

Downtown Health & Fitness

MAY 2017

Dates to Remember:

MEMORIAL DAY :
Monday May, 29

Mother's Day:
Sunday May, 14

CLOSED:
Sunday May, 28
Monday May, 29



FREE FRIEND DAY:
Monday May, 22

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New Member Summer Special!

Spread the Word, tell a friend!

Starting May 15th buy a 3 month membership for only \$100.00

PLUS we will waive the joining fee! A great gift certificate

WELCOME BACK LEAH

Leah is back from maternity leave and will be resuming her regular scheduled Yoga class on Tuesday afternoons at 4:30. A special thanks to Susan for stepping in and teaching this class for the past few months!

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

Take a Deep Breath

By Sandy White

Take a deep breath. Inhale/exhale. Easy right? We all do it without thinking. But let's put it into perspective. How much thought do you give to your breathing when you're working out?

Whether you are doing strength training, a cardio class, Yoga, Pilates or just stretching, your breath plays an integral part in your effort and your outcome. Example: Running – learning a timing or cadence with your breath and your foot strikes will help make your running experience more comfortable and productive. Think inhale every two steps/exhale every two steps. Proper breathing while running helps to keep your organs from putting too much pressure on your diaphragm, hence making your workout harder and more tiresome than need be. If you are new to running and this is a problem for you, hiring a running coach might make all the difference.

Maybe you're a cardio/strength conditioning kind of person. These activities increase the body's need for oxygen. Learning to breathe deeply is the key. This is called Diaphragmatic breathing or belly breathing. During cardio exercise your breath might not line up with your movement like it does in running but your breath should be deeper and fuller for better oxygen delivery. Begin your movement with an inhale. Exhale on the exertion phase then inhale as you go back to the start of the position. Repeat that during your series of repetitions or reps.

Stretching, Pilates and Yoga all require you to use your breath to gain relaxation and flexibility. When

doing these activities, your exhale takes you into a position or pose and out of that position or pose. Your inhale prepares you to create the exertion by expanding your belly which allows you to "brace" yourself as you exhale into your stretch or pose.

Always remember when you are holding a pose or position you are NOT holding your breath! Then there are times when the length of your inhale/exhale is timed to the length of the movement. Fluidity is the key to your breathing technique. If you are in a class, the instructor will help you navigate through your breathing and your movements.

Whether it's your last lap around the track or that last set of squats, erratic breathing can make it hard to get into the "Zone". Taking shallow, quick breaths forces the body to work overtime to get the same amount of oxygen deep breathing creates. Breathing rhythmically and smoothly can be calming.

Last, but not least, we should give a thought to our fellow exercisers who suffer from asthma or other breathing afflictions that can make it difficult to breathe at times. Heavy colognes, after shave or even lotions can send a person into a coughing fit that causes them to have to leave a class. Let us all try to be cognizant of this very personal issue and restrain from using those products before using the gym.

Now, let's all take a deep breath and get to work!

Employee Highlight Andre VanRooyen

He's known as the "Night Maintenance Man", or "Andre the Giant", but whatever you call him, he will answer. Andre VanRooyen has been our closing maintenance guy for two years. He has been a very loyal and reliable employee for DHF. Everyone loves Andre. He is currently a student at Southwestern Community College, studying Business Management. On his down time, he enjoys hiking, being outdoors, and discovering new fighting styles.

He is engaged to be married to Kaitlin, his sweetheart, in the fall. Please give him a "high 5" and a thank you for making sure our members and equipment are always being taken care of.



