

Downtown Health & Fitness

JANUARY 2015

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Visit us at: www.downtownhealthandfitness.com

Free Friend Day
Tuesday, January 13

Holiday Hours:
December 31—
5am to 6pm

New Year's Day
January 1—
Closed

Inside this issue

Thanks and Goodbye	1
News to You	1
Recipe of the Month	2
Looking Ahead	2
Over the Years	2
Member Feature	3

Thanks and Goodbye

Joanna Stoops

Life changes are often unexpected, at least to some who hear of them. I've lived in Coos Bay my whole life and never expected to be moving to the United Kingdom! Henry, a British citizen, and I will be getting married in February! I'm moving to Aberdeen, Scotland to make my home with him shortly after our wedding, which will take place in Aberdeen.

I've worked at Downtown Health & Fitness since May 2010, and I couldn't think of a better place I could have worked. It's been a wonderful experience, stretching me in many ways—both physically and mentally. Many memories have been made, and I want to thank all of the members who have been a part of my life on a consistent (and often daily!) basis. The positive attitude and outlook you

all express made my job a joy.

I also want to thank Deb, as well as all of my co-workers at Downtown Health & Fitness. The generosity, kindness, and patience Deb showed me since day one was more than I deserved. The camaraderie and team spirit my co-workers always displayed was wonderful.

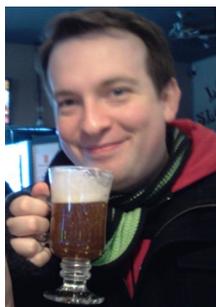
Every stage in life has the potential to be a great adventure and joy. I'm excited to see what this next chapter of my life includes, and thank the Lord for bringing Henry into my life.

Wishing you
a
HAPPY
HEALTHY
2015



Welcome Nick!

Please join us in welcoming Nicholas Horn to the staff at Downtown Health & Fitness! Nick and his wife have recently moved to Coos Bay from the Portland area. He will be working at the front desk Monday through Friday. Stop by and say hi to Nick.



Yoga Basics

Never taken yoga or want to get back into it? Now's your chance to ease into it!

Leah is returning after maternity leave and teaching a Yoga Basics class.

Tuesdays at 4:30 pm
beginning January 6

Join us!

{Crock Pot} Creamy Italian Chicken Tomato Soup

Recipe from caramelpotatoes.com

Ingredients:

3 large boneless skinless chicken breasts
 1 small onion, chopped
 2 cloves garlic, minced
 1 (14 ounce) can coconut milk (full fat)
 1 cup chicken broth
 1 (14 ounce) can diced tomatoes (add the juice)
 1 (8 ounce) can tomato sauce
 2 tablespoons Italian seasoning
 1 tablespoon dried basil
 1/2 teaspoon sea salt (more to taste)
 Fresh ground pepper to taste

Directions:

Mix coconut milk, chicken broth, tomato sauce, and diced tomato along with seasonings in your crock pot. Add chicken.

Cover and cook on low for 7-9 hours or on high for 4-6 hours or until chicken shreds easily (remember no two crock pots cook alike—so adjust).

Shred chicken and return to crock pot. Keep warm until ready to serve. Serves 6-8



Looking Ahead

Upcoming walking, running, and hiking events

Bullards Run

1 mile for kids, 5k, 10k
 When: Sunday, January 4 at 2pm
 Where: Bullards Beach State Park, Bandon
 Call Tom Bedell at 541-347-4740 or David Ledig at 541-347-3491 for more information.

South Coast Striders Hall

3 or 6.5 miles
 When: Saturday, December 20 at 9 am
 Where: Hall Lake, 10 miles south of Reedsport on highway 101. Turn left on Wildwood across from Tugman State Park and follow signs.

Visit www.coostrails.com for more information on these hikes or to find out more about South Coast Striders. You can also contact Don Luce at southcoaststriders@gmail.com.

Upcoming Class Schedule

New Yoga classes will be starting this January! If you have never taken yoga or would like to get back into it, now is your chance to ease into it! 'Yoga Basics' will be held on Tuesdays at 4:30pm, starting January 6.

Over the Years

Annis Cassells

Coming up with something relevant and inspiring and new for the January 2015 newsletter article has had me stymied for a couple of weeks. I've tried to brainstorm ideas and read articles from my usual go-to gurus. Not much happening that hasn't been said in some way or another. Then, I looked back over the last five years' worth of January DHF issues:

In 2014, I wrote about budgeting words. I suggested that we all talk less and listen more to open up communication. And, consider limiting harsh, negative comments, replacing them with kind, caring, affirming words. These actions would help us build relationships as we would express ourselves in more positive ways.

The year before, 2013, in "The Anytime Review," based on a personal experience, I encouraged us to take a look at ourselves today instead of waiting until there's a crisis or we reach a certain age. We can see what path we're on and determine if we're on our planned route, whether the path we're on is working for us, and whether we need to change course, even a little bit.

In 2012, the topic was stretching -- ourselves, physically and mentally -- stretching our money, trying new things. I talked about mentoring others as a way of helping them to expand their horizons as well as stretching ourselves, as role models, and keeping at the top of our game.

Resilience showed up as the theme for 2011. Bouncing back. Resilience can be practiced and

learned. I mentioned ways we must alter our thinking, i.e. believing we can manage our feelings and cope with the situation. We need to see ourselves as survivors instead of victims. We must also take action to become resilient: develop problem-solving skills, take care of our minds and bodies, get support by connecting with family and friends.

In 2010, I offered the rationale for creating *intentions* and explained how they are different than New Year's resolutions. To me, resolutions are like challenges. Maybe it's the "future-ness" of them: "I'm going to _____ or, I'm going to stop _____" But intentions, created as positive statements that affirm something good that we want in our life, are more personal, more encouraging. Intentions become realities when we pull them up into our consciousness and make them a part of us.

So there you have it! A 2015 New Year review. You can still read the entire message for each year from 2011-2014 on the website at www.downtownhealthandfitness.com and then click on the Monthly Newsletter tab. If you would like to read the 2010 article on Intentions, email me, and I will send it to you.

Meanwhile, good health, happiness, prosperity, and many blessings to you and yours --for 2015 and always.

Copyright © 2014. Annis Cassells. All rights reserved. A life coach and speaker, Annis can be reached at HeyAnnis@aol.com. Follow her blog at www.thedaymaker.blogspot.com.

Member Feature

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

Nancy Clay Wolgamott

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

A: 4 years

Q: What is your favorite type of exercise?

A: Zumba, Morning Stretch, and Circuit Training classes

Q: What keeps you active?

A: I feel better in every way when I stay active. I have managed to maintain a 30lb weight loss for three years and stay off cholesterol meds!

Q: What is your favorite healthy snack?

A: Raw almonds

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

A: I have to be careful not to over-exercise, which leads to injuries.

More info about Nancy...

“The gym has been a huge blessing to me both physically and socially! Great friendships have been made at the gym.”

Nancy's favorite healthy recipe

Baked Yams with Bananas and Pecans



1 medium-large yam

1/2 ripe banana

1/4 tsp cinnamon

Small handful of chopped pecans

Bake or microwave yam with the skin on.
Cook until just tender.

Split yam lengthwise and mash the bananas into the yam, then add cinnamon. Sprinkle with a chopped pecans.

1/3 cup unsweetened applesauce may be substituted for the banana.