

Downtown Health & Fitness

SEPTEMBER 2015

Dates to Remember:

Sunday, September 6th & Monday, September 7th
CLUB CLOSED in observance of **Labor Day**

Saturday, September 19th—CLUB CLOSED at 12pm for Fun Festival activities

Monday, September 21st – FREE FRIEND DAY

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Changes

By Deb Lal

My mother would often say to me “change is inevitable, so get used to it.” When I was younger that saying would boggle my mind until one day I realized how right she was. The one thing we can count on is this; things change.

Generally change takes place out of necessity. When a business grows, it is a time when change becomes inevitable. At Downtown Health & Fitness we are experiencing growth which means we need to make changes to accommodate our members’ needs. You might notice new faces at the front desk, in our class room and changes to our Class Schedule.

We are happy to add Alishia to our front desk staff. She is a refreshing face early each morning Monday through Friday. We have recently added two Personal Trainers that you will see working with clients in the weight room. Teagan Seiger has been with us for a couple of months working with clients in the early mornings and evenings. She is fresh and eager to bring new ideas into the fitness center. We are also happy to have Michelle Frost join our team. Michelle is an experienced Personal Trainer and Fitness Instructor who will bring

energy and encouragement to our facility. It is quite contagious to those around her.

Our changes continue with new Instructors and an updated fall Class Schedule. There are three new faces that will be leading our 5:45 pm classes. Shirley Tremel is a newly certified INSANITY instructor. She will be working with Kat Henning who has taught INSANITY in the past. This duo bring high energy and a fun attitude, so come to their class ready for a hard, but fun workout. Another new class that we are starting in September is Power Step. Combining step aerobics with a hip hop flare, Jackie Correa will have you stepping and dancing within minutes. You will be having so much fun you will forget you are exercising. The final changes that you will see is the time classes will begin. Mid morning classes will be starting at 9am, 10:15am and 11:30am. This change ensures a necessary 15 minutes to switch members, instructors, equipment and adjust the room temperature. Though these changes may feel difficult to some, we are confident that it will strengthen our ability to make the overall experience more positive for everyone.

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NEW GROUP

FITNESS CLASSES FOR FALL!!!

YOGA **POWER STEP** **INSANITY**

GENTLE YOGA **BALL**

ZUMBA

piyo **CIRCUIT**

SILVER STRENGTH

power step **BODY BLAST**

Congratulations & Good Luck, Kristin!



Kristin Jones and her husband are expecting their first child in November. We hear pink dreams are in order for a sweet baby girl is on the way.

Kristin has been a member of our aerobic class instructor team since January of 2014. She has grown a loyal following in that time for her Monday and Wednesday 5:45pm Cardio Blast and Friday 5:30 am Power Blast classes.

Her last day teaching will be Friday, September 4th at 5:30 am, but we hope to see her drop in now and again to keep us posted as her due date nears.

We will miss her while she is gone and we wish her and her family the best with this exciting new arrival!

SUMMER CLAM POT

Recipe of the Month



Ingredients:

1 T olive oil
1 large thinly sliced white onion
2 cloves garlic, chopped finely
1 1/2 cups dry white wine
1/2 tsp salt
1/4 tsp pepper
1 large lemon, quartered

1 1/2 pounds baby Yukon gold potatoes, halved
1/2 pound kielbasa sausage, sliced into 1 inch rounds
2 pounds mussels, scrubbed and de-bearded
2 pounds steamer clams, soaked in ice water with a handful of flour or corn meal and then rinsed well.

Instructions:

Heat olive oil in a large stockpot over medium-high heat.

Add sliced onion and cook until it starts to brown, stirring frequently. Add garlic and cook for 1-2 minutes until fragrant.

Add potatoes, kielbasa, wine, salt and pepper and bring to a boil. Cover pot with a tight-fitting lid, reduce heat and simmer until potatoes are just barely tender, about 20 minutes. Add mussels and clams, toss to combine, cover pot and cook, shaking pot occasionally, until clams and mussels have opened, 12-15 minutes more. Discard any mussels or clams with unopened shells.

Transfer onions, potatoes, sausage and seafood to serving bowls with the cooking liquid. Serve with lemon quarters.

Recipe and picture from: <http://www.wholefoodsmarket.com/recipe/summer-clam-pot>

Ready, Shift, Go

By Annis Cassells

Though it may not be predictable, change is inevitable. Nothing stays the same -- no matter how much we might wish it would. Understanding this can be comforting. If we're in an untenable situation, we can rely on the fact that change will happen.

