

# Downtown Health & Fitness

NOVEMBER 2016

## Dates to Remember:

### **CLOSED**

**Thursday, Nov. 24th**  
**Thanksgiving day**

### **OPEN AT 8AM**

**Friday, Nov. 25th**  
**FREE FRIEND DAY**



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## Don't stop now

Deb Lal

Every year during the holiday season I hear people say they “didn’t have time to exercise” or they “stopped eating healthy” because it was the holidays. Then they spend the rest of the year trying to lose the weight they gained during this season.

Living a healthy lifestyle should not be limited to ten-months out of the year. It should be something that you are practicing the entire year. 24/7/365. That is twenty-four hours a day, seven days a week and three-hundred sixty-five days a year. This doesn’t mean that you cannot enjoy pumpkin pie at Thanksgiving or grandma’s special apple dumplings at Christmas. However, it does mean that if you plan on eating these things, make wise choices surrounding the dessert. Refrain from having dessert throughout the week so you can enjoy the special treat. Go for a walk after dinner, take the whole family and don’t forget to take the dog with you.

On the holidays that a huge meal is prepared here are a few things to keep in mind. If you are preparing the meal, remember the tasting, nibbling and sampling all have calories. You can consume up to 500 calories before you get to the meal. If you want to watch your consumption during the holidays, here are a few tricks to try:

- 1) Use a smaller plate. Instead of a 12 inch plate, use a 9 inch plate.
- 2) Eat light all day, so when you do sit down to that large meal, at the end of the day, your caloric intake should be in check.
- 3) Don’t have seconds. Remove your plate from the table when you are finished.
- 4) Send the leftovers home with your guests. Don’t keep them around for you to overeat later.

Most of all, enjoy your holidays.

## Fitness Feature: Foam rolling

Purpose: breakdown of soft tissue adhesions and scar tissue, increased flexibility, reduced pain.

How it works: by rolling different muscles and tendons on the roller and holding on tender spots, the tension within the muscles and tendons is released. Begin with short rolling sessions and gradually increase, adding more pressure by stacking your legs. This technique can be done on multiple areas on the body including calves/Achilles, quadriceps, IT band, back, latissimus dorsi, glutes, and adductors.



10% off on any  
punch card  
Friday, Nov. 25th  
ONLY



# Turkey Pot Pie Soup

## Recipe of the Month

### Ingredients

#### Meat

2 cups Turkey

#### Produce

2 Carrots, sliced

3 Celery stalks

1 Onion

1 Potato, small

1 tsp Sage, dried

5 Sage leaves, chopped, about 1 tbsp

1 tsp Thyme

#### Canned Goods

3 1/2 cups Bone broth

1 cup Heavy cream (raw and grass-fed or use coconut cream)

#### Baking & Spices

1 Salt and pepper

#### Dairy

3 tbsp Butter



### Instructions

-Melt the butter over medium heat in a big pot.

-Add the onions, carrots, potato and celery.

-Let cook until onions are soft.

-Add the broth and cover the pot, letting it simmer for about twenty minutes, or until the carrots have softened.

-Add the turkey and herbs.

-Let them heat through.

-Add the cream last.

## National Day of Listening

*Annis Cassells*

I love people's stories. Preserving our life stories for our children and other family members is one of my passions. Downtown Health & Fitness members who know me personally have probably heard my usual response to one of your family stories. "What a great story! Have you written that down?"

Some may think their life "ordinary" or that no one cares about their stories. Not so. Remember how you listened closely and quietly at family gatherings and holidays when your parents and their siblings reminisced of their childhood and young adult escapades?

I've watched my own kids, fascinated, their heads snapping back and forth like they were watching a tennis match, as their dad and I recounted memories from our early life together. I've seen the amazed looks on their faces and heard their laughter.

Our friend Ginny told us about her 80<sup>th</sup> birthday celebration. Each of her eight children and numerous grandchildren wrote a question about Ginny's life on a slip of paper and placed it in a basket. The questions were mixed up like raffle tickets awaiting a drawing. One-by-one our friend drew a paper, read the question aloud, and answered it to the rapt attention of all who were present. She remembered it as one of the times when she felt most loved by her family.

