

Downtown Health & Fitness

DECEMBER 2015

Dates to Remember:

Wednesday, December 9th.
FREE FRIEND DAY

Thursday, December 24th
Christmas Eve

Friday, December 25th
Christmas Day

Thursday, December 31st
New Year's Eve

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SPECIAL
NO JOINING FEE
Valid until 12/31

A savings of \$25 per member during the month of December.

GIFT CERTIFICATES ARE AVAILABLE

Special Holiday Hours

December 24th:
5:00am-12:00pm

December 25th:
CLUB CLOSED

December 26th:
10:00am-2:00pm

December 31st:
5:00am-6:00pm

January 1st:
CLUB CLOSED

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Proper Hydration is Key

By Brandy Thompson

Water is essential in life for maintaining physical and mental performance. Every cell, tissue and organ needs water to work properly. The human body is largely made of water, but body water content declines with age, from roughly 75% in babies to 60% in adults. While we can live for up to 50 days without food, we will survive only a few days, even in a cool climate, without water. People generally drink enough water, but for specific population groups, like the elderly, infirm or for exercising individuals, additional fluid intake can become critical.

Water leaves our bodies through skin and in breath all the time. Going to the bathroom, sweating and vomiting are other big ways that water is depleted. Exercise and rises in temperature will increase loss of water in the body significantly. We should drink enough to balance water losses.

Dehydration can cause headaches, tiredness and loss of concentration. It is a problem particularly associated with aging, as older adults are less sensitive to mild dehydration, they drink less and take longer to re-hydrate. A deterioration of mental performance can also occur in mildly dehydrated younger adults. Symptoms of dehydration can be reversed easily or actively prevented by drinking water or ingesting whole fruits or vegetables and their juices on a daily basis.

It has been shown that drink palatability is important when fluid requirement is high. All water-containing drinks can contribute to the total required for hydration so you can choose things other than plain water to help keep you hydrated. Besides liquids, other good sources to increase hydration include surprising things like oatmeal, yogurt, soup and smoothies. New studies show that caffeine in amounts typical of a cup of coffee or tea or a cola drink do not have a dehydrating effect, so ex-

perts now agree that normal caffeine containing drinks can contribute to total water requirements. However, drinks containing 10% alcohol or more, such as most wines, will actually add to dehydration. While water is still the best source of hydration, adding other beverages to the mix will likely ensure consistent hydration . . .

In addition to what we eat or drink, daily activities account for the most fluid loss. During exercise our bodies keep cool by evaporating fluid from our skin as sweat, so we must drink more to avoid dehydration. A number of studies have demonstrated that maintaining hydration before and during endurance exercise is effective in improving performance in a variety of conditions. Children lose more water in perspiration in trying to keep cool so it is especially important to make sure they drink enough in hot weather and during periods of higher exertion.

So, how much water do you need each day? The answer is varied depending on the individual needs and circumstances. Generally, 6 to 8 8-ounce glasses of water per day has been set as a sufficient goal to meet for most healthy individuals. However, some need more and some need less depending upon their health, diet and exercise habits. If you are concerned that you are not drinking enough water, check your urine, which should be colorless or light yellow. Dark or amber colored urine is a sign of dehydration.

Ideally, water is consumed before you feel thirsty or other symptoms set in. Good practice suggests attaching it to daily, periodic rituals like going to the bathroom, at every meal or at other set times each day. Once the habit is created it becomes easier to drink enough water throughout the day to give you the best chance for good health, performance and better mental focus.

Men's Shower Remodel Continued



PHASE II of the men's shower remodel begins. The showers will be closed from December 7th through December 25.

Several months ago we replaced the tile floor in the men's shower. During that remodel, it was brought to our attention the need for some structural work. Please bear with us as we complete that work and update the men's shower with new walls and shower faucets.

Mushroom Stuffing with Shallots and Fresh Herbs

Recipe of the Month



Ingredients:

- 1 large loaf seeded hearth bread, cut into 3/4-inch cubes (about 12 cups)
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons unsalted butter
- 1 pound assorted mushrooms, such as oyster, shiitake or chanterelle, chopped
- 4 large shallots, chopped
- 3 stalks celery, chopped
- 1/3 cup chopped fresh parsley
- 1/3 cup chopped mixed fresh herbs such as sage, thyme, marjoram and oregano
- 1 1/4 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper
- 3 cups low-sodium vegetable broth

Instructions:

Spread bread cubes on 2 large baking sheets; let sit on the counter overnight, or bake in a preheated 300°F oven until just dried, about 15 minutes. Transfer to a large bowl.