Banana Oat Energy Bites

Recipe of the month

Ingredients:

- * 2 ripe bananas
- * 2 cups rolled oats
- * ¼ cup almond butter (or peanut butter, or your favorite nut butter)
- * ¼ cup honey
- * 2 tablespoons mini chocolate chips
- * ½ teaspoon cinnamon

Directions:

- * Mash up the bananas in a large mixing bowl
- * Stir in the rolled oats, almond butter, honey, miniature chocolate chips and cinnamon
- * Scoop about 2 tablespoons of the mixture and roll into a 1 inch ball. Repeat with the rest of the mixture

- * Refrigerate for 2 hours, allowing the oats enough time to soften
- * Store the energy bites in the refrigerator



Breathe and Be Calm

By Annis Cassells

Stop. Take a deep breath. Don't panic. I remembered those words of wisdom when my computer screen flashed "Your computer was unable to start. Startup Repair is checking your system for problems."

One deep breath. Press the button to do Startup Repair. *Another deep breath.* Watch a blue rectangle dart along a track, my computer's way of showing me it was working on something. *Another deep breath.* Press "Restore."

"To restart immediately, click Finish." *Another deep breath.* I did it. The screen went black. (At least it wasn't the dreaded blue screen) and then the computer logo and Windows' dancing balls showed on the screen. Then my Hawai'ian sunset desk top shone gold. I took one more deep breath and said out loud, "Thank you!"

In times of stress something as simple as taking a few deep breaths can de-escalate the situation. I can testify to that since I did not freak out over that scary computer message -- this time.

Remember your high school biology teacher's talk about the "fight or flight" response when faced with danger? This is also known as the stress response, and it helps us rise to many challenges. But when irritations and life problems constantly evoke the stress response, health issues can result. Slow, deep, focused breath work can alleviate stress. It can also eliminate stress and some of its physical and mental effects.

Deep breathing slows the heart rate, allowing us to feel less anxious, and more relaxed and in control. Greater amounts of oxygen flow to the brain, making for clearer thinking.

We know there's no use reasoning with a person who is upset. That's because of those chemicals transmitted to the brain in the stress response. Their heart rate shoots up, breathing becomes shallow, and less oxygen is available to the brain. They are unable grasp what we're saying or even listen.

According to The American Institute of Stress (AIS), simply breathing -- focused breathing -- is a "Super Stress Buster" that reduces anxiety and stress and produces a state of calmness.

If you've done yoga or meditation, you already have a good idea of what a regular breathing practice can do, how the slowing down and concentrating on the breath have positive effects on one's mind and body.

On their website, AIS endorses a few breathing techniques, including one for children called "Teddy Bear Breathing." To see a good description of the benefits and steps involved, as well as tips for incorporating relaxation techniques into your life, visit <https://www.stress.org/take-a-deep-breath/>

Using breathing techniques to relieve stress and improve our body's ability to function is a way to better health that is simple and costs nearly nothing. And as one person said, "It's right under your nose."

Looking Ahead Upcoming walking, running, and hiking events.

May 13th @ 10am—Camp Myrtlewood

Hike camp trails, long and short versions offered

May 20th @ 9am—Lets Take a Walk Together

A community event; visit website for more information

May 21st @ 9:30am—Rocky Peak

4.6 mile round trip, moderate to difficult with a less difficult hiking option



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!

Patricia Harrington

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

A: 5 years

Q: What is your favorite type of exercise?

A: Zumba, Circuit Training, HIIT & the treadmill

Q: What keeps you active?

A: Going to the gym and helping out around the farm. (cranberries)

Q: What is your favorite healthy snack?

A: Yogurt w/ bananas and honey

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

A: Staying consistent

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

A: I am grateful & appreciative of my family and friends. I enjoy life to the fullest...Going to the gym is one of the best parts of my day.

Q: What is your favorite recipe?

A: Grilled fish with dill & garlic



See front desk for recipe

Featured Exercise

Stability Ball Plank



Muscles worked: all core muscles, emphasizing intrinsic core stabilizers

How to do it: place elbows on ball. Stabilize yourself as you bring your feet out behind you. Your body should form a straight line from your neck to your ankles. Keep your core engaged and do not let your lower back arch. Hold this position for as long as you can. Aim for at least 20-30 seconds. Repeat as many times as you'd like.

You can also put the ball against a wall and do a full body plank with your hands in line with your shoulders.