

Downtown Health & Fitness

MARCH 2015

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Dates to Remember:

**Sunday, March 8—
Daylight Savings Time
Begins**

**Tuesday, March 10th—
Free Friend Day**

**Tuesday, March 17th—
St. Patrick's Day**

**Friday, March 20th—
First Day of Spring
(Spring Equinox)**

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CLEAN EATING

One constant in the world of health and fitness is the ever-changing trends and movements. A current movement is Clean Eating.

What exactly is clean eating? The simplest explanation is eating whole foods and avoiding processed and refined foods.

When our diet includes proper nutrition, it helps our bodies manage disease, avoid developing disease, lose weight, remove toxins and feel better.

Eating whole foods is pretty straight forward; eat foods that have nothing added to them, or taken away. Instead of drinking a glass of orange juice, eat an orange. Think about eating food in its most natural form. The less processing the better.

Let the food labels be your guide. Look for labels on which you can identify all items included. Avoid preservative and additives (aspartame, high fructose corn syrup, monosodium glutamate, trans fats, food dyes, sodium sulphite, sodium nitrate, BHA and BHT, sulphur dioxide and potassium bromate.)

One way to ensure you are eating clean is to prepare things yourself. This does take some plan-

ning and time but the payoff is worth it. Create your own salad dressings and sauces, pack your lunch and begin the day with a good breakfast.

Each meal should contain a lean protein, complex carbohydrate, fresh fruit or vegetable and healthy fats.

In the past, the foods that we have been eating have been loaded with sugar, salt, preservatives, additives and artificial flavoring. Studies have shown that these ingredients can lead to diabetes, cancer, fatigue, depression, headaches, Parkinsons and Alzheimer's disease.

There are many ways to add flavor to your food. Spices and herbs are a great way to add micronutrients as well as flavor. Try using basil, oregano, parsley or rosemary to season meat. Spices like cinnamon, cloves, cumin and turmeric have elements that boost your immune system and better your health.

This is one trend that I hope sticks around for a long time. As the great man Hippocrates once said " Let food be thy medicine and medicine be thy food."

NEWS TO YOU



Line Dancing at DHF

Friday, March 20th 6pm —7pm. Come join the party and learn to line dance with instructor Patty Erwin! Sign up at the front desk today, space is limited! **Only \$5.00!**



The Clambake Jazz Festival and the USA Dance organization will offer FREE SWING DANCE LESSONS on Tuesday, March 6th, 6:30pm-10pm, upstairs at the Eagles Lodge at 568 S. 2nd Street in Coos Bay. Open to the public, no partner necessary. Beginners and experienced dancers welcome! For more information: <http://clambakejazz.com/free-swing-dance-lessons>

Loaded Cauliflower “Mash” Bake

Recipe of the Month



4 slices center cut bacon
6 cups (about 24 oz.) cauliflower florets
3 cloves crushed garlic
1/3 cup 1% buttermilk
1 T whipped butter
3/4 tsp kosher salt
fresh black pepper, to taste
2 T minced fresh chives, divided
1/4 cup shredded reduced fat shredded cheddar

Preheat the oven to 350°F. Cook the bacon in a skillet until crisp; set aside on a paper towel then crumble.

Bring a large pot of water to a boil; add cauliflower and garlic. Boil until the cauliflower is soft, about 15-20 minutes.

Drain, and return to the pot. Add the buttermilk, butter, salt and pepper to the cauliflower and purée with a hand blender or mixer to desired consistency.

Mix in 1 T of the chives and transfer to 4 individual casseroles (3/4 cups each) or one 8 x 8 casserole dish and top with cheddar and crumbled bacon. Bake in the oven until the cheese melts, about 5 minutes then top with remaining chives.

Recipe from *Skinnytaste.com* Servings: 4 • Size: 3/4 cup • Points+: 3 pts Calories: 112 • Fat: 5.5 g • Carb: 10 g • Fiber: 4 g • Protein: 1.5 g • Sugar: 0 g • Sodium: 107 g (without the salt)

15.3 Overall Wellness, Part II

By Annis Cassells

I first heard Amherst Professor Sid Simon talk about overall wellness several years ago at a seminar. He explained that overall wellness encompasses physical, mental, emotional, and spiritual wellness.

In the February issue, I presented five of Sid’s dimensions for overall wellness.

- ◆ Improved nutrition
- ◆ An adequate and consistent exercise program
- ◆ Alone time
- ◆ Risk
- ◆ A solid support group

Take a moment to think about which of these you include in your life as you work toward maintaining a healthful lifestyle and moving toward overall wellness.

This month, we move on to more wellness behaviors on Sid Simon’s list.

