

# Downtown Health & Fitness

JUNE 2019

## Dates to Remember:

**Free Friend Day:**  
Wednesday, 19th

**Flag Day:**  
Friday, 14th

**Fathers Day:**  
Sunday, 16th

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*D o w n t o w n*  
*H e a l t h & F i t n e s s*

**Summer Special**  
On sale June 1st  
through July 31st

**3 months of  
membership for  
\$100.00**

## THE LUNGE



440 Central Ave ♦ Coos Bay, Oregon 97420  
541-267-3948 ♦ email: [dbfitness@downtownhealthandfitness.net](mailto:dbfitness@downtownhealthandfitness.net)

## Warming Up

### Runners World

Warming up is important no matter what time of year it is or what the weather is like. It's important if you are planning a run outdoors or a workout indoors. Warming up prepares the muscles for the work they are about to do. A warmup can help you avoid injuries, prevent imbalances and overuse strains.

A functional warmup should activate your legs and core. And it doesn't take long, in about 5-8 minutes you should be ready to hit it.

Start with a 4-way lunge set. Here's how it goes:

Start with a forward lunge, have your knee directly over your ankle and your back knee dipping down toward the floor. Put your arms in goal post position. Pull your shoulder blades down and back to engage your upper back. Use your glutes to stabilize your movement. Lean forward over your front thigh and use your glutes to help bring your shoulders up. Repeat 8-10 times. Switch legs.

Go back to the forward lunge and goal post arms. Stabilize your hips and rotate left and right. Alternate 8-10 times then switch legs and repeat.

Return to the forward lunge and goal post arms. Tilt left to right keeping hips

stabilized. Do this 8-10 times then switch legs and repeat.

Forward lunge again with goal post arms. Lower your back knee toward the floor then push upward straightening the leg, pulse your hips up and down about 3 inches. Do this 8-10 times then switch legs.

Now stand with your weight on your heels and toes slightly out, knees soft. With goal post arms, have your elbows down by your lowest ribs, engage your upper back pulling your shoulder blades down and toward your center. Lean forward and slightly exaggerate pushing your hips back. Return to standing. Do this 8 times.

Stand tall. Step back with your left leg crossing behind the right leg. Think curtsy lunge. Drop your knee toward the floor. Press into the right heel and return to standing. Stand and do this on the other side. Do 8 repetitions.

Calf raises, 3 ways. Lean against a wall on your elbows. Have your feet pointed straight ahead, lift and lower your heels. Turn your toes in and last turn your toes out. Repeat 8 times. Lift and lower gently. Feel through the movement.

(Issue 3, 2019) in *Runners World* - David Reavy  
Founder of React Physical Therapy, Chicago

## Coming Soon! 10 weeks to the Pre

Look out for details about Downtown Health & Fitness' "10 Weeks to the Pre" program commencing July 16, 2019.

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.

If you would like more detailed information, please call the Fitness Center directly at 541-267-3948.

# Summer Berry Salad

## Recipe of the Month

### **For the Dressing:**

2 tbsp lime juice

1 tbsp olive oil

1/2 tsp micro-planed fresh ginger

1/2 tsp light raw honey

zest of one lime

salt and pepper to taste

### **For the Salad:**

3 cups chopped strawberries

2 large, ripe avocados, depitted, peeled and cut into chunks

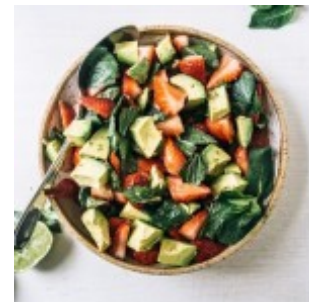
1/3 cup chopped fresh mint

### **For the dressing:**

in a small mason jar combine all of the ingredients. Add the lid and shake.

### **For the salad:**

lightly mix together all of the salad ingredients. Pour the dressing over and lightly mix again



## A Push Beyond

*Annis Cassells*

Every person is different --dreams, muscle make-up, interests, and personalities don't necessarily match up with those of our friends or family. Instead of being okay with whom and where we are, most of us give in to peer pressure. Sometimes, that is a good thing, especially when it's positive pressure.

I remember back to the teen years when the most important thing in the world was fitting in, not being different in any way. All the girls wore the same heavy woolen crew socks, the same rolled up Levis, and the same sneakers, stiff with white polish. If you dared to be different, that was cause for talk, maybe being snubbed.

Over the years, I've learned that I'm the one in control of me. So, if my pace is slower than someone else's I can decide to be on my own time frame or to try to come close to matching theirs. If I'm not at their level of proficiency, I can be satisfied with where I am or work harder. Sometimes, I discover that I need to push myself a bit, to see that I can rise to the occasion with a little more (or sometimes a lot more) effort.

Now that summer's upon us, I've been reminiscing about my motorcycling

days. I remember that time, when first riding with my friend Trudy, I refused to pull over on a dirt shoulder. Riding on the dirt was scary!

Then I went to the Baja Peninsula on a 10-day motorcycle tour. We rode in numerous challenging conditions – on gravel and dirt, sometimes in the rain. There was no refusing. I had to take deep breaths, buck up, and keep up. And I did.

How surprised Trudy was two months later when out on a ride we came to the end of a paved road and I kept going like it was nothing. I'd pushed myself and gained experience and confidence on that Baja tour and felt I could handle myself and my bike even when conditions weren't ideal.

Understanding ourselves, our capabilities and styles is important. And, what's key is that we realize that we can choose to respect and live with our abilities and talents, or we can decide to not allow ourselves to be limited by them. It's up to us.

Copyright © 2019 Annis Cassells. All rights reserved. A life coach and speaker, Annis can be reached at 661-619-3359. Read her blog at [www.thedaymaker.blogspot.com](http://www.thedaymaker.blogspot.com).

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

**June 8  
Jennifer's Catching  
Slough Classic  
9 AM  
Catching Slough Rd /  
Coos River Hwy**

**June 8  
Oregon Dunes Triathlon  
& Duathlon  
Florence, OR**

**June 22  
ECEC Butterfly Run  
8:15 AM  
Elkton Community  
Education Center  
Elkton, OR**

[www.coostrails.com](http://www.coostrails.com) for more information on this hike or to find out more about South Coast Striders. You can also contact Don Luce at [southcoaststriders@gmail.com](mailto:southcoaststriders@gmail.com).