

Downtown Health & Fitness

DECEMBER 2019

440 Central Ave ♦ Coos Bay, Oregon 97420

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Visit us at: www.dhfitness.net

Dates to Remember:

Free Friend Day
Friday, Dec 14th

Holiday schedule

Christmas Eve (12/24)

Closing at 4 pm

Christmas Day (12/25)

Closed

New Year's Eve (12/31)

Closing at 4 pm

New Year's Day (1/1)

Closed

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Friday, December 20th we will have our annual DHF Christmas party potluck. Bring a dish to share and join in the fun! This party start at 5:00am and will go till the food is gone!

Avoid Holiday Weight Gain

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 altogether. 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 five-year-old out 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 for 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! :)

ALTON'S LENTIL SOUP

Recipe of the Month

2 tablespoons olive oil
 1 cup finely chopped onion
 1/2 cup finely chopped carrot
 1/2 cup finely chopped celery
 2 teaspoons kosher salt
 1 pound lentils, picked and rinsed
 1 cup peeled and chopped tomatoes
 2 quarts chicken or vegetable broth
 1/2 teaspoon freshly ground coriander
 1/2 teaspoon freshly ground toasted cumin
 1/2 teaspoon freshly ground grains of paradise

Place the olive oil into a large 6-quart Dutch oven and set over medium heat. Once hot, add the onion, carrot, celery and salt and sweat until the onions are translucent, approximately 6 to 7 minutes. Add the lentils, tomatoes, broth, coriander, cumin and grains of paradise and stir to combine. Increase the heat to high and bring just to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes. Using a stick blender, puree to your preferred consistency. Serve immediately.

<https://www.foodnetwork.com/recipes/alton-brown/lentil-soup-recipe-1947017>



The Five-Second Rule

By Annis Cassells

A few weeks ago, I was having coffee with a friend at my favorite, outstanding Bakersfield coffee shop and bakery. When my friend's bagel flipped off the napkin and onto the floor, she grabbed it up quickly, chirped, "5-second rule," and began slathering cream cheese on the retrieved half.

Today, I popped into that same coffee shop. A harpist was playing so I relaxed in one of the plush, dark blue, oversized easy chairs to listen. At a table in my line of sight a dad and his toddler, who appeared to be about two years old, were sharing a scone. He broke off a piece and placed it on a napkin in front of his child.

In less than a minute, that portion of scone hit the floor under the little girl's chair. The dad, a clean, respectable-looking guy, scooted his seat back, reached down, plucked the scone up, and set it on the napkin between him and his daughter. I was aghast! I couldn't see whether the child ate it, but I sure observed her father break off a piece and put it in his mouth.

In my opinion, the Five-Second Rule about food should be thrown out. But, I can imagine other times and places when a Five-Second Rule is appropriate. Even welcome.

The 5-second rule offers great benefit if we all **used** five seconds:

To consider before we respond to others' comments. In person, so we can be sure the speaker is finished with their train of thought and so we can reply in a kind or thoughtful way.

On social media, so we can check ourselves on the appropriateness of our

response. Or maybe decide we don't need to comment on every single post that shows up in our feed.

Before saying "yes" when someone asks us to do something we really don't want to do.

To acknowledge another human being—see them and allow them to see us.

Five seconds isn't a whole lot of time, but it could make a difference in how we react, how we're perceived, how we feel, and whether we're safe. A five-second wait time has the potential for increasing our daily happiness.

Just so you know, regarding bacteria and the five-second rule about food, as soon as the food comes in contact with the floor it's contaminated. I've heard it said, "You have to eat a peck of dirt before you die." No thanks. I'll pass.

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Looking Ahead Walking, running, and hiking events.

December 14th

MAC'S Run

10:00 AM

Sunset Bay State Park Trail

5K/10K

\$25.00

December 14th

Blossom Gulch & Beyond

Blossom Gulch School

9:30 AM

4 Mi/10 Mi

See the following websites

for more information:

www.coostrails.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.

We've saved 6,183 plastic bottles from being used by refilling your water bottles at our refill station! !





*Wishing you a very
Merry Christmas
from all of us at
Downtown Health
& Fitness*