

Downtown Health & Fitness

MAY 2019

440 Central Ave ♦ Coos Bay, Oregon 97420

541-267-3948 ♦ email: dhfitness@downtownhealthandfitness.net

Visit us at: www.dhfitness.net

Dates to Remember:

MEMORIAL DAY

CLOSURES:

Sunday, May 26th

Monday, May 27th

**FREE FRIEND DAY-
Friday, May 17th**

**Sunday, May 12th
Mother's Day**

**Saturday, May 18th-
Health & Fitness
Walk**

Inside this issue

Dates to Remember	1
Take a Deep Breath	1
Class Highlight	2
Our Life, Our Choice	2
Recipe of the Month	2
Looking Ahead	2
A Mother's Love	3

**Women's Health Coalition
& Bear Claw's 5k Your
Way**

**Saturday, May 18th
Registration begins at
8:15**

**SWOCC campus in Henry
Hanson Union Square**

Walk, Run or Jog it!

**Proceeds benefit The Pan-
creatic Cancer Action Net-
work.**

Take A Deep Breath

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 expand-

ing 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!

Class Highlight

Cardio Blast w/ Tonya

Join Tonya Wednesday mornings at 9 am for this low-impact strength training and fat burning class. Great for all fitness levels, as you choose your weights, your physical endurance level, and modification for each exercise.



Confetti Quinoa Salad

Recipe of the Month

3 c cooked quinoa, cooled
 1 (14.5oz) can black beans, drained and rinsed
 1 red bell pepper, diced
 1 mango, diced
 1 avocado, diced (optional)
 1 green onion, sliced
 1/4 c cilantro, chopped (optional)
 3 Tbsp lime juice
 1 Tbsp red wine vinegar
 1 Tbsp olive oil
 1 Tbsp honey (optional, if needed)
 1/4 tsp pepper, or to taste
 1/4 tsp salt, or to taste

1. In a large bowl, combine quinoa, beans, bell pepper, mango, avocado, green onion, and cilantro. Drizzle over lime juice, olive oil, vinegar, (honey, if using), salt, and pepper. Gently toss to coat.

2. Chill until ready to serve



Our Life, Our Choice

By Annis Cassells

If you can control the process of choosing, you can take control of all aspects of your life. You can find the freedom that comes from being in charge of yourself. ~ Robert F. Bennett

Sometimes we have to make the hard choices, even when we feel that we have no choice at all. But the truth is that we always have options. Maybe we don't like them. Maybe our choices put us between a rock and a hard place, but that doesn't mean that the choice isn't there.

We are always at choice point -- many times each day. Choosing allows us to say no to one thing so we can say yes to another. If we say yes to healthy options, we're saying no to unhealthy ones. Yes to good nutrition pushes poor nutrition aside. Yes to increasing our exercise routine says no to the problems that a sedentary lifestyle yields.

No matter how large or small the choice may be, we have to make it. What's for dinner? Which route to work? Should I make an appointment for a physical exam? The blue socks or the black ones? Family vacation at Disneyland or Yellowstone?

Making choices gives us a measure of freedom. We have control over which path we take, and along with it, the responsibility for those choices. How many times, when asked their choice about possible options, have we heard people respond, "I don't care" or "It doesn't matter"? Answers like this give over one's freedom and hand it to someone else. That may be truly okay with the person; she is happy with either choice. However, sometimes she's disappointed with the choice made. *So it did matter. She did care, but gave up her freedom along with the responsibility of choosing.*

The "right" choice, is in the eye of the beholder. Making good choices is the responsibility of each person for herself. That old homily, "What's good for the goose is good for the gander." is not the way choosing works. The best choice is the one that is appropriate for each individual in his or her circumstances. Health, finances, age, location, and desires are some of the considerations when making choices about our lives. We need to look over our options and choose wisely for ourselves. Ultimately, it's in our hands. It's our life, our choice.



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.

Looking Ahead
 Upcoming walking, running, and hiking events.

May 1st

Walk A Mile in Her Shoes®
 Registration begins at 11:30
 Walking by 12:15
 Finish Line by 1:30
 Bring a pair of High Heels to walk in! Some shoes will be available. Costumes and teams are encouraged!
 For more information contact Racheal at The SAFE Project at 541-888-1448.

May 18th

Rhody Run
 Race begins at 9:00 AM
 10K/5K
 \$20

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!

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.**