

# Downtown Health & Fitness

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## Dates to Remember:

February 14th—  
Valentines Day

February 16th—  
President's Day

February 18th—  
Free Friend Day

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## Valentine's Day & Heart Health

*\*Give gifts like poetry, music or personal items instead of traditional sweet treats.*

*\*Plan a romantic home cooked dinner instead of eating out.*

*\*Just move. Make a gym date to get your healthy glow on together. Healthy habits are more sustainable if shared with the one you love.*

*\*Give back to your community and volunteer with an organization near and dear to your heart.*

## Your Fitness During a Cold or Flu

Nicholas Horn

**Question:** Will an intense workout help to 'sweat out' or burn off a cold?

**Answer:** No! Intense exercise may actually *reduce* the effectiveness of your immune system.

Misinformation can sometimes spread just as easily as the latest cold or flu bug! The advice to 'sweat out' a cold is one of those duplicitous pieces of 'folk wisdom' that we hear often, and sounds *just* plausible enough to believe. In reality, the truth is a little more complicated. Exercise actually *can* provide some temporary relief from certain cold symptoms, however a study conducted in 1998 at Ball State University indicated that colds and flus will last the same amount of time whether someone exercises or not. Exercise may temporarily relieve such symptoms as nasal congestion, but it won't shave any time off of your cold!

So if your exercise routine is suddenly interrupted by cold or flu symptoms, it may be time to give yourself a few days off! Simply put, we need rest when we're sick. Additionally, colds are most contagious during the period before we start to feel ill, and during the first two days with symptoms. If you suspect that you are coming down with a cold or flu, then consider staying home and out of the gym in order to avoid spreading it to others.

Should you attempt to exercise at home? What about returning to the gym as your symptoms begin to ease? If you're determined to faithfully maintain your fitness regimen, you may not have to bring your routine to a complete halt due to a minor cold. While *intense* exercise puts you at risk for prolonging your illness, mild to moderate exercise

may be acceptable. Consider a few general guidelines:

- Catching a cold can be difficult to avoid, but you can take precautions. Before getting sick, be sure to wipe down the surfaces of any equipment you use at the gym and wash your hands regularly. (Here at Downtown Health & Fitness, we keep equipment cleaning solution and hand-sanitizer readily available for our members).
- Stay away from the gym when sick, especially during the first couple days of experiencing cold symptoms. (This will allow you a chance to rest, and avoids spreading the cold to others).
- Moderate exercise is typically fine if you have only *mild* cold symptoms that are all "above the neck" such as nasal congestion, a runny nose, or sneezing. (Consider reducing the intensity of your exercise to avoid exacerbating your illness).
- DO NOT exercise if you have a fever, fatigue, muscle aches, or if the symptoms are "below the neck" such as coughing, chest congestion, or an upset stomach.

Speak with your doctor if you have any uncertainty about exercising during a cold or flu. Bottom Line: Take a break if you need one. If you do, you'll be better able to resume your normal exercise routine as you begin to feel better!

Sources: Edward R. Laskowski, M.D., [Mayclinic.org](http://Mayclinic.org). Melinda Ratini, DO, MS, [WebMD.com](http://WebMD.com). Michael Baker, [Livestrong.com](http://Livestrong.com). Chris Iliades, MD, [Everydayhealth.com](http://Everydayhealth.com).

## NEWS TO YOU

### Goodbye Nick!

We are glad to have had Nick Horn here for the past two months. He will no longer be with us. We would like to wish him the best of luck in whatever his future holds. Thank you for your time here at Downtown Health & Fitness!

### Hello Karla!

We are happy to be welcoming Karla Comstock to our staff. Karla will be working the morning shift. She will happily open our doors Monday though Friday at 4:45 am, and is on duty until noon. Please make a point to stop by and welcome her!

## 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 (don't jiggle when gently shaken). Let stand for 5 minutes before serving.

*From Diabetes and Heart Healthy Meals for Two by American Diabetes Association and American Heart Association - See more at: <http://www.diabetes.org/mfa-recipes/recipes/2012-02-crustless-spinach-and.html#sthash.Gq96CJGb.dpuf>*

## Building Overall Wellness

Annis Cassells

Wellness is more than freedom from germs, pain, and ailments. It encompasses all areas of our lives. So, when my respected teacher Sid Simon talked about achieving overall wellness, the other ninety-nine people in the room and I sat up and listened.

That was more than 30 years ago, and, the older I become, Sid's words ring truer than ever.

