

Downtown Health & Fitness

JANUARY 2018

Dates to Remember:

Holiday schedule CLOSED

Sunday, Dec. 31st
New Year's Eve
&

Monday, Jan. 1st
New Year's Day

Free Friend Day:
Tuesday, Jan. 16th

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Farewell Leah

Leah Lorincz who has taught Yoga at DHF for five years, is taking some time off teaching. She has been a great instructor and brought her love of teaching Yoga to us. She will be greatly missed. Susan and Jessica will be alternating Tuesday afternoons. Please see white board for instructor and class updates.

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Visit us at: www.downtownhealthandfitness.com

Top 5 New Year's Resolutions

Brought to you by TRIPSAVVY.COM

Happy New Year Downtown Health & Fitness members and staff. It's going to be a great 2018! Have you made some New Year's Resolutions?

Tripsavvy.com has compiled a great list of the top 5 New Year's Resolutions and we thought we would share them with you! Be encouraged and stay strong!

#1 Spending More Time with Family and Friends

Recent polls conducted show that more than 50% of Americans vow to appreciate loved ones and spend more quality time together. What better place than at the gym?

#2 Fit in Fitness

Studies have shown that regular exercise has been associated with more health benefits than anything else and that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and improve arthritis.

#3 Tame the Bulge

Over 66 percent of adult American are considered overweight or obese by recent studies, so it is not

surprising that weight loss is one of the most popular new year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of Americans who made a New year's commitment to shed extra pounds.

#4 Quit Smoking

If you have ever resolved to make this the year that you stamp out your smoking habit, over –the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life!

#5 Enjoy Life More

Given the hectic, stressful lifestyles of millions of Americans, it is no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you! Get out and try something new! Take up a new hobby or try something you never thought you'd do. Go to a theater performance, or head to the local spa. Get out and meet new people.

East Coast Swing Dance Lessons

January 18th-February 15th

The Clambake Jazz Festival is coming to Coos Bay on March 8, 9, 10 & 11 of 2018. It is four days of amazing live dance music.

If you have been wishing that you knew how to dance, but don't know how, this is your chance to learn.

Beginning Thursday, January 18th from 7-8pm at DHF, Joe & Christi Colo of USA Dance of Coos Bay will be sponsoring a 5 week East Coast Swing

Dance lesson course for members of Downtown Health & Fitness. Cost is \$50 per couple and deadline for reservations on Monday, January 8th. Please contact Joe at the number listed below to sign up.

Come prepared to learn a skill that will give you the time of your life.

For more information call Joe at 541-756-3022.

Hearty Vegetable Lasagna

Recipe of the Month

Ingredients

- 1 pkg lasagna noodles (GF if desired)
- 1 pound fresh mushrooms, sliced
- 3/4 cup chopped green bell pepper
- 3/4 cup chopped onion
- 3 cloves garlic, minced
- 2 tablespoons vegetable oil
- 2 (26 ounce) jars pasta sauce
- 1 teaspoon dried basil
- 1 (15 ounce) container part-skim ricotta cheese
- 4 cups shredded mozzarella cheese
- 2 eggs
- 1/2 cup grated parmesan cheese

Directions

1. Cook the lasagna noodles in a large pot of boiling water for 10 minutes, or until al dente. Rinse with cold water, and drain.
2. In a large saucepan, cook and stir mushrooms, green peppers, onion, and garlic in oil. Stir in pasta sauce and basil; bring to a boil. Reduce heat, and simmer 15 minutes.
3. Mix together ricotta, 2 cups mozzarella cheese, and eggs.
4. Preheat oven to 350 degrees F (175 degrees C). Spread 1 cup tomato sauce into the bottom of a greased 9x13 inch baking dish. Layer 1/2 each, lasagna noodles, ricotta mix, sauce, and Parmesan cheese. Repeat layering, and top with remaining 2 cups mozzarella cheese. Bake, uncovered, for 40 minutes. Let stand 15 minutes before serving.



Looking Back, Moving Forward

By Annis Cassells

It's that time again. The time in our lives when we review the past year and evaluate how we did. Most often, we lament the things we didn't accomplish. We can tick them off, especially if we dared to write "New Year's Resolutions." Focusing on those things is a real drag.

For this year, I'm advocating a good friend's solution. It rescued her from feeling like failure. Jen was a middle school principal who dutifully made her to-do list for the next day before leaving her desk each evening. But when morning came, she might find a distraught teacher waiting outside her office when she arrived, or an unexpected meeting or campus crisis would come up. All day long, it was a struggle to keep her head above water. Few items were ever crossed off her list.

At the end of the day, she'd reread the lengthy list and feel discouraged. I recall her saying, "I hadn't accomplished anything I'd set out to do. So I stewed about it all night."

Then, she had a brilliant idea. She began another list right beside her to-dos. Many days it dwarfed her original list. The "What I DID" list saved her sanity and self-esteem. When she read it each evening, she had concrete evidence of how she'd spent her time and what she HAD accomplished.

At the start of the New Year, I invite you to recount the things you DID accomplish in 2017. Regardless of life getting in your way from time to time, I can imagine there

are many successes. Make a list.

Maybe you fulfilled a dream or wish—or at least took action toward making it a reality. Maybe you undertook a new job or hobby, or finished a project. Perhaps you began taking even better care of yourself and now see a difference in how you feel or your "numbers" at the doctor's office. Maybe you stepped outside your comfort zone and learned that it wasn't so uncomfortable after all.

No thing is too small to add to your list because each small step moved you toward a larger accomplishment. Don't worry. No one will think you're bragging. You're just owning what you've done, what progress you've made, and taking stock of the past year. It's a good reminder of who you really are.

What about moving forward into 2018? Your foundation is stronger because you've made headway in the previous year. Your "What I DID" list reinforces the positives. And, past performance is the best predictor of future success. You can handle whatever comes your way—and more. You already did.

So, go right ahead and set your goals or intentions. They will lead you to another impressive "What I DID" list. Best wishes for a productive, happy, and healthy New Year.

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Looking Ahead Walking, running, and hiking events.

Bullards Beach Run
Jan, 7, 2018
2:00 PM
Bandon, OR
10K, 5K, 1 Mi.

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.

www.runningintheusa.com to find more races in Coos county, and Oregon.

CorePower Yoga

Welcome Jessica

Jessica recently moved to Coos Bay with her husband Aaron, spirit dog Rooni, and best feline friend Mara from the Columbia River Gorge. A Pennsylvania native, her passion for art, theater, wine, yoga, herbalism, farming and connecting with people from different walks of life has taken her all over the world. Jessica has been practicing yoga for over ten years, finding early on that yoga eased stress and mental tension along with curing physical ailments for a more healthy and balanced lifestyle. While living in Portland, OR she found CorePower Yoga and deeply connected with their mantra to "Live Your Power". Jessica received her 200 RYT certification in Summer 2016 and has loved teaching ever since.



What is CorePower Yoga

CorePower Yoga celebrates both intense physical fitness while working within the mindful consciousness of yoga. We will work to strengthen the weaker areas of the body, create space in our deeper tighter joints like our hips, and turn up the heat in our core throughout class to protect our lower backs where so many of us struggle with pain and injury. Class will incorporate yoga essentials including breath, asanas (physical postures), heat, and so much more.

Jessica will be teaching CorePower Yoga on the 1st, 3rd & 5th Tuesday of every month at 4:30 pm.