

Downtown Health & Fitness

NOVEMBER 2017

440 Central Ave ♦ Coos Bay, Oregon 97420

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Visit us at: www.downtownhealthandfitness.com

Sunday, Nov. 5th-
Daylight savings time
ends

Saturday, Nov. 11th
Veterans Day

Free Friend Day
Friday, Nov. 24th

Thanksgiving Hours:
CLOSED Thursday 23
8 am—9 pm Friday 24

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Happy Thanksgiving



Black Friday Special!
Friday, November 23

10% off punch
cards

Gift certificates available

Healthy Holidays

Lesley Gonzalez

Healthy Holidays? Is there such a thing? If you're like most Americans holidays mean family, friends, and FOOD. Lots and lots of food! While all of these things are what makes life worth living, most of the time, the food choices are not the healthiest. We tend to make the comfort foods, the ones with too much butter, fat, and sugar. While all of these ingredients can make for a memorable holiday dish, they can sabotage the hard work we've put in over the past months. You can still enjoy your family and food by making those little adjustments to your favorite recipes, those adjustments can make all the difference. Most recipes give you a healthier option to follow. Take them into consideration when you're making those famous mashed potatoes!

Overindulgence can also be a pitfall of the holiday season, not what we eat but how much! Portion control is an amazing tool. Have the things you LOVE to eat, just don't have a HUGE helping. Small controlled helpings can satisfy the craving while not ruining your daily caloric intake.

If your diet is on track, you can keep it up with some easy-to-make choices. Take these few tips and tricks into consideration as you enter into the holiday seasons:

1) Eat light during the day.

2) Don't taste everything as you go.

3) Use a smaller plate.

4) Don't go back for seconds.

5) Send leftovers home with guests.

6) Share dessert.

With all of that in mind, keep exercise a priority! It's easy to get caught up in the hubbub of life during the holidays and forget about the most important thing to a happy and healthy holiday season. Making time for yourself! Exercise reduces stress and has the power to change your mindset from "HOW am I going to get all of this done!" to "I can't wait to spend time with my family tonight." We all go to great lengths to get our workouts in every week. Why would the holidays be any different? Make time to work out, everyone will thank you! If you can't make it to the gym, go for a walk, throw the football around, take the kids to the park or walk the dog. Staying active will help with keeping our sanity and keep those extra unwanted holiday pounds off.

And most importantly, enjoy your family and friends!

Helping Coos Kids: Healthy Body=Healthy Mind



We are now collecting athletic clothing, shoes and equipment for kids in our community. These items can be new or gently used. There is a basket at the front of the gym. Thank you!

Cauliflower Mash

Lesley Gonzalez

This recipe takes the place of mashed potatoes. It's low carb and you can make it low fat by swapping out a few things that are listed below. Enjoy!

Ingredients:

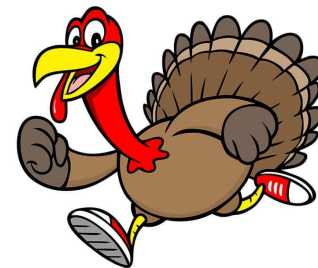
6 cups of cauliflower/fresh or frozen
 1/4 cup of butter/margarine
 1/4 cup of sour cream
 2 Tbsp. of cream cheese
 1/4 cup of skim milk or heavy cream (warmed)
 1/2 cup parmesan cheese
 1/2 cup of shredded Colby jack cheese (low fat)
 4 cloves of minced garlic
 1 tsp salt 1 tsp pepper

Instructions:

1. Preheat oven to 375 F.
2. Boil or steam cauliflower until tender.
3. While cauliflower is cooking, place all other ingredients in mixer.
4. When the cauliflower is finished, drain all water and place the cauliflower in the mixer bowl with

other ingredients. Place a towel over the mixer and beat at high speed until smooth.

5. Place cauliflower mash into a 9x5 pan and dust some extra parmesan cheese on top.
6. Bake for about 10-15 minutes!



Looking Ahead

Upcoming walking, running, and hiking events

Rekindling the Flame

Annis Cassells

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." - Albert Schweitzer

Every now and then, everyone has a tough year—personally, professionally, or maybe health-wise. But, when friends and family rally around us with their support and love, the unbearable becomes tolerable. Our chances of recovery magnify.

And many of us have "been there" for folks, whether it's by phone or mail or being physically present. We offer a kind or encouraging word, share useful information, help with necessary tasks, or just stay near. These actions give comfort and bolster feelings of well-being. They restore confidence and lift depression.

By the time doctors detected the cause for my Bakersfield friend Dan's headaches, memory lapses, and his occasional loss of ability to speak, the fast-growing brain tumor was inoperable. We who loved him--his and his wife's friends and colleagues, fellow writers, musicians, educators, neighbors--jumped in to do what we could so they'd know they were not alone and to make his last days easier. Some provided and delivered meals to their home. Others drove Dan to treatments at the cancer center. Musicians in his band dedicated songs and sets to him. Writers helped the fami-

ly write the daunting pieces necessary. Other educators filled in gaps when Dan's wife needed to be away from work to tend to him or take him to L.A. for treatment. One neighbor was on call to help pick him up when his wife couldn't lift him. Everyone did what they could, gave their time, talents, energy, and love.

We saw the return of Dan and his family's light as they escaped for a few moments from their harsh reality. And, when the time of his passing came, the support never faltered.

This group of friends was not extraordinary. All of us are wired to help those in need any way we can. We all look at our skills and abilities. Then we do what we can. We've all been there -encouraging, supporting, instilling hope.

And, we've all been on the receiving end. Friends and family, colleagues, and sometimes strangers, extended a hand and rekindled our flames. The humanity comes out in every one of us, and we realize we're all in this life together. For this we are grateful.

Copyright © 2017 Annis Cassells. All rights reserved. A life coach and speaker, Annis can be reached at HeyAnnis@aol.com. Follow her blog at www.thedaymaker.blogspot.com.

Turkey Trot Fun Run & Walk

Thurs, Nov 23 at 9:00 AM

Empire Lakes

Fee: 2 or more canned foods

Pick your own distance
 For more information call:
 541-404-6241

Visit www.coostrails.com for more information on hikes or to find out more about South Coast Striders. You can also contact Don Luce at southcoaststriders@gmail.com.

