

Downtown Health & Fitness

SEPTEMBER 2017

Dates to Remember:

Labor Day Closures:

Sunday, Sept. 3rd

Monday, Sept. 4th

Fun Festival -Sep. 16th

Club hours for Saturday : 8-12pm

NO CLASSES

**FREE FRIEND DAY:
Saturday, Sept. 9th**

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Class Highlight

Power Step

Power Step Aerobics class is just one of the many forms of exercise which can give you an effective cardiovascular workout. Jackie teaches specific dance moves to create a routine while using the step to get the body going. This class will motivate and engage individuals to socialize with others in a fun, energetic way. You will leave feeling happy, rewarded and determined to come back for more!

Jackie teaches this specific class on Thursday nights at 5:45 pm and is on the Saturday



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Prefontaine and the Fun Festival

Alishia Bullis

This year marks the 38th Annual Bay Area Fun Festival and Prefontaine Memorial Run which will be held Saturday, September 16th & Sunday the 17th. This year we are excited to be hosting the 7th Annual 10 Weeks to the PRE program. We have over 25 members who have been training since mid June for this run, and all have put in so much time and effort into this training. If there are any members who did not sign up for the program, and are running this year, please let us know at the front desk! We want to make note of everyone who participates and recognize you in next month's newsletter.

The Fun Festival is a fantastic way for members of our cities to get together and be proud of who we are as a community. For the parade there are the Fire Departments, the Police Officers, Zonta organizations, and all the schools that participate. In that, we get to see the current, and future leaders of Coos Bay and North Bend. The Fun Festival is the hub for all of this. Whether you enjoy it for the food (I mean, after a long, hard run, I just want some food) or enjoy all the people, there is sure to

be something for everyone. Saturday starts off with the race at 10:00 am, followed by the Parade, and then Cruz the Coos to finish off the evening. Teen Idol completion will be Sunday at 1:30 pm. Throughout all of this, people are mingling. They are meeting someone who, without the festival- may have never even met. There are families making a day of it, and having a blast. Whether you're here for the Race, food, cars or the parade, the Fun Festival is a hit for all who participate.



"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement." - Steve Prefontaine.

EQUIPMENT HIGHLIGHT

LADDER S

"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.

Our agility ladder is located in the functional training zone.

There is a wide variety of drills that go with agility ladders.



RECIPE OF THE MONTH

Mediterranean Zucchini Sticks

Recipe from ifoodreal.com

Ingredients:

4 zucchini, medium
 1 cup red bell pepper, minced
 1/2 cup tomatoes, minced
 1/2 cup Kalamata olives, pitted & minced
 1/4 cup garlic, minced
 4 tbsp oregano, dried
 1 tsp black pepper
 1/4 cup feta cheese, crumbled
 1/4 cup parsley, finely chopped

Directions:

1. Preheat oven to 350 degrees F. Cut zucchini in half lengthwise and scoop out the middle with a spoon or melon baller. Discard or eat the flesh.
2. In a medium bowl, mix to combine bell pepper,

tomato, olives, garlic, oregano and black pepper. Fill each zucchini with the mixture, distributing evenly.

3. Place in a large baking dish or rimmed baking sheet and bake 15 minutes. Top with feta cheese and broil on high for 3 more minutes or until cheese has browned.
4. Remove from oven, sprinkle with parsley and serve hot or cold.



Call on your Inner Strength

By Annis Cassells

We like to think of ourselves as strong, able to handle anything that comes our way. In these unusual, and for many, difficult times in our country, we may find ourselves feeling fatigued and disheartened. But we have a history of calling on our inner strength to help us through when times get tough. And, most often, we gather that strength and survive, then prosper.

Yes, we are strong. Even when we doubt that we are, we can look deep into ourselves and muster up our inner strength. And, we can look outside of ourselves to remind us that we have the strength to carry on in the face of powerful odds.

Here are some approaches that help build and revive inner strength.

Connect with friends. Our friends support us. They boost our confidence and remind us that we are able to meet any challenge. They listen, share, and often commiserate. Knowing we are not alone supports our inner strength. So, a quick call to chat, a “walk and talk”, or sitting down for a cup of coffee together are ways to bolster our spirits and help us see we are resilient and we will get through the current challenges.

Be vigilant about our physical well-being. It's important to eat healthy foods, take our vitamins, and exercise, especially in tough times. In moments of stress, are defenses our

down and we are more vulnerable to illness and we're more prone to accidents. When we take care of the physical strength, our inner strength is easier to muster.

Focus on spiritual connections. Whether that's in your church, out in nature, in your journal, or within yourself, becoming grounded in your spiritual essence is an effective way to cultivate inner strength. Try guided meditation for short periods of time, working up to longer periods. There are some good phone and tablet Apps that can assist with meditation.

Appreciate and document successes. No matter how small the gain, or even if it's maintaining the status quo, take a moment to list the good things in each day and our gratitudes. Seeing success bolsters our inner strength.

Whatever the issue, our inner strength will help see us through. We just have to remember it will and call on it.

“We don't even know how strong we are until we are forced to bring that hidden strength forward. In times of tragedy, of war, of necessity, people do amazing things. The human capacity for survival and renewal is awesome.” Isabel Allende

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Looking Ahead Walking, running, and hiking events.

September 2, 2017
Sunset Bay Trail Run
 1 mile fun run, 1/2 marathon, 4 miles & 15K
 Starts at 9:00 AM
 Sunset Bay State Park

September 16, 2017
Prefontaine Memorial Run
 10K & Fun Run
 Starts at 10:00 AM
 4th & Anderson Downtown Coos Bay

September 30, 2017
Umpqua Strong
 9K/5K Run/Walk
 Starts at 10:00 AM
 Stewart Park, Roseburg

See the following websites for more information:
www.coastrails.com to find out more about the walks with the South Coast Striders

www.southcoastrunningclub.org to find out more on upcoming events or to check into the running club.