The Thanksgiving holiday is a great opportunity. It's not only about the turkey and dressing, the pumpkin pies, cranberry sauce and mouth-watering leftovers. It's not all about the busiest travel time of the year or NFL football games, either. For the past several years, thanks to NPR's Story Corps and their instituting the

National Day of Listening, it's also been about family stories – telling them, listening to them, and recording them in some way.

Following through on this practice is easy enough at such a family gathering. Perhaps an older grandchild can take the reins and manage the process or ask the questions. Guidelines and suggestions for great questions can be found at the [Story Corps website www.storycorps.com](http://www.storycorps.com) With the handiness and abundance of cell phones, someone can video or make an audio recording of the event.

Even if some of the stories have been repeated over the years, elements are often added or embellished by the storyteller. New details come to light. And, family members hear with new ears at different points in their lives.

Do your family a favor. Take time to ask and listen this holiday season. It's a time when life stories can bring everyone together and enrich the family's collective memory.



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

#### **November 24th at 9 am—**

Turkey Trot

Pick a distance in the Park, 1-5k 2 canned food (donated)

for entry

@ John Topits Park

Hosted by: South Coast Running Club

#### **November 26th at 9 am—**

South Slough Trails

Hike

Hosted by: South Coast Running Club

See the following websites for more information:

[www.coostrails.com](http://www.coostrails.com) to find out more about the walks with the South Coast Striders

[www.southcoastrunningclub.org](http://www.southcoastrunningclub.org) to find out more on upcoming events or to check into the running club.

## Member Feature

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

*Judy Johnson*

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

**A: 4 years**

Q: What is your favorite type of exercise?

**A: The recumbent bike (so I can read) and yoga**

Q: What keeps you active?

**A: Trying to keep my weight under control and as I age trying to be healthier.**

Q: What is your favorite healthy snack?

**A: Fresh fruit with yogurt and granola sprinkled on top.**

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

**A: Healthy eating is always a struggle, I love sweets.**

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

**A: I've been married to a great guy for 34 years-Roger. I have 3 boys-Matt, Ryan & Sean. I work as a cook at North Bend High School.**

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

**A: Hungarian Goulash**

See full recipe at front desk.

## Senior Strength and Conditioning

***By Jennifer Stephens, Certified Personal Trainer***

Have you heard 50 is the new 30? And along with that, 70 is the new 50. What does it mean to be senior? What does it mean for fitness, health and recreation? We have a lot of amazing seniors coming to Downtown Health & Fitness to keep up their health and fitness. Staying mobile and strong is the key to independence as we age. It also determines how we recreate, and contributes to improved brain function.

There are several components to good health and happiness. Without doubt, physical health is a major part of the frame work that supports the rest of the components. But how does physical fitness change as we age? How should we approach fitness as we age? As our lifestyle opportunities have broadened, so has our approach to health maintenance. Thirty years ago many accepted as inevitable a restriction in capabilities with age. We now recognize there is much that can be done to challenge our bodies to stay functional for all the wonderful things we want to do in life.

Strength, power, agility, and quickness play important roles in everyday life, for seniors as well as younger populations. At the gym, seniors do not have to resign themselves to just doing the weight

machines to be "safe". Fitness training has moved much more in the direction of training movements, not individual muscles. There is a great emphasis on stability in the presence of movement, and training to improve the foundation for movements. Several different tools are now used to increase mobility, which then enhances our workouts and daily activities.

Back in September, I attended a training and earned the Senior Strength and Conditioning Specialist Certificate. I graduated with a degree in Exercise and Movement Science from University of Oregon and have worked as a personal trainer for 20 years. I am a Certified Personal Trainer through National Strength and Conditioning Association. I am excited about the wonderful opportunities to enhance senior fitness in fun ways that pay functional dividends for the client. Get stronger, move better, and enjoy doing it!

If you are interested in maximizing your workout and learning more about functional fitness for seniors, please give me a call to schedule a consultation.