Sometimes, we are the ones who initiate change, or try to. Other times, it's the natural course of events, outside of our control. It's how we react to these events that makes a difference.

My younger daughter had a good job, but knew she needed to go elsewhere. For more than a year, she sent resumes, filled out applications, and networked in her industry. Nothing happened. It was discouraging, but she kept plugging away. Then came the change she'd wished for. She was hired by another company whose mission and core values she respected. A perfect fit, she related well to her co-workers and settled in to learn the ropes.

Six weeks later her husband got a fabulous opportunity, a new job which required them to leave their hometown of 19 years. Good news, but more change -- and so fast. But guess what? Her employer had an office in their new location. And they needed additional staffing. So my daughter was able to transfer. All these changes have been positive, but stressful, and the kids have accepted and tackled them. Now an exciting new chapter is unfolding for them.

Maybe you are a change creator, one who stirs the pot in order make things happen. Or do you meet change with trepidation, fear, or caution? Many of us hate change. We want to keep everything as it was or is. It's easy to remain unchanged, to stay in the same place. That is, until it becomes too painful **not** to change. Some folks need change to survive or rejuvenate.

What does it take to change, to make a beneficial shift for our well-being?

- Seeing the need and desiring change
- Finding a way/path/method
- Making a commitment
- Enlisting support and finding resources
- Working at it, taking the necessary steps
- Being patient with yourself
- Following through
- Seeing yourself as reaching your goal
- Dedicating and rededicating yourself

Embracing change gives us power. It can mean we move forward, expand our knowledge, or improve our status, relationships, or health. What change have you been considering?

"They always say time changes things, but you actually have to change them yourself." – **Andy Warhol**

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Looking Ahead Upcoming walking, running, and hiking events.

Tahkenitch Dunes & Threemile Lake Trails. Sunday, September 6th @ 10am. 3.5 out and back along the Tahkenitch Dunes Trail and through the woods or take the longer 6 mile loop. Meet 8 miles N. of Reedsport at mile post marker 204 on Hwy 101.

Cape Mountain Trails. Sunday, September 12th @ 8:30am. 3-7 mile hikes along beautiful wooded trails and high meadows. Meet on N. end of Fred Meyer parking lot in Florence.

Visit 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.

Sunset Bay Trail Run. Saturday, September 5th @ 10am. 1 mile up to 13.1 mile events covering the hilly, scenic park at Sunset Bay State Park.

Prefontaine Memorial Run. Saturday, September 19th @ 10am. 10k run or 2 mile walk on hilly, historic road. 4th & Anderson, Coos Bay.

Harvest Run. Saturday, September 26th @ 9am. Free kids mile. 5k run or walk. Downtown Myrtle Point.

www.southcoastrunningclub.org to find out more on this or upcoming events or to check into the running club. Find them also on Facebook.

Member Feature: Greg Lutes

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

Greg Lutes

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

A: 15 months.

Q: What is your favorite type of exercise?

A: Strength training and balance exercises.

Q: What keeps you active?

A: Walking

Q: What is your favorite healthy snack?

A: Fruits: Bananas, apples and grapes.

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

A: Weight control.

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

A: I believe in God's will.

Product Highlight

Balls & Bells



Medicine Balls

A medicine ball is a large, heavy solid ball thrown and caught or

extended away from the body for exercise.

Medicine balls can be extremely versatile and easy to use because they can be transported from one training environment to another and almost anyone, no matter their level of fitness, can use one. Even without a gym, you can get a total body workout with the use of a medicine ball. Examples of exercises in which you can incorporate a medicine ball are:

- * Wall ball throws
- * Sit ups
- * Lunge with overhead press
- * Push up on ball (either with 1 or 2 hands)
- * Standing side reach
- * Squat and reach overhead
- * Wood chops
- * Russian Twist
- * Ball pass to partner

Kettlebells



The kettlebell is a cast-iron or cast steel weight, resembling a cannonball with a handle, used to perform ballistic exercises that combine cardiovascular, strength and flexibility training. The kettlebell is highly effective accompaniment to many strength exercises. Examples of exercises which use a kettlebell are:

- * KB swings
- * KB push press
- * Goblet squat
- * Windmills
- * Bent row
- * Around the body pass
- * Deadlift
- * Turkish full or 1/2 get up