

Downtown Health & Fitness

JULY 2019

440 Central Ave ♦ Coos Bay, Oregon 97420

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Visit us at: www.dhfitness.net



Dates to Remember:

CLOSED

**Thursday, July 4th—
Independence Day**

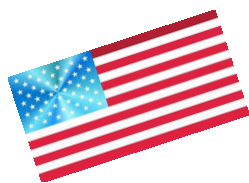
**Friday, July 5th—
**5:30 AM Insanity &
& 7:45 am Circuit:
WILL BE CANCELLED**

**Friday, July 12th—
FREE FRIEND DAY**

**Tuesday, July 16th
10 weeks to the Pre
Meeting 5:30 pm**

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

It's a Life-Changer

By Eli Gonzalez

I've been a life-long fitness fanatic. After six years in the United States Marine Corps, I learned the value of body readiness. I want my body to always be prepared to accomplish the activities I enjoy. In order to be in that state of readiness, humans must work their body in a consistent fashion or it gets "out of shape." For the past twenty years, I ran, surfed, swam, lifted weights, and did home workout programs that include P90X, Insanity, and Body Beast. I loved them all and have always been a self-motivator, able to accomplish my fitness goals without outside influences. I've always prided myself on this fact.

Last November, after some time off from working out, I began to formulate a plan for what I wanted to accomplish over the next year. I started back into working out on a two-month ramp-up plan with two days a week, one home workout and one run. After three weeks, I added a swimming workout to make three days a week. This was normal for me, but I wasn't enjoying myself at all. When I received the news that Shirley was looking into the Core De Force program, I decided I was going to try something I've never done before—group fitness.

Six months later, here I am. I've lost 18.6lbs (198.6lbs to 180) and I lost 5-1/2" from my waist (42" to 36-1/2"). To say I've met my goals is an understatement. I was hoping to get down to 185; well, I crushed that! How did this happen you ask? How is this possible? How can **you** do this?

Ok, I'll tell you my secret! I just showed up for class three times a week! Pretty hard, right? No workout planning, no fitness apps, no wandering the gym trying to figure it out. It was just that easy, get my body into the class and follow the amazing leaders. Ok, ok, I was

smart-ish about my diet and did a run, walk, or swim twice a week, but 90% was our amazing group fitness program. In addition to the great results, I've had a wonderful time. Some of the things you get from group fitness that you miss when working out alone are smiles, high fives, commiserative laughter, and moments of pure cardio bliss! We all need more of those things!

Insanity & Core De Force have been **my** meat and potatoes. However, your gym is offering 35 classes every week, including Zumba, Piyo, Kickboxing, Body Blast, Yoga, and focused group training sessions like the Men of Steel (Fitness for Men) and Fitness for Women. There is something for you! Not sure what to try? Spend some time with the Saturday morning rotating class!

If you're stuck in a fitness rut, grinding away on that elliptical, treading the heck out of that treadmill, or re-lifting that set of 45lb dumbbells for the 100th time, stop looking through the window at us crazy people getting results in the aerobic room, and get yourselves in there and get your gains! You will be well on your way to accomplishing your personal fitness goals!

I'm personally challenging all the men to open your minds to something new and see what these hardcore, amazing, dynamic, and strong women are offering you every day! You will not regret it!

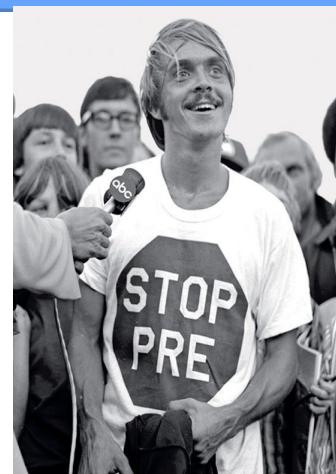
I am enjoying my fitness again and you can, too. A shout out to Shirley, Brandy, and the Insanity & Core De Force crews, you know who you are! Keep on killing it!

NEWS TO YOU!

September 21st marks the 40th year Prefontaine Memorial Race right here in Coos Bay. We hope you will join us in crossing the finish line for this epic community event that is known throughout the country.

