

Downtown Health & Fitness

FEBRUARY 2016

Dates to Remember:

Saturday, February 13th
FREE FRIEND DAY

Sunday, February 14th
Valentine's Day

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Happy Valentine's Day

National Heart Month

Take care of the most important muscle in your body. ACSM recommendations: Accumulate moderate-intensity exercise (40-60% of HRR) for at least 30 minutes on 5 or more days a week, for a total of 150 minutes per week, or vigorous-intensity exercise (60-85% of HRR) for at least 20-25 minutes on 3 or more days a week for a total of 75 minutes per week. For weight loss, 50-60 minutes per day to a total of 300 minutes moderate exercise is recommended. (Intermittent activities in 10-minute increments have same health benefits as continuous activities.)

440 Central Ave ♦ Coos Bay, Oregon 97420
541-267-3948 ♦ email: dhfitness@downtownhealthandfitness.net
Visit us at: www.downtownhealthandfitness.com

Perfect Posture

By Deb Lal

How many times did your mom say to you "stand up straight?" Maybe she was onto something. The truth is that standing up straight does not always prevent our spine from curvatures due to conditions such as scoliosis or osteoporosis; but standing up straight keeps your bones and joints in correct alignment and muscles functioning properly. Good posture prevents backache and muscular pain. In addition to these benefits, it makes us look better, more alert, and prevents fatigue because our muscles are being used more efficiently.

Good posture is not only necessary when we are standing but also when we are sitting or lying down. Spinal alignment and core stability, combined contribute to good posture.

When standing, your knees should be in line with the middle of your feet. Your hips, torso and shoulders should be positioned over your knees, keeping your shoulders pulled back and chest forward. Avoid locking your knees to avoid restricting blood flow which can lead to passing out.

When sitting without any support, sit up straight with torso over your hips. Your upper

legs should be parallel to the floor. Your knees should not be above your hips. If you are working at a computer, it is best to sit slightly reclined with a chair that supports your lumbar spine and shoulder blades and allows your head to be in a comfortable position.

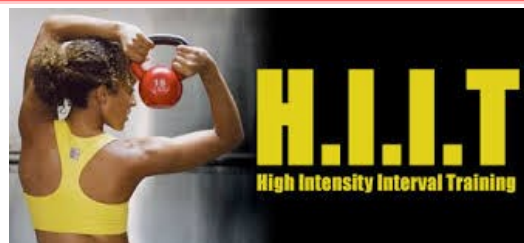
Here are some tips to help develop good posture and maintain it::

- Pretend your body is held by a string. That string is being pulled from the crown of your head, pulling you upward.
- Check your posture regularly. We often begin to slump without knowing it.
- Identify and eliminate bad posture habits.
- Get a good quality chair with the appropriate back support that meets your needs.
- Get a back cushion if needed for your chair fit properly.
- Ground both feet when standing or sitting, allowing your weight to be equally balanced.
- Invest in a good bed and pillow to allow proper alignment when sleeping.
- Engage in exercise to strengthen your back and core.

NEW CLASSES STARTING SOON



TUESDAY'S 5:30 am



THURSDAY'S 5:30 am

Starting Tuesday February 16th, Michelle will bring in PiYo on Tuesday's, and her H.I.I.T class on Thursday's. If you haven't had the chance to take one of these popular classes, here's your chance.

PiYo features low impact, high intensity with pilates and yoga inspired moves.

H.I.I.T features low impact strength training, great for all fitness levels. You choose your weights, your physical endurance level, and modifications for each exercise.

COME CHECK IT OUT AND JOIN THE EARLY MORNING FUN!

Chocolate-Cherry Heart Smart Cookies

Recipe of the Month

Ingredients: (Yields 30 cookies—94 calories each)

1.5 ounces all-purpose flour (about 1/3 cup)
 1.5 ounces whole-wheat flour (about 1/3 cup)
 1 1/2 cups old-fashioned rolled oats
 1 teaspoon baking soda
 1/2 teaspoon salt
 6 tablespoons unsalted butter
 3/4 cup packed light brown sugar
 1 cup dried cherries
 1 teaspoon vanilla extract
 1 large egg, lightly beaten
 3 ounces bittersweet chocolate, coarsely chopped
 Cooking Spray



Directions:

Preheat oven to 350 degrees

Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours and next three ingredients (through salt) in a large bowl; stir with a whisk. Melt butter in a small saucepan over low heat. Remove from heat; add brown sugar, stirring until smooth. Add sugar mixture to flour mixture; beat with a mixer at medium speed until well blended. Add cherries, vanilla, and egg; beat until combined. Fold in chocolate. Drop dough by tablespoonful 2 inches apart on baking sheets coated with cooking spray. Bake at 350 degrees for 12 minutes. Cool on pans 3 minutes or until almost firm. Remove cookies from pan; cool on racks.

