical activity are far greater than your chances of getting hurt.

10. **All types of physical activity** help your heart health. Take the stairs instead of the elevator, walk briskly around the mall, or take a dance class.

11. **The simplest change** you can make to improve your heart health is to replace sedentary behavior with lighter-intensity activities like walking.

12. **People of all types**, shapes, sizes and abilities can

benefit from being physically active.

13. **If you haven't been active** for a while, start at a comfortable pace. Gradually increase your exercise intensity and duration as your body adapts to regular activity. Choose activities that are appropriate for you right now.

14. **Doing some physical activity** is better for your heart than doing nothing. But the more physical activity you do, the more benefit you gain.

15. **If you have heart disease**, you should exercise just as much as someone who does not have heart disease. But understand the risks; some activities may not be appropriate for you right now.

16. **Talk with your doctor** about the types and amounts of physical activity that are right for you if you have heart disease.

17. **You are more likely** to develop heart disease, have high blood pressure, have high blood cholesterol or have a stroke when you're not regularly physically active.

18. **You don't need** a stress test before starting an exercise program just because your cholesterol is high.

19. **If you are eligible** based on your medical history, enroll in cardiac rehabilitation. Completing this therapy can reduce the death rate from heart disease by 26 to 31 percent.

20. **Exercise training, education and counseling** are all part of cardiac rehabilitation, and can help improve your heart health.

21. **To help optimize** the safety and fitness benefits of exercise, use a heart rate monitor to ensure that you attain your heart rate ranges when exercising at home.

<https://health.clevelandclinic.org/22-fast-facts-about-exercise-and-your-heart/>



## 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  
 ¾ cup fat-free milk

½ cup egg substitute  
 ¼ cup plus 2 T shredded part-skim mozzarella cheese  
 1 T shredded Parmesan Cheese      ½ 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)

## Heart-to-Hearts

*Annis Cassells*

Heart-to-heart talks are earnest conversations. They could be about something that needs to be said and result in a rift between the participants. Or, a heart-to-heart might be the conversation that brings people together as they share intimate personal thoughts.

Having a heart-to-heart talk often clarifies a situation, leads to better understanding, and unifies the folks involved.

One of the first heart-to-heart conversations I recall happened with much of the entire family as witnesses. After our grandmother's funeral when the adults gathered around the living/dining room at our grandparents' home, Uncle Eugene, the youngest of the Cassells siblings, took the lead.

Speaking directly to our grandfather, he began, "Pap, we're here to let you know we love you and will take care of you. . . ." He continued on, his voice strong and compassionate, and after he'd spoken awhile, various other aunts and uncles chimed in. It was heart-warming to observe their depth of feeling and to hear our grandfather's response.

Some of the most challenging heart-to-heart discussions occur when adult children need to talk to their aging parents about new limits because of health and safety. Issues such as taking the car keys away or moving into assisted living are often difficult as parents experience the loss of independence and feelings of uselessness.

Then, there are the sensitive conversations that sometimes must take place when you're the parent, no matter the age of the child. A friend's son moved back home after losing his job. After a few months, my friend needed to have the "it's

time for you to move" conversation, giving him notice about when he'd need to be out. Preparing for that talk caused a lot of anxiety.

Here are a few tips that might help in handling any difficult conversation:

- \* Beforehand, consider the purpose or goal of the conversation.
- \* Agree on a good time and place where you'll be free of distractions.
- \* Listen carefully and stay present. Don't think about the next thing you should say.
- \* Check your body language and tone of voice. They are often more important than your words.
- \* Don't assume the other person can see things from your point of view.
- \* Don't take verbal attacks personally. Understand there's a level of emotion and try to help bring the other person back to center.
- \* Remember and return to your purpose during tough moments.

An important component as you begin, is striving to understand how the other person may feel or think. It creates a less threatening atmosphere, and you may be surprised at what you learn.

For your own peace of mind, comfort, and health and well-being, these sometimes-difficult talks need to happen. Be ready with a plan and some tools to help them go as smoothly as possible.

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## Looking Ahead

Upcoming walking, running, and hiking events

There are no 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 runs events held along the beautiful south coast!

## New Staff Highlights

### Welcome Heather, Yoga Instructor



Heather has recently relocated from Akron, Ohio to North Bend with her husband and two dogs. She works full time at Bay Area Hospital as a Registered Nurse. She has been practicing yoga for over six years and received her teaching training in Mysore, India and is also a certified aerial yoga instructor. Heather enjoys exploring the coast with her family.

### Welcome Davis, Front desk staff



My name is Davis Duane Perry. I love basketball and golf but not as much as I love my beautiful wife Maria Perry. Recently married Oct.22 2018, my life has done nothing but gotten better. I'd like to think I'm as kind as anyone can be. My goal everyday is to succeed and push to the future. I want to be the person that turns all frowns upside down. I was born in West Virginia, but then my family moved back to Myrtle Point, Oregon where I was raised from the age of six. I graduated from MPHS and have been working ever since. I love this state and I love my family. I cant begin to say how excited I am to get to know all of you and help with anything anybody needs.

## We're going

53,000 homes could be powered every year by energy that's used to make and dispose of paper cups.

12 billion gallons of water are used in the making of paper cups annually.

20 million trees are cut down to make paper cups every year.

Every four paper cups manufactured equals one pound of CO2 emissions

## Did You Know?



**We know that you all enjoy our coffee bar, just as much as we do. In an effort to reduce our carbon footprint, we are foregoing the paper coffee cups. There are reusable coffee mugs available for use here at the fitness center.**