In a large skillet, heat oil and butter over medium heat. Add mushrooms and cook, stirring frequently, until very tender, about 10 minutes. Stir in shallots and celery and cook for 3 minutes more. Stir in parsley, mixed herbs, salt and pepper and transfer mixture to the bowl with bread. Stir in broth and let sit for a few minutes until liquid is absorbed.

If using to stuff a turkey, cool completely and follow stuffing directions for your recipe. If baking separately, preheat the oven to 350°F. Spoon stuffing into a large buttered baking dish. Smooth the top and bake until browned and crisp, about 50 minutes.

Recipe and photo from Whole Foods Market at: <http://www.wholefoodsmarket.com/recipe/mushroom-stuffing-shallots-and-fresh-herbs>

Shhh. Time to Listen

By Annis Cassells

Listening when others speak shows our family, close friends, co-workers, and casual acquaintances we care about them. It says, "You matter to me." We learn more about people we think we know, or we become better acquainted with folks fairly new to our circle. Listening fosters an atmosphere for meaningful discussion.

Twenty years ago, one of our Oregon friends created a pocket-sized volume called *The Dinner Question Book*. Her aim was to breathe life into boring dinner conversations. Here's how it works: one person chooses a question from the book and everyone takes turns responding to it. Often, those responses remind others around the table of a related experience or spark another question, creating a discussion. It works to enliven dinner-times and allows space for new ways of thinking about subjects. Soon people begin to generate their own questions.

We've had memorable conversations based on *The Dinner Question Book* when traveling for an extended period of time. Just this year some out-of-town friends remarked about the interesting discussions each evening around the dinner table when we all visited Mexico City together.

The six members of my Bakersfield writing group have worked together for several years and have read and talked about dozens of each others' writings. Recently, we decided to just meet for lunch and visit. No stories, poems, or memoirs to discuss. From the opposite end of the table, I could hear the surprise in one woman's response

of "I didn't know that!" Another group member had mentioned she was proficient in American Sign Language. That led to more questions and a fascinating discussion about the origin of sign language for deaf people and why our friend had studied it. We came away from our luncheon with more knowledge and a renewed vision of her.

NPR's Story Corps designated the day after Thanksgiving as the National Day of Listening. I think Story Corps chose that day because it's usually a time for family gatherings and a good opportunity to pass along family lore or to ask questions about elders' lives. At their website, Story Corps provides an extensive list of "Great Questions" to get the ball rolling. To see these questions, visit <http://diy.storycorps.org/great-questions-list/>

The holiday season offers numerous opportunities for listening. The kids and grandchildren are home from school. Often, families travel long distances to be with each other. It's a great chance to flex our listening muscles. To ask thoughtful questions and draw out answers. To understand each other's perspective and learn from everyone's experiences. All we have to do is take the time to ask and really hear. Then share **our** stories so others may listen, too.

Listening strengthens connections. But we don't need a designated day for listening to our people. Each day presents great moments and many opportunities to tune in and link up.

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Looking Ahead Walking, running, and hiking events.

Hall Lake & Dellenback Dunes Winter Yardanging. Saturday, December 26th @ 9 am. Winter Weather and the wind make for some very cool looking sand sculptures geologist refer to as "Yardangs". You can take a 3 mile moderate to difficult trip up onto the dunes between Hall Lake and the ocean at a slow pace to enjoy the sandy artwork. We are talking slow and steady - easy does it. Hiking sticks make this a much more enjoyable trip. This trip should last about 2-2.5 hours. Or, head on out to the beach with Kim Griffin and Dave Gray and return on the Dellenback Dunes Trail or to Hall Lake for a 6 - 7 mile round trip. Rated difficult

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 south-coaststriders@gmail.com.

Mac's Run & Membership Meeting. Saturday, December 12th @ 10 am. 5k or 10k of Hilly and challenging ocean views at Sunset Bay State Park in Charleston. Annual club meeting to follow.

Christmas Lights Fun Run & Walk. Thursday, December 17th @ 6 pm. Pick a distance 1-5k Starting at 2690 15th St., North Bend. Club Social follows.

www.southcoastrunningclub.org to find out more on this or 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!

