

# Downtown Health & Fitness

NOVEMBER 2015

## Dates to Remember:

Thursday, November 26th  
CLUB CLOSED

Friday, November 27th  
BLACK FRIDAY  
Special hours 8 am—9 pm

Tuesday, November 10th  
FREE FRIEND DAY

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**BLACK  
FRIDAY  
SALE**

**10% Off on any  
punch card\* on  
Friday, Novem-  
ber 27th ONLY.**

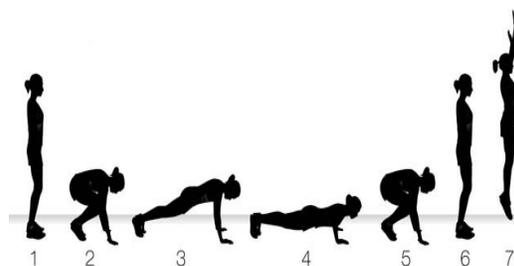
**\*A punch card makes  
a great gift!**

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Visit us at: [www.downtownhealthandfitness.com](http://www.downtownhealthandfitness.com)

## Beauty of the Beloved Burpee!

By Michelle Frost

Ahh, the beloved Burpee...



Most people love to hate them, or is it hate to love them? Burpees are the ultimate example of “functional fitness”. They help you perform even daily activities better and boost your endurance. Burpees are a full body exercise. They benefit aerobic and anaerobic capabilities. They strengthen your legs, arms, chest, back, abs, and glutes. Along with requiring balance, endurance and flexibility. Burpees are the most efficient and functional exercise. They burn more cal-

ories in less time. As an added bonus, if you increase the intensity they will burn calories all day! Almost all fitness levels can achieve a Burpee. There are several types: from simple (squat, plank, jump) to complex (squat, push up, tuck jump or even a pull up at the end). Burpees are a perfect addition to any workout. They are never boring and should be fast paced. You can use them to keep your heart rate up between weight lifting sets or as strength and endurance training during running.

Start with your fitness level Burpee, aim for 10 in 1 minute. Once this is obtained raise the level of complexity or the amount per minute. Ultimate goal: 30 full complex Burpees in 1 minute. Enjoy the heart pounding, muscle building, endurance strengthening results of the beloved Burpee!

Michelle Frost  
Personal Trainer

Photo from: <http://risetoit.co.za/burpees-the-perfect-exercise/>

## Fitness For Men

We are pleased to introduce an upcoming new class designed specifically for men.

Laurie Sevier, a certified personal trainer, here at Downtown Health & Fitness,



will lead the class Mondays and Wednesdays at 10:15 am.

Focus areas will include:

- ♦ Core Stability
- ♦ Flexibility/Stretching
- ♦ Strength Training
- ♦ Balance
- ♦ Functional Exercise

Come join us for another dynamic class!  
Classes begin on November 9, 2015

# Creamy Crockpot Coconut Curry Chicken

## Recipe of the Month



### Ingredients:

2 lbs chicken breasts, diced  
 2 tablespoons coconut oil  
 3 garlic cloves, minced  
 1 medium onion, chopped  
 1 13.5 oz can full fat coconut milk  
 1 6 oz can tomato paste  
 2 teaspoons garam masala  
 1 teaspoon curry powder

1 teaspoon chili powder  
 2 tablespoons arrowroot powder acts like cornstarch  
 1 teaspoon fine sea salt  
 ¼ teaspoon ground black pepper

### Directions:

Heat coconut oil in a medium skillet over medium-high heat. Add onion and garlic and saute' for 4 to 5 minutes, until translucent. Add garam masala, curry powder and chili powder and saute' for 1 minute, until fragrant. Stir in coconut milk and tomato paste. Reduce the heat to low and add arrowroot powder. Whisk until the lumps are gone, turn off the heat.

Grease the inside of your crockpot bowl with a bit of olive oil. Add chicken chunks, pour the sauce over it and stir to coat. Cover and cook on low setting for 5 hours.

Sprinkle with chopped coriander before serving. Serve over rice or noodles as preferred.

Recipe and photo from: <http://www.theironyou.com/2014/09/easy-creamy-crockpot-coconut-curry.html>

## Hindsight Gratitude

By Annis Cassells

Sometimes a troubling or dire circumstance of our youth turns out to be a blessing when we view it in hindsight. Our distance from those days allows us to see a bigger picture.

