

Downtown Health & Fitness

MAY 2018

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Visit us at: www.downtownhealthandfitness.com

Dates to Remember:

FREE FRIEND DAY-

Sat. May 5th

Cinco De Mayo!

Sunday, May 13th

Mothers' Day

Sunday, May 27th—

CLUB CLOSED

Monday, May 28th—

Memorial Day

CLUB CLOSED

Saturday, May 12

**Health & Fitness
Walk**

Your Healthy Weight

Lesley Gonzalez

How do you determine if you're at a healthy weight? How do you know if you're at risk for diseases related to obesity? We have compiled two different ways to determine disease risk related to obesity. One is BMI (body mass index). The other is Waist-to- Hip Ratio. Here's what we have discovered.

First we have Body Mass Index or BMI. The formula is a bit more complex and not always proven as the best way for determining if you're at risk for diseases related to obesity. The first step is, multiply your weight in pounds by 703, then divide the result by your height in inches, and divide that result by your height in inches a second time, i.e. $BMI = 703W/h^2$. That number is then compared with the chart below. The chart puts you in a category to see if you're underweight, normal/healthy weight, or Overweight weight. No other factors are taken into consideration. You can also visit <https://www.bcbst.com/providers/MPMTools/BMICalculator.shtm> and it will calculate your BMI for you.

This way of categorizing people as "healthy or unhealthy" is discouraging for some people. A lot of us are eating a healthy diet and exercise on a regular basis and feel good about our weight. Maybe after all of you're hard work and healthy eating habits the BMI chart says your overweight or even obese. This chart doesn't take into consideration that you maybe an athlete or strength training 4-5 times a week. These hard working individuals will have a high muscle to fat ratio and the chart just isn't prepared for your kind of AWESOME! According to Dr. Carl Lavie, Medical Director of Cardiac Rehabilitation at the John Ochsner Heart and Vascular Institute, states "The BMI tables are excellent for identifying obesity and

body fat in large populations, but they are far less reliable for determining fatness in individuals." As the good Doctor says, you can't fit everyone into that box!

Second is Waist-to-Hip Ratio. This is a simple formula. You take your waist measurement and divide it by your hip measurement. That number will be checked against the table listed below. This chart will show what risk level you are at for diseases related to obesity. You can also visit <https://www.healthstatus.com/calculate/waist-to-hip-ratio>. This will do the simple calculation for you.

Obesity can eventually lead to hypertension, Type 2 Diabetes, and cardiovascular disease. WHR is a great tool to determine whether you have an increased amount of visceral fat which is that "deep" fat that is stored farther underneath the skin and is wrapped around your major organs including the liver, pancreas, and kidneys. This extra amount of visceral fat is what causes these organs to shut down and slowly kill us.

Whatever way you choose to determine if you are at a healthy weight is up to you. Of course, a good diet, regular cardiovascular exercise, strength training, and rest are the main components in living YOUR best "healthy" life!

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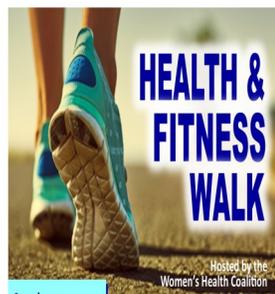
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BMI CHART

Adults	Women	Men
Very Underweight	Less than 17.50	
Underweight	17.51-19.10	17.501-20.70
Ideal range	19.11-25.80	20.71-26.40
Marginally overweight range	25.81-27.30	26.41-27.80
Overweight range	27.31-32.30	27.81-31.10
Very overweight or Obese range	More than 32.30	More than 31.10

Waist-to-Hip Ratio (WHR) Norms

Gender	Excellent	Good	Average	At Risk
Males	<0.85	0.85-0.89	0.90-0.95	>0.95
Females	<0.75	0.75-0.79	0.80-0.86	>0.86



Speakers
Vendors
Fitness sessions
Power stations
Music
Raffle prizes
Registration
9:30 am

Sat May 12
10 am to 1 pm
Pony Village Mall
Come join the fun!