Whether you are brand new to running or a returning participant, we will have exciting new changes in store for you that will enhance your training experience.

The cost of this program is \$25 for members, and \$80 for non-members. This includes Downtown Health & Fitness membership for the duration of the program. Sign up and registration forms will be available at the front desk



OmEGGa Frittata

Recipe of the month

1. Heat oven to 450 degrees. Heat 2 TBSP olive oil over medium heat in a cast iron pan or large oven safe skillet. Add 1/2 sliced yellow onion, season with salt and pepper and cook until browned. Add 4 cups kale and one-pint halved cherry tomatoes, cook 5 minutes. Stir in a 15 oz can quartered artichoke hearts, 1/2 cup sun dried tomatoes (drained), and 2 TBSP fresh chopped parsley.
2. Whisk together 8 eggs with 1/2 cup 2% milk in a bowl. Season with salt and pepper and whisk in 1/2 cup Parmesan cheese.
3. Pour the egg mixture into the pan and let cook 2 minutes. Swirl the pan so the egg mixture from the middle of the pan coats the outside of pan. Cook 2 minutes longer and repeat this process one more time.

Place the pan in the oven and cook for 12-15 minutes, until puffed and golden.



Determination Makes the Difference

By Annis Cassells

"Where there's a will, there's a way." We've heard that saying many times and have come to know exerting our will assumes determination.

No one is immune to life's problems, small and large. Sometimes, the issues can be tackled and overcome in fairly short order. An appliance goes out so you may try to fix it, call a repair person, or decide to shop for a replacement. You invite someone to dinner and he shows up with a girlfriend and her three kids, so you quickly add broth, potatoes, and carrots to the soup pot. Your child takes a tumble, you pick her up and kiss the hurt and make it well.

Sometimes the odds for success are nearly impossible. Young, talented athletes are often rock stars in their world, but stand a one-in-a-bazillion chance of making it in the pros. That's where determination, good luck, and often, their mamas come in.

Young Darin was a high school baseball star in his hometown in Alabama. Determined to succeed, he worked hard and smart to fulfill his baseball dreams. As a result, he landed an opportunity to attend the summer camp of a minor league team in California outside of Bakersfield. Neither he nor his family knew anyone there, but they scraped up some money and sent him on his way.

After a couple of weeks of motel living, eating out three times a day, and missing his family, Darin was spending a fortune and feeling lonely and discouraged. That's when his mom, a motorcycling acquaintance I'd first met in Colorado a few years ago, posted an SOS on Facebook and asked whether anyone knew someone who might host her son. A mutual motorcycling friend tagged me when she shared the mom's post, otherwise I might have missed

seeing it.

Immediately I thought of my writer buddy Sandy and her son, who is a pitcher for the Oklahoma City Dodgers this season. Knowing she had local baseball connections, I contacted Sandy to see if she knew anyone who might host Darin. As it turns out, there's a whole network of baseball families who take in players, providing a home away from home and support. Sandy put out the word, but ended up taking Darin into their home. "I'm so happy to do it," she said, "It's a chance to repay all the folks who helped my son."

Darin and his mom were ecstatic! He sent her the first picture of him smiling she'd seen in two weeks. Mom wanted to credit me, but so many folks put forth a concentrated effort to help this family. That's what made everything come together. With individual **and** group determination, great things can happen. Dreams can come true.

Think about the times you've mustered the will to make a change or to deal with rough times. Congratulate yourself and know your track record of determination will get you over life's bumps whenever they arise.

Copyright © 2019 Annis Cassells. All rights reserved. A life coach, writer, and speaker, Annis can be reached at 661-619-3359. Read her blog at www.thedaymaker.blogspot.com.

Looking Ahead
Upcoming walking,
running, and hiking events.

Thursday, July 4th

Mayor's Firecracker Run

10 AM

Mingus Park

\$10

1 Mile Kids/ 4 Mile Adult

kids run free

Saturday, July 13th

South Slough Trail - n- Treat

9:30 AM

South Slough Natl. Estuarine

Research Reserve

Interpretation Center

\$25 Adults/Kids Free

Saturday, July 20th

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!