Recipe from Cooking Light Magazine

By Annis Cassells

Stand up Straight

When we get into a tough spot in life, the options may seem limited or we may even feel they are non-existent. Such a situation can result in a huge slump. Or, we can follow Maya Angelou's advice: "Stand up straight and realize who you are, that you tower over your circumstances...."

Every one of us has been down and almost defeated in our lives. And, if not, it's like they say about motorcyclists dropping their bikes, "It's not a question of if, but when, it will happen."

The thing we need to realize is we have what it takes to stand up straight and take on the circumstances the world brings us. After the initial shock, the negative view surfaces. We see problems rather than opportunities. Then we come to acceptance and begin to see possibilities.

A stressful work lay-off can transform to an opportunity for retraining in a different profession and lead to a better job or relocation in a different place. The end of a relationship could mean a chance for reinvention, cultivating fresh interests, and meeting new friends.

One health issue could save a person's life. Like one of my Bakersfield friends who went for treatment of a problem, and through the testing her doctor ordered, they diagnosed a life-threatening condition that would have lain dormant until too far along to treat.

Once we get a broader view and perspective, we can begin to marshal our skills, talents, and inner resources. Possibilities and solutions appear when we rise and tap into our capabilities. We exert our unique power, and the resilience we've amassed over the years lifts us. We begin to stand tall again.

Rebuilding our lives, we find peace and happiness, in spite of, and sometimes **because of**, the circumstances we've faced. We dig deep; find our strength. And we go on. Over time, the negativity that was pervasive transitions to positivity, and life is good again.

The best way to get through a seemingly impossible situation is to recall the other tough times we've survived. If we could make it through **that**, we can handle **this**.

I recently gave a pep-talk to my girlhood friend who has been in a skilled nursing unit and so discouraged for six weeks. She sounded ready to give up. I said, "Remember. **You** are the woman who fled Nigeria with your young son. You can do **this**!"

She chuckled then said, "Chased by lions." Three thousand miles away, through the phone lines, I could almost feel her back straighten. "That's right. I can."

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Looking Ahead Walking, running, and hiking events.

February 13, 2016

9:00am

**Bastendorf Bog Walk
South Coast Striders**

Meet at day use parking lot, near volley ball courts and restrooms at south end of Sunset Bay.

February 20, 2016

9:30 am

**Bandon Dunes
South Coast Striders**

Meet at the parking lot near McKee's Pub.

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.

Member Feature

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

Mary Ann Whitney

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

A: **9.5 years**

Q: What is your favorite type of exercise?

A: **I love variety! I like to hike, walk my dog, and I love all the group fitness classes the fitness center has to offer.**

Q: What keeps you active?

A: **I want to feel young and fit. I feel so much better when I get out and get moving.**

Q: What is your favorite healthy snack?

A: **Dark chocolate**

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

A: **When I want to get out for a walk and the weather does not permit me.**

Q: What would you like other members to know about you?

A: **After 40 years, I love living here. I love the people of our little community.**

Q: What is your favorite recipe or food you like to eat?

A: **Banana Peanut butter Oatmeal cookies.**



INGREDIENTS:

3-4 ripe smashed bananas
2 cups whole grain oats
1/2 cup of peanut butter (almond butter)
1/2 cup of dark chocolate chips
1/2 tsp vanilla 1/2 tsp salt

DIRECTIONS:

1. Preheat oven to 350 degrees
2. In a large mixing bowl, mash bananas with a fork until no longer lumpy. Stir in oats, peanut butter, chocolate chips, vanilla and salt.
3. Lightly grease cookie sheet
4. Spoon about 2 TBSP's of cookie mixture onto the baking sheet. Bake for 15-20 minutes.
5. Variations: Optional: raisins, craisins, chopped walnuts.

Men's Class

Hi, I am Laurie Sevier, and I am one of DHF's Certified Personal Trainers. I have recently been teaching the new "Fitness For Men" class at DHF. I never saw myself as an instructor of a class, but I love it! I have created my class very similar to the workouts I give my clients. We work on strength, agility, and stability. I include a little bit of cardio to every workout, and I emphasize warming up, cooling down, and of course, stretching. I change up the routine every week, while building on the previous class workouts. I find that I love teaching this class! The men are eager to work out and are honest if I need to make changes. We have a lot of fun, and I am pleased to say we have now added a Friday class.



CLASS TIMES:

MONDAY 10:15

WEDNESDAY 10:15

AND NOW FRIDAYS 10:15