6. Getting rid of toxic people in our lives. In the seminar, Sid called it “creative neglect.” He advocated stepping away from folks who drain our energy or create worry, fear, distrust, or dissention. He chuckled and added, “And some of them may be family.”

7. “Re-creation” instead of “wreck-creation”. Building ourselves up, creating positive change, taking time to renew and have fun all put us in a different zone, help us avoid becoming physical and emotional “wrecks.” We want to cultivate that re-creation.

8. Knowing what we really, really love (our values). A large body of Sid Simon’s work centered on clarifying values. He said, “Everything we do, every decision we make and course of action we take is based on our conscious or unconsciously held beliefs, attitudes, and values.”

In all aspects of our lives, we are forced to make choices. Being clear on our values and recognizing when choices conflict with them reduce confusion. We see where the presented choices and our values diverge. Clarity about values helps make informed choices.

9. Love relationship. Falling in love creates a feeling of euphoria that overpowers negative emotions and produces positive ones. A long-term loving relationship improves physical health, too, as partners encourage each other to take steps to ensure well-being and good health habits.

10. Touch. Human touch has the power to heal, to soothe, to communicate. Touching brings warmth to both parties. It says, “you matter.”

11. Time management. I began calendaring my daily tasks and errands at the beginning of 2015. Nowadays, my calendar is not just for appointments with doctors or lunch dates. I’ve begun charting regular activities (i.e., 7:00-8:30 writing, 9:00-10:15 gym, 11:00-12:30 grocery shopping, 1:30-2:30 vacuum & dust). Working the calendar the night before makes it easy to get started the next morning. I know exactly what I am going to do. With better management, I’ve increased productive use of my time and felt more focused and satisfied. Heck, I’m getting stuff done!

Which of today’s hints will help you move toward overall wellness? Which are you willing to make a part of your quest? I’m working on it, too. There’s more to do, but we’re on our way.

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Looking Ahead

Upcoming walking, running, and hiking events

South Coast Striders:
Saturday, March 21st -10:00 am
Golden & Silver Falls Trail for a 5.8 to 9.2 mile hike through old growth forest up over 100 ft. past two beautiful waterfalls. See website for specifics regarding weather or terrain issues.

Visit 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.

South Coast Running Club:
Saturday, March 14th-9:00 am
Run of Two Cities. 5 or 10k
Very hilly and challenging road race - 175 meters of climb, 350 total change!

Plenty of parking at Mingus Park + plumbed facilities at the start/finish with refreshments.

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!

Member Feature

Get to know our members! We randomly select members to feature each month. You could be next!

Tom Foster

How long have you been a member of Downtown Health & Fitness? *3 1/2 years.*

What is your favorite type of exercise? *Various, but the weights have helped my strength and balance. After 2 years I discovered the Stretching class taught by Sandy and I would whole heartedly recommend it to anyone. Not only does it stretch muscles that you thought you did not need as an “old” guy like me, but the end of the session gives me a boost that makes the day much better. I couldn’t talk about exercise without mentioning my personal trainer, Jennifer Stephens, who for 3 years has pushed me to a level that I did not think I wanted to achieve. Once you are there, though, it feels good, especially for someone who avoided exercise for many years. All the work outs are good, I just needed help to see that I could get there!*

What keeps you active? *Life and experiencing everything that is possible. The club works for me because I see all those poor souls like me trying hard and I just know that life is too good not to experience it as all of us do at Downtown Health & Fitness.*

What is your favorite healthy snack? *NONE, I cheat and have great fries at 7Devils Brewery!*

What is your biggest struggle with health and fitness? *Too much red wine! I have given up everything else. Life is heck when you get old.*

What would like other members to know about you? *First is I like to have fun with life, but with reference to Downtown Health & Fitness it has given me a place to go where I feel comfortable trying to do exercises that appear to come easy to everyone but me. I just keep trying and I know that I am better for it.*

What is your favorite recipe? *Banana Bread (see below for Tom’s favorite recipe).*

Kona Inn Banana Bread

Ingredients:

2 cups granulated sugar
1 cup softened butter
6 ripe bananas mashed (equals about 3 cups)
4 eggs, well beaten
2 1/2 cups cake flour
2 tsps. baking soda
1 tsp. salt

Instructions:

Preheat oven to 350 degrees.

With electric mixer, cream together sugar and butter until light and fluffy. Add bananas and

eggs, beating until well mixed.

Sift together dry ingredients three times.

Blend with banana mixture, but *do not* over mix.

Pour into 2 lightly greased loaf pans. Bake for 45 minutes to one hour, until firm in the centers and the edges begin to separate from pans.

Cool on a rack for 10 minutes before removing from pans.

These freeze beautifully.