Chicken Breasts with Tomato, Avocado & Cucumber Salsa

Recipe of the Month



Ingredients:
 Cooking spray
 3/4 tsp salt, divided
 1/4 tsp chipotle chile powder
 4 (6-ounce) skinless, boneless chicken breast halves
 1 1/4 cups chopped seeded peeled cucumber
 1 cup grape tomatoes, halved
 1/2 cup chopped red onion

Heat a grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle 1/2 tsp salt and 1/4 tsp chipotle chile powder evenly over chicken; add chicken to pan. Cook for 6 minutes on each side or until done, and remove from heat.

Combine remaining 1/4 tsp salt, cucumber, tomatoes, onion, and remaining ingredients in a medium bowl, tossing well. Serve with chicken.

Yield: 4 servings (serving size: 1 chicken breast half and 3/4 cup salsa).

Recipe from *Cooking Light* via <http://www.myrecipes.com/recipe/chicken-breasts-with-avocado-tomato-cucumber-salsa>

1/2 cup chopped peeled avocado
 2 T chopped fresh cilantro
 2 T fresh lime juice
 1 jalapeño pepper, seeded and finely chopped
Instructions:

Catch Them Doing Something Right

By Annis Cassells

"That was excellent customer service." I said to the young woman behind the desk at my doctor's office. "You knew exactly what Doctor would want to do and got me in immediately. Thank you." She smiled, maybe even blushed, but I could tell she was pleased.

And, I know from experience she'll remember me and smile the next time I see her. But even more importantly, she will file away that specific positive response and repeat her performance for other patients.

Everyone appreciates a kind word or recognition of a job well done. Whenever I compliment or give affirmative feedback to a sales person, a receptionist, a store manager, I am met with smiles and looks of surprise. Often, the person will say something like, "That's so good to hear."

Sometimes I ask first, "May I give you some feedback?" Eyebrows and foreheads contort into frowns, the folks nod their heads and visibly brace themselves. Then I start talking. Faces relax and smiles take over.

One year my school district implemented a slogan, "Catch them doing something right" to help staff focus on positive reinforcement with students. We'd verbally point out helpful behaviors or plop smiley faces on desks or hand out reward tickets.

Some principals even used it with their teachers, and we'd find cheery notes in our mailboxes after they'd visited our classrooms. You'd see a lift of the shoulders and teachers smiling as they clutched their notes and continued their day.

The key is to give specific, positive feedback. Tell them exactly what they did that prompted your compliment. "I appreciate how cheerful you are. You always have a smile on your face and say 'good morning.'" Or, "Thanks for counting my change back to me. That saves me from taking time to count it myself."

Think about members of your family and friends. What positive behaviors do you notice in them? Have you told them lately about how you appreciate those particular actions and how they affect you or others?

Pay attention and say the words. Or write them. A few well-chosen words can go a long way to help bolster the self-image of the person who receives them. Those words can solidify the cooperative behaviors and help create effective, endearing habits.

Catch them doing something right. Let them know, and observe the wide smiles that transform their faces.

Looking Ahead
Upcoming walking, running, and hiking events.

May 12, 2018
 Oregon Dunes Tri/ Duathlon
 Honeyman State Park
 Florence, OR
 8:00 AM Start

May 19, 2018
 Rhody Run
 10K/5K
 Florence Events Center
 Florence, OR
 9:00 AM Start

May 20, 2018
 Focus on Hope Run
 5K/1M
 Roseburg, OR
 Community Cancer Center
 9:00 AM Start

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!

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 A life coach and speaker, Annis can be reached at heyannis@sbcglobal.net or 661-619-3359

Mother's Day



A Mother's Love

**Whose is the heart that bursts with pride each time she sees your face.
Whose are the eyes that dart about, to check your world is safe.
Whose are the arms that wrap you up and hold you tight and close.
Whose is the love that's always there whenever you need it most.**

**Whose is the smile that lights the room when you are smiling too
Whose shoulder is the place to be, when only a cuddle will do.
Whose chest is warm and comforting when you're a weary soul.
Whose motivation only has your happiness as her goal.**

**Whose are the tears that cry for you as you grow old and free.
Whose is the heart that aches so much, in the space where you should be.
Whose is the head that knows that you must find your path alone
Whose is the voice who welcomes you each time you go back home.**

**Who could have so many facets that make her oh so great
Who has you on her mind each day, and today we celebrate.
Whose hands hold and guide you, in a way unlike another
All these are part and parcel of the joys of being a mother.**