

Downtown Health & Fitness

JULY 2018

Dates to Remember:

**Wednesday, July 4th—
Independence Day
CLUB CLOSED**

**Friday, July 20th—
FREE FRIEND DAY**

**Tuesday, July 10th
10 weeks to the Pre
Meeting 5:30 pm**

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



Stretching For Your Health

By Sandy White

You don't have to be in top physical health or have specific athletic skills to stretch. Watch a newborn baby stretch. Its tiny limbs just seem to know what to do. It also doesn't matter what you do all day, whether it's housework, driving a truck, sitting at a desk, or doing manual labor, our bodies will gain benefits from stretching. And, it can be done pretty much any time you need it. Start your day with a few good stretches. Use it to release tension at work, or maybe you've been sitting or standing for a long time. Safe and enjoyable stretching can be done by almost anyone at almost anytime.

Stretching releases muscle tension, increases range of motion, and helps coordination by allowing for freer and easier movement. It can make strenuous activities easier by preparing the body for the activity you are about to begin. Whether it's running, playing tennis, swimming or riding a bike, doing a few simple stretches beforehand signals the muscles they are about to be used.

Stretching develops body awareness. It helps to loosen the mind's control of the body so you can focus on various parts of the body and get to know yourself. You are moving for your own self, not for competition or ego. It promotes circulation, and just plain feels good.

Like anything, there's a right and a wrong way to stretch. Be relaxed and focus on muscles being

stretched. Use sustained stretches rather than bouncy ones, and never stretch to the point of pain. If you are new to stretching, it will take time to loosen up tight muscles or muscle groups. Begin with easy stretches. Go to the point where you feel *mild tension* in the area being stretched. Relax into the stretch and hold for about 10-30 seconds. The tension should subside as you stretch, but if it doesn't ease off a little until you find the right amount of tension that works for you.

After time you should move into the developmental stretch. Being able to move the stretch a fraction of an inch further. Find your tension area again and hold for 10-30 seconds. Be in control and always ease off if the tension is too much.

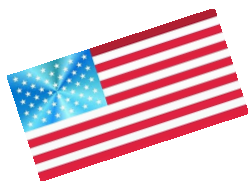
Developmental stretching fine-tunes the muscles and increases your flexibility. Muscles are protected by a stretch reflex nerve, so if you stretch too far this nerve responds by telling your muscles to contract. Over-stretching can injure the very muscles you are trying to stretch.

Listen to your body, and learn how to use stretching to enhance your workout as well as your everyday life.



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**HAPPY 4TH OF
JULY!
ENJOY FAMILY &
FRIENDS!
STAY SAFE!**

NEWS TO YOU!

**We are thrilled to
announce that
starting July 2nd, we will
begin opening our doors
at**

4:30 AM!

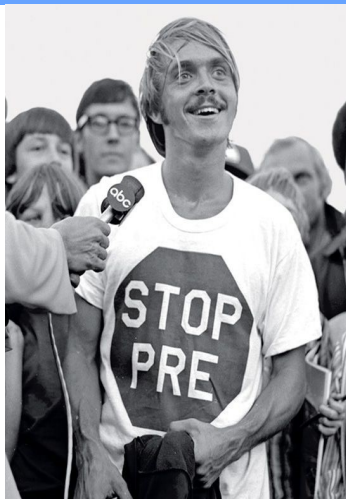
**This means YOU get to
be here earlier, longer,
and get out even quicker!**



10 Weeks to the PRE

Program highlight

Starting Tuesday, July 10th, at 5:30 pm, we are beginning our 9th Annual 10 Weeks to the PRE Program. This program is designed to help you complete the Prefontaine Memorial Run, either by running or walking. There will be two group runs every week, along with two individual runs. So you can be prepared, and complete the Prefontaine Memorial Run successfully, we will hand out literature on posture, cadence, breathing, and stretching. This program will start Tuesday, July 10th at 5:30 PM



The cost of this program is \$25 for Fitness Center Members, and \$75 for Non Members.

This includes Downtown Health & Fitness membership for the duration of the program.

It's Stretch Time

By Annis Cassells

Physical stretches are ultra-satisfying to the body, like that first, delicious wake-up stretch in the morning. Or how about those lovely post-exercise stretches where our bodies seem to sigh in contentment. Then there are Sandy's Tuesday morning stretches and gentle yoga postures.

Maybe we have a fitness goal to meet -- want to become stronger, more agile, better at balancing, more flexible. We ramp up our routines or change them in some way in order to stretch our capabilities.

Stretching our budgets, or striving to make ends meet, is a reality for many of us these days. We learn to become creative and save money by enjoying free and inexpensive activities—maybe attend films or lectures at the Public Library or get outside and enjoy nature's beauty.

Some of us are cooking more healthy foods at home and eating out less. We're stretching our creativity as well as our budgets and reaping multiple rewards.

Other stretches bolster the mind and spirit—ours and others'. Some of us are stretching our minds, opening ourselves to new learning and growth. Maybe we're going back to school or choosing a different career path, tackling a new hobby, or learning a new skill. With diligence and patience with ourselves we progress and further our knowledge and abilities.

Some of us are stretching others by challenging or mentoring them. We may be taking someone under our wing and guiding them within our own areas of expertise, stretching them to promote their growth.

When we mentor others, we are stretched, too. It forces us to sharpen our games. We tend to work at setting a good example and try to learn more in order to be a valuable resource. Becoming a mentor has sent me back to my books and onto the Internet to look up information or to watch YouTube videos that expand my knowledge.

Stretching beyond where we are today enriches our lives and brings new experiences and increased satisfaction. We may discover new interests and hidden talents that will stir up our lives and give us fresh insights.

How are you stretching yourself? Now's the time. Try something new, or find a new twist on an activity you already love. Even the smallest stretch changes things.

Copyright © 2018. Annis Cassells. All rights reserved. A life coach and speaker, Annis can be reached at heyannnis@sbcglobal.net. Read her blog at www.thedaymaker.blogspot.com

Looking Ahead
Upcoming walking, running, and hiking events.

Wednesday, July 4th

Mayors Firecracker Run

10 AM

Mingus Park

\$10

1Mile Kids/ 4 Mile Adult

kids run free

Sunday, July 8th

BlackLock Point Hike

Boise-Cope County Park

10 AM

Saturday, July 14th

South Slough Trail - n- Treat

9:30 AM

South Slough Natl. Estuarine

Research Reserve

Interpretation Center

\$25 Adults/Kids Free

Saturday, July 14th

Cape Arago Trails

9 AM

Saturday, July 21st

July Jubilee

North Bend Visitors Center

8 AM Registration

9 AM walkers

9:45 AM Runners

\$10

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!

Group Fitness Instructors

