

# Downtown Health & Fitness

JUNE 2016

## Dates to Remember:

**FREE FRIEND DAY -  
Wednesday—June 15**

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## 10 Weeks to10K

Is this the year to run the PRE? Join our 10 Weeks to a 10 K program that begins July 5. Learn how to increase your endurance and mileage with this program. Meet people who run/walk your pace. Get tips from fitness instructors and personal trainers. Watch for sign up information.



## CLASS HIGHLIGHT

### PiYO

This is a low-impact, high-intensity body-transformation program. It uses the most effective Pilates-and yoga-inspired moves set to a fast pace to help you burn fat while you sculpt long, lean muscles. You'll carve every inch of your body without jumps, without weights, and without straining your joints. And rest assured, there's no complex choreography to learn. This class is offered Tuesday mornings at 5:30 am and Thursday afternoons at 4:30 with Michelle Frost.

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Visit us at: [www.downtownhealthandfitness.com](http://www.downtownhealthandfitness.com)

## Reasons to Hire a Personal Trainer

By Michelle Frost, Certified Personal Trainer

You have a gym membership, now what? People hire personal trainers for many different reasons. Everyone can benefit from one, whether new to exercise or a lifelong athlete.

■ **You are not seeing the results you want:** Are you new to exercise or have been at it for several weeks or even months and not reaching your fitness goals? A personal trainer can evaluate your current program and eating habits to determine if adjustments are needed to meet your goals. A personal trainer can motivate and hold you accountable to your program.

■ **You do not know where to start:** A personal trainer's knowledge will include a complete workout program including: cardio, weights, flexibility, range of motion and core stability. They can help you set goals and design a customized program to reach those goals.

■ **You are bored with your current workout:** Even experienced exercisers can overlook the benefits of a personal trainer. Variety is beneficial. In fact, recent studies show it is a must. Your body needs a fresh perspective. A personal trainer can challenge you to try new ways to workout: circuit training, strength training, TRX, etc.

■ **You need to be challenged:** We get comfortable doing the same exercises. A personal trainer will motivate and push past those self-imposed limits. Whether to lift heavier weights, go longer or push harder.

■ **You want to learn how to exercise on your own:** A few sessions with a personal trainer can guide you in the correct way to use our pin-loaded machines, utilize different muscle groups and, most importantly, use correct form.

■ **You need accountability and motivation:** Personal trainers wear many hats, serving not only as coach, but as an educator, confidant, role model and a major source of motivation and encouragement. Trainers spend countless hours researching and studying the latest in nutrition, ailments, and exercises. They are a wealth of information for your investment.

■ **You have a specific injury or condition:** If you have conditions such as arthritis, diabetes, or a new or past injury, a personal trainer can create a program that caters to your specific condition.

■ **You have an upcoming sports event:** A personal trainer can help you be ready for that upcoming marathon, triathlon, swim meet, golf tournament or even the Prefontaine Memorial run. They can help you to strengthen weaknesses, help with ailments, help you get stronger and make whatever your athletic desire is, a reality.

A personal trainer is your go-to for a personalized fitness program. They provide accountability, motivation, and nutritional information. They challenge you and help you get results. Set up your FREE consultation today!

Contact the front desk for a brochure on our Certified Personal Trainers.

## 10 YEAR ANNIVERSARY

On June 5th we celebrate our 10th year in business. It is said... "Time flies when you are having fun"... We must have been having a lot of fun because it is hard to believe our doors have been open for 10 years.

Please join us and celebrate by entering your name into our drawing each day you come in and workout. Between June 1st and June 15th. We will be drawing for prizes on June 15th at 6:30 pm.

Please only one entry per person per day. Prizes include DHF hoodies and a FITBIT. Good luck and thank you for your membership.



# Farro Salad with Asparagus and Parmesan

## Recipe of the Month

### Ingredients:

2 cups farro  
 3/4 pound fresh asparagus, trimmed  
 1 cup red and yellow cherry tomatoes, halved  
 3/4 cup chopped walnuts  
 3/4 cup dried cranberries  
 1/2 cup chopped fresh parsley  
 1/3 cup chopped fresh chives  
 1/4 cup balsamic vinaigrette, or to taste  
 1 cup shaved Parmesan cheese, divided



2. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the drained farro, and return to a boil. Reduce heat to medium,. Then cook the farro uncovered, stirring occasionally for 20 minutes. Reduce heat to low, cover, and continue simmering until tender, about 30 more minutes. Drain and allow to cool.
3. Bring a large pot of lightly salted water to a boil. Add asparagus, and cook uncovered until tender, about 3 minutes. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the asparagus is cold, drain well, and chop. Set aside.
4. Place farro, asparagus, tomatoes, walnuts, cranberries, parsley, and chives in a large bowl. Drizzle balsamic vinaigrette over and sprinkle about 3/4 cup parmesan cheese, then toss. Top with the remaining 1/4 cup Parmesan cheese. Serve at room temperature.