At a recent workshop, I posed this question: What's something you hated as a youngster that would be on your gratitude list today? After a moment's thought, I heard: Growing up with really strict parents. Working the family farm. Dealing with a "bad" eye. Needing to get a job to help support the family. Certain conditions had made each participant's younger days seem unbearable. But now, as adults, they are grateful for how these occurrences shaped their lives.

My friend Terry grew up with an eye problem. He has little to no vision in his right eye. Of course, it kept him out of sports and from doing lots of things he wanted to do. But, it also kept him from going to Viet Nam. Today, he sees the eye problem as being a life saver in addition to teaching him to compensate for and overcome challenges.

Terry went on to college and became a high school teacher, influencing and enriching many young lives. He chalks up his compassion and empathy for kids with physical issues to his "bad" eye. "If a student came into my classroom on crutches,

I found an extra chair so he could elevate the leg or foot." Living with his limitation geared Terry to be sensitive to others' feelings. When he knows a friend is experiencing difficulties, he lends support by staying in touch. The "bad eye" made Terry the person he is today. And he is grateful.

Many of us meet with adversity. It's miserable when we're going through those tough times, living the reality of the hardship. But, we persevere and endure. We overcome. We embrace the difficulty and integrate it into our personhood, making it "just a part of life." It becomes a slice of who we are and how we deal with the world.

As you ponder the things for which you are grateful, I challenge you to go beyond the usual gratitude list of what is now present in your life. Look to the past, to your growing up years and your youthful days. Think about how something difficult back then made it possible for you to be the person you became, to have the things that you now possess. Celebrate the person who resulted because of those experiences. The people who know and care about you are grateful for the YOU that is here today.

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

Blossom Gulch & Beyond. Sunday, November 28th @ 9am.

Visit [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).

25th Annual Turkey Trot Fun Run & Walk. Thursday, November 26th @ 9am. Pick a distance 1-5k. 2+ cans of food donation for entry. Empire Lakes, Coos Bay.

[www.southcoastrunningclub.org](http://www.southcoastrunningclub.org) to find out more on this or upcoming



## Member Feature

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

### Derek Sweeney

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

**A:** 1 year

**Q:** What is your favorite type of exercise?

**A:** I love training arms. Also, deadlifts are a great exercise for all around strength.

**Q:** What keeps you active?

**A:** I'm a soldier, gotta to stay in shape to lead by example.

**Q:** What is your favorite healthy snack?

**A:** Can't go wrong with a protein shake and a banana.

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

**A:** Running! As a service member, I have to run certain distances in certain amounts of time. I'm not very fast, so I really have to train for it.

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

**A:** Sometimes, I work out to Taylor Swift!

**Q:** What is your favorite recipe or food you like to eat?

**A:** Well...Chipotle is pretty good.

## Benefits of Group Fitness Classes

*By Brandy Thompson*

Are you currently stuck in an exercise rut? Are you still doing the same moves or fitness routine day in and day out? If this is you, then more than likely you are seeing less and less improvement or movement toward your fitness goals. . Now is a good time to experiment and change what you are doing.

If you want to improve your fitness level, group exercise classes are a great way to increase the results you get from your workouts. Whether your fitness goals are gaining strength, increased endurance or complete body transformation, group fitness classes are the best option for many people.

Here are some of the benefits of group exercise:

A little encouragement from the instructor or fellow classmate can help you keep up your level of workout intensity. A good group fitness class should provide a very positive atmosphere.

**Competition:** Healthy competition helps most people deliver their best effort. Challenging a workout buddy can help you both do more than you would have done on your own.

**Community:** Enduring a challenging workout together is a great way to develop new friendships.

**Accountability:** When you're part of an exercise group, others will know when you miss a workout. You'll be less likely to skip a group strength training class when others are counting on you.

**Structure:** An instructor led workout is more likely to be a well planned, complete workout. On your own you might be tempted to skip exercises you don't like or aren't sure how to perform correctly.

**Fun:** A good group exercise class will encourage a sense of play. If you're smiling and sweating at the same time your intensity will be higher and you'll get better results.

**Time:** Group fitness classes are efficient in that they include all the components of a successful workout. Generally they will focus on working multiple muscle groups as well as increasing cardiovascular fitness. Standard components included are also the recommended warm up, cool down and final stretching to minimize injuries.

Exercise doesn't have to be lonely, boring and painful. Group fitness classes here at Downtown Health & Fitness are a great way to bring fun, intensity, productivity and teamwork into your workouts. You will find our instructors are knowledgeable, helpful and truly enjoy helping our members get the most out of their invested workout time. Check out our class schedule at the front desk and venture on in to try something new today!