Until his retirement, Sid was a professor of education at the University of Massachusetts and he ran personal growth workshops all over the country. He examined the dimensions of overall wellness that it behooves us to build into our lives. "When we do, we become models for others, enhancing their self-esteem and OURS. We also have more zest for life and more life for zest!"

Below is the first set of Sid's overall wellness practices I want to share with you.

1. **Improved nutrition -- "Mouth work".** We need to become more aware of what we put inside our bodies and how it affects how we feel, how we function in all kinds of situations, and how we sleep. Maybe you're good at noticing your body's signals about which foods you need to eat or avoid. Beyond the caffeine restlessness that keeps me awake, I also recognize the sluggishness that I feel when I've over-indulged in certain foods.
2. **An adequate and consistent exercise program.** This needs to be a program in which we actively participate, not a spectator sport. If you're reading this newsletter, you're probably working out on a regular basis. But, is it time to change your routine, amp up your reps, or experience a new class?
3. **Alone time.** Everyone needs time just for herself/

himself without distractions or responsibilities. Time for meditation, prayer, renewal, or merely being and breathing, even if it's only 15 minutes a day. My best time for this wellness component is early morning. When I was working and taking classes, alone time in between helped me separate and refresh.

4. **Risk.** Every person needs each of the following types of risk for overall wellness: physical, emotional, spiritual, and intellectual. Risk gets the adrenaline pumping and teaches us new things about ourselves. What comprises a risk is individual. An action that's comfortable for one person may feel risky to another.

When the risk we take proves to be successful, we gain something we sought. If the risk turns out to be unsuccessful, we messed up, but we learn something we needed to know. Either way, we become greater.

5. **A solid support group.** We learn we are not alone when we have friends and family in our corner, cheering us on, picking us up when we stumble or fall. Having a number of folks for support in different areas of our life ensures that no one person becomes overwhelmed or overburdened.

This month, try building some of Sid's Overall Wellness dimensions into your life. If these are new, they can be a good start. If you're already incorporating these behaviors, beautiful -- you're on the path to Overall Wellness.

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## Looking Ahead

Upcoming walking, running, and hiking events

**South Coast Striders:**  
*Eel Lake Trail (Tugman State Park) Saturday, February 22nd at 10am. 4 or 6 mile hike. Also a great place to paddle or swim if you don your wetsuit!*

Visit [www.coostrails.com](http://www.coostrails.com) for more information on this hike or to find out more about South Coast Striders. You can also contact Don Luce at [southcoaststriders@gmail.com](mailto:southcoaststriders@gmail.com).

**South Coast Running Club:**  
*Valentine's Day, Saturday, February 14th for a 5k trail/road run at Simpson Park at 10am. There will be Valentine's Day themed gifts and prizes so bring your sweetie for a fun event!*

[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!

## Member Feature

*Get to know our members! We randomly select members to feature each month. You could be next!*

### Gayline Johnson

Q: How long have you been a member of Downtown Health & Fitness?

A: 5 years

Q: What is your favorite type of exercise?

A: Sandi's circuit class and daily walks.

Q: What keeps you active?

A: Realizing at my age that health is a gift that should be taken care of.

Q: What is your favorite healthy snack?

A: Any kind of fruit.

Q: What is your biggest struggle with health and fitness?

A: Keeping at it!

More info about Gayline...

The most important things in my life: my faith in God, my husband, two children and two grandsons. See below for my favorite recipe:

#### Cilantro Lime Shrimp

Ingredients:

- 1 and 1/2 lb. peeled and deveined jumbo shrimp
- 1/4 tsp. plus 1/8 tsp. ground cumin
- Kosher salt & freshly ground pepper
- 2 tsp. extra virgin olive oil
- 5 garlic cloves, peeled and crushed
- 2 T fresh lime juice from 1 medium lime
- 3-4 T chopped fresh cilantro

Instructions:

Season the shrimp with the cumin and salt and pepper. Heat a large non-stick skillet over medium high heat. Add 1 tsp. olive oil to the pan, then add half of the shrimp.

Cook undisturbed for about 2 minutes. Turn shrimp over and cook until opaque throughout, about 1 more minute.

Transfer temporarily to plate.

Add 1 tsp. olive oil and remaining shrimp to the skillet. Cook shrimp undisturbed for 2 minutes. Turn the shrimp over, add the garlic and cook until the shrimp is opaque throughout, about 1 more minute. Return the first batch of shrimp to the skillet, mix well so the garlic is evenly incorporated and remove the pan from the heat. Lastly, garnish with the fresh chopped cilantro and lime juice.

Serve and enjoy.