Pam Edge

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

A: I joined the gym on March 26, 2013.

Q: What is your favorite type of exercise?

A: My all-time favorite is the rowing machine (15 minutes). Then I move on to the treadmill (15 minutes). I follow up with stretches, a little weight lifting, and then I utilize other machines for a total of 1 hour, twice a week.

Q: What keeps you active?

A: Although I have a recumbent bike and a health rider at home, going to the gym keeps me more active and I enjoy the social interaction. My workout is longer and better at the gym.

Q: What is your favorite healthy snack?

A: My healthy snack is my "homemade smoothie".

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

A: I lost my left lung to cancer. However, thanks to my faith and the wonderful surgeons at OSHU, I WON!

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

A: Homemade Smoothie: 5 oz. coconut milk, 2.5 oz. Irish cream flavoring, 1 Clef bar broken into pieces, 1 yogurt and frozen fruit (alternate peach and strawberry). Mix all ingredients. It will be thick!

Avoid Holiday Weight Gain

By Brandy Thompson

A constant stream of family obligations, holiday parties, and up to the last minute gift shopping can make it very tough to stay active during the holiday season. Generally hitting the gym either gets delayed or dropped off the list of important things to do all together. In the 35 days between Thanksgiving and New Years Day, it can be easy to undo what you have worked so hard to accomplish the rest of the year. So, say it with me...NOT THIS YEAR! Be determined to make the most of those days to stay on track and get past the silly season without increasing your waistline.

The following strategies, tricks, and motivational techniques are designed to make sure that fitness does not fall out of season for you. Try a few and easily maintain your exercise regime to keep from tipping the scale further this winter. Christmas cookies be darned!

- * Challenge yourself. Pick one fitness goal you wish to achieve. Reasonable goals could include a daily distance for running or doing sets of bodyweight exercises daily.
- * Sightsee with a feet-first approach. Instead of passing the time inside (likely partaking in sweet treats) head out for active fun. While traveling explore your surroundings on foot instead of the usual motorized methods.
- * Buddy up! It is easier to keep that workout "date" if you are the other half of a dynamic duo. Be someone's reason to keep the workout date no matter what and they will be yours!
- * Treats don't have to be sweet. Treat yourself to new workout clothing or fitness equipment before the holiday habits set in to keep you motivated.
- * Start a new tradition. Get the whole family involved in one of those crazy "Turkey Trots" events which typically happen around the holidays. Many events benefit the less fortunate so it is a win-win for all.
- * Include everyone. Guests from out of town? No, problem! You can gab away on an exercise bike just as easily as you can sitting in front of the fire with a bubbly.

- * Change is good. Experiment with something new in your routine. Seek advice from a personal trainer to get you over the wall or try a group fitness class to really change things up.
- * Let your inner 5 year old to play! Think back to the childhood games you used to play. Many, like jumping rope, can be amazing workouts. Plus a jump rope can travel with you and requires very little space to be effective.
- * Walk a mile in your shoes. Lace up those sneakers and power walk between stores while shopping and running errands. You'd likely be surprised how many steps are involved in running from aisle to aisle hunting for the ingredients for Grandma's fruit cake! Kick up the pace and get the most out of your "to do list" this year.
- * Get Dance Fever! Being the first to cut a rug out on the dance floor does two things. It proves you are the coolest person in the room and it gets your rear in gear! Double rewards!
- * DIY yard work can be double rewarding. Outdoor chores, in preparation of guests, need to be done since company is coming, but think about this in terms of a really good workout option. Raking leaves or other kinds of yard work can be an excellent way to get the heart rate up and work out major muscle groups.
- * Work towards a goal. Pick a tangible goal to accomplish. In one month you can master the fine art of push ups, plank and other previously thought impossible fitness tasks. Make a promise to master any fitness goal that strikes your fancy.
- * Watch TV. Recovery time is a necessity too. Use quiet TV time to actively recover by icing, foam rolling or stretching after your long day of holiday festivities.

Whether you are staying home or traveling over the holidays, there are many opportunities to stay on task with your fitness goals. With a little bit of forethought and commitment to yourself you can partake in holiday fun and not fall off the fitness wagon.

Now you only have 35 days left to go.... Good luck! :)