

# Downtown Health & Fitness

SEPTEMBER 2016

## Dates to Remember:

### FREE FRIEND DAY

Friday, September 9th

### CLOSED:

Labor Day  
4th & 5th

Fun Festival Sep. 17th

OPEN: 8-12pm

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### CLASS HIGHLIGHT

## Step Aerobics with Deb

Deb's Step Aerobics incorporates weights with step benches. This morning class will get your heart pumping and get you ready to conquer your day. Deb makes working out fun with this step class while working on abdominal conditioning and strength training. This class is great for every level of fitness as there are different levels with available modifications. Come try Step Aerobics with Deb Wednesday Mornings at 5:30am and Thursdays at 9am!

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## FUN FESTIVAL FUN AND RUN

By Maddie Budesilich

It's that time of year again... When runners are getting prepared for the annual Prefontaine Memorial Run. Quite a few of our own members from the 10 Week to 10k program will be hitting the pavement on September 17th to run/walk the 37th Annual Prefontaine Memorial Run.

We are proud to say that this year will mark our 6th year participating in the memorial run with our 10 Week to 10k program. If you haven't been training with the program and are running in the Prefontaine anyway, please be sure to sign your name on our roster that will be available days before the race at the front counter. We plan to recognize every one of our members who participates in our next Newsletter.

As for those who will not be participating, your support is encouraged and highly valuable to those who are. The support of the community

in years past has made this event one of the biggest in our country/our area/Coos County.

Whether you are running, walking, or cheering from the sidelines, we hope to see everyone out supporting the community together during Fun Festival.

We will close early on Saturday, September 17th, for the Fun Festival parade and activities. Enjoy the weekend of FUN!



## SEPTEMBER SCHEDULE

In observance of Labor Day  
we will be

**CLOSED**

Sunday, September 4th  
&  
Monday, September 5th

Bay Area Fun Festival  
CLOSING EARLY  
Saturday, September 17

HOURS: 8am to 12pm

Happy  
**Labor Day**  
Weekend



# ZUCCHINI NOODLES WITH AVOCADO PESTO

**Gluten Free \* Vegetarian \* Paleo**

## Ingredients:

2 Avocados, ripe  
1 cup basil  
3 cloves garlic  
2 zucchini, large  
2 tbsp. lemon juice  
Pinch of black pepper  
1/2 tsp sea salt  
5 tbsp olive oil  
1/4 cup pine nuts



## Directions:

Spiralize the zucchini and set aside on paper towels so that any excess water is soaked up.

In a food processor, add avocados, basil leaves, garlic, pine nuts, lemon juice and sea salt and pulse until finely chopped. Then with the motor still running, add olive oil in a slow stream until the mixture is emulsified and creamy.

Drizzle olive oil in a large skillet over medium high heat then add zucchini noodles, cooking for about 1 to 2 minutes until tender.

Add zucchini noodles to a large bowl and toss with avocado pesto. Season with cracked pepper and a little Parmesan, serve and enjoy!

Recipe from  
[Eat-yourself-skinny.com](http://Eat-yourself-skinny.com)

## Enjoying Coastal Communities

*By Annis Cassells*

I inherited the exploration gene. Glorious summers on the Oregon Coast feed its call. Annual excursions of discovery began several years ago with a trip down to Brookings in honor of my birthday. This year we drove up the coast to Lincoln City, stopping at several towns along the way.

At Yachats, we took time to stretch our legs. One of the locals recommended the Green Salmon Coffee Shop when we asked about the best place in town for coffee drinks. He spoke the truth. After looking over their extensive drink menu, Judy ordered a “Mexican Coffee,” espresso with Mexican spices and steamed milk. I tried “The Oregonian,” a flavorful espresso drink with lightly sweet steamed Oregon hazelnut milk. We also admired their motto, “Working Upstream for a Greener World,” and their in-house sustainable practices.