### Directions:

1. Soak farro in a large bowl of water for at least 12 hours. Drain.

Recipe from [www.allrecipes.com](http://www.allrecipes.com)

## Are you asking for it?

By Annis Cassells

If we don't ask the question, almost 100% of the time, the answer is "no." Our family, friends, co-workers and acquaintances are not mind readers. So we shouldn't be surprised or disappointed when they fail to come through for us. It's up to us to ask.

One evening, at a gathering in my home, I set out the refreshments. A friend looked over the array of goodies and said, "Could I have the Ménéage á Trois?" I'd planned to serve a different red wine and had opened it ahead of time so it could breathe. The one she requested laid in the wine rack.

I'll have to admit, my first thought was *hmmm, that was pretty bold*. But my mom's "good hostess" teachings came up and I nodded and smiled and opened the new bottle.

Then I thought about it. How else was she going to get her preferred brand? Why should she drink something she didn't really want? She was being true to her own wishes, not accepting or settling for something less desirable.

What would I do in the same situation? For too many years, I merely accepted what was offered and felt miffed. Then I'd ruminate on not getting what I really wanted or replay the incident in my head.

Over the years, I've learned that if I want a different food, drink, or experience than

what's being offered, I need to let my desires be known.

I need to say something to the person or people who can help me, instead of complaining or keeping it inside.

Like our moms taught us, it's not what we say, it's the way we say it. So, when seeking something different or more than what appears to be available, a respectful request or statement of our wishes and needs gives a better possibility of having them met.

Would it be possible to have/exchange/ do . . . .?

Is there any way we could . . . .?

If it's okay, I'd like to . . . .

If you don't mind, I would rather . . . .

Could it work if I/we . . . .?

Be unafraid to speak up, to voice your desires or concerns. No one really knows what we want or need until we do. Other folks shouldn't be blamed for not behaving the way we expect or wish they would. Until we convey those needs and wants to them, they are only able to guess. When we do let our wishes be known, we have a much greater chance of getting what we want.

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### Looking Ahead Walking, running, and hiking events.

**June 12 at 9 am —**  
**Arago Pack Trail & New**  
**Perimeter Trail Loop**  
**Hosted by: South Coast**  
**Striders**

**June 18 at 7 am —**  
**Jennifer's Catching**  
**Slough Classic**  
**5K, 12K and 13.1 mile.**  
**Hosted by: South Coast**  
**Running Club.**

**June 18 at 8:30 am —**  
**Connect the Boardwalks**  
**Community Walk**  
**Hosted by: South Coast**  
**Striders**

**June 15 at 8:30 am —**  
**Sawmill & Tribal Trail to**  
**the Clamboree**  
**Hosted by: South Coast**  
**Striders**

See the following websites for more information:

[www.coostrails.com](http://www.coostrails.com) to find out more about the walks with the South Coast Striders

[www.southcoastrunningclub.org](http://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!*

Frank Dinsmore

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

**A: 14 Months**

**Q: What is your favorite type of exercise?**

**A: The "Fitness for Men" group class lead by Laurie Sevier**

**Q: What keeps you active?**

**A: The older I get (nearing 75) the more I realize I need/must keep moving and exercising to maintain my health.**

**Q: What is your favorite healthy snack?**

**A: Fresh fruits, celery sticks, low fat cheese sticks, various nuts and some occasional dark chocolate.**

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

**A: Being consistent-Projects, hobbies & busyness can get in the way of proper exercise.**

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

**A: Moving to the Coos Bay area nearly 3 years ago from Pennsylvania brought some major change for my wife, Sue and me. We love it here but there was a learning curve for us. Now that we are settled in, this is our home. We like the cool summers & mild winters and I don't have to shovel the rain. We have gotten to know this area and surrounding areas thru Geocaching with our daughter Emily. Oregon is a beautiful state with lots to offer.**

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

**A: My wife is a great cook and does all the cooking. I do not cook therefore do not have a recipe.**

## BOOT CAMP

### Boot Camp with Kristen!

#### Session 1

June 17 & 24/July 1 & 8  
5:30 pm – 7:00 pm.

#### Session 2

July 22 & 29/August 5 & 12  
5:30 pm – 7:00 pm.



Space is limited. Sign up NOW!

\$25.00 for Members  
\$60.00 for Non-Members