Another few miles up Highway 101, we parked along the bustling Depoe Bay storefronts. The aroma of hot caramel corn filled the air as we strolled toward the whale watching tours landing and took the underpass across the highway to the Whale, Sea Life, and Shark Museum. A docent rattled off her informative spiel, taking time to point out the surfacing whales shown on the screen via the live video camera. We lingered at the observation deck and then hit a candy shop for caramel corn. Browsing the shops along the way, we walked north to discover the BayWalk Café and their scrumptious gluten free clam chowder.

In just a few miles, we arrived in Lincoln City and progressed up the main drag, noting

various places of interest I’d seen while researching the area. I recognized the historical museum, the cultural center, Devil’s Lake, Theater West, and a few restaurants. The folks at the Ashley Inn and Suites couldn’t have been nicer or more accommodating when we arrived an hour before official check in time. They also served warm cookies in the lobby both afternoons.

Easy access and the wide-open, lengthy sandy beach made for scenic, though windy, walks. With the help of a volunteer in the Tourist Information Center, we located two nature trails that wound us through old growth trees near the lake. At the North Lincoln County Historical Museum we learned some of the rich history of the area. They had excellent exhibits with many that included first-hand accounts in settler families’ own words.

Two fabulous seafood dinners – one at Kylo’s and one at Blackfish – topped off the evenings we spent in Lincoln City. The perfectly prepared fish at both restaurants was exactly as we expected in a town where fresh seafood is abundant.

Judy and I meandered home, helping the economy at the Lincoln City Outlet Mall, then returning to the BayWalk Café for one last taste of their chowder before heading back to our Coos Bay nest. Another relaxing, satisfying coastal exploration for our memory banks.

Copyright © 2016. Annis Cassells. All rights reserved. A life coach and speaker, Annis can be reached at [HeyAnnis@aol.com](mailto:HeyAnnis@aol.com). Follow her blog at [www.thedaymaker.blogspot.com](http://www.thedaymaker.blogspot.com).

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

**September 3rd at 10 am**—  
Sunset Bay Trail Runs  
1 mile Kids Run, 4 m, 15 k, 13.1 m  
Hilly, scenic parks, trails.  
@ Sunset Bay State Park  
Hosted by: South Coast Running Club

**September 17th at 10 am**—  
Prefontaine Memorial Run  
10k run & 2 m walk  
Starts @ 4th and Anderson  
Hosted by: South Coast Running Club

**September 18th at 10 am**—  
Tahkenitch Dunes & Threemile Lake Trails  
3.5 out and back, meet @ 10 am at the day use parking lot  
Hosted by: South Coast Striders

**September 25th at 7:30 am**—  
Barklow Mountain  
3.7 miles out and back, meet in the parking lot of Ray’s Grocery in Bandon 10-12 miles.  
Meet at post office at 9am  
Hosted by: South Coast Striders

[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!*

### *ROSE BRIGGS*

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

**A: Since day 1 (June 6, 2006)**

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

**A: The classes, especially: Step, Zumba, oh yea, and Circuit Training**

**Q: What keeps you active?**

**A: Coming to DHF and socializing both at DHF and outside of the gym.**

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

**A: Nuts and dried cranberries.**

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

**A: Nothing comes to mind.**

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

**A: I have a whole set of friends that I would not have met and grown close to had I not joined DHF.**

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

**A: Apricot Oatmeal Cookie**

**FOR FULL RECIPE, SEE THE FRONT DESK**

## LADDERS

*“Strength without agility is mere mass” - Fernando Pessoa*

The speed ladder, or the agility ladder is great for raising your heart rate and challenging your speed, coordination, and footwork. Most think speed ladders are only used by athletes but this is not true, everyone can benefit from ladders.

Ladders will help with speed and agility which can prove to be beneficial to anyone who is looking to enhance their run, coordination, improve balance, and help maintain core strength.

There is a wide variety of drills that go with agility ladders. You can find ladder drills at <http://www.sport-fitness-advisor.com/ladder-agility-drills.html>. This website offers printable instructions for several drills that are a beginner's guide to ladders.

