

Downtown Health & Fitness

JUNE 2016

Dates to Remember:

CLOSED—Sunday, July 3
and Monday, July 4

FREE FRIEND DAY
Monday, July 11

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In observance of Independence Day, we will be closed Sunday, July 3 and Monday, July 4



CLASS HIGHLIGHT

Boot Camp

Session 2

July 22 & 29/August 5 & 12
5:30 pm – 7:00 pm.

Sign up today
\$25.00 for members
\$60.00 for non-members
(includes membership for four weeks)



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Friends and Fitness

By Deb Lal

The majority of the friends I have made in the past twenty years have been related to fitness. It makes sense that you make friends when there is something in common with one another. In some cases I do not remember how the friendship developed. Just being in a class with someone week after week and enjoying a workout together, bonds are made, and friendships developed.

Recently we began a Fitness for Men class. At first the men were a bit hesitant to join in, but this class is now one of the highest attended class at Downtown Health & Fitness. I have watched these men create a camaraderie with one another. They are now spending time talking together after class and building friendships.

Sheldon Cohen, PhD, of Carnegie Mellon University, says "Friends encourage you to take better care of yourself. And people with wider social networks are

higher in self-esteem, and they feel they have more control over their lives." According to Tasha R. Howe, PhD, at Humboldt State University, "People with social support have fewer cardiovascular problems and immune problems, and lower levels of cortisol -- a stress hormone."

Having someone to workout will not only improve your health, but it also creates accountability. When you plan on meeting someone for a class or a workout, you are more likely to follow through with your workout than cancel it or skip it.

So grab a friend, or better yet, make a friend. Enjoy your workout, challenge one another and support each other.



10 Weeks to 10K

Is this your year to run the PRE?
Join our 10 Weeks to a 10 K program that begins July 12th.
Learn how to increase your endurance and mileage with this program. Meet people who run/walk at your pace. Get tips from fitness instructors and personal trainers.
Sign up today.

\$25.00 for members
\$75.00 for non-members (includes 10 weeks of gym membership)



Taco Soup

Recipe of the Month

Ingredients:

1 pound lean ground beef or ground turkey
 1 32 oz. pkg reduced-sodium beef or chicken broth
 1 15 - 16 oz. can black beans, rinsed and drained
 1 14 1/2 oz. can diced tomatoes
 1 1 1/4 oz. package reduced-sodium taco seasoning
 1 11 oz. can whole-kernel corn with sweet peppers
 Tortilla chips, sour cream and avocado - optional

2. Stir in corn. Garnish with sour cream and avocado and tortilla chips



Recipe from www.recipe.com

Directions:

1. In a large saucepan, cook beef or turkey until browned. Drain off fat. Stir in broth, beans, tomatoes and taco seasoning. Bring to a boil over high heat; reduce heat and let simmer, uncovered for 15 minutes stirring occasional.

Friendship: Rx for a Better Life

By Annis Cassells

"I get by with a little help from my friends." John Lennon

Getting by is good. Surviving and thriving is better -- and that's what happens when we have friends.

Friendship is different from all other relationships. It's based on love, unlike acquaintanceship. It's free of jealousy, unlike romantic love. Friendship doesn't know criticism or resentment, unlike family relationships. Friendship is freely given, freely exercised. It's not based on contracts, like business or marriage, or bound by law, like relationships between parents and children. Friends grow together, support each other, and keep each others' dreams alive.

America's favorite MD, Dr. Oz, says regular contact with good friends can lower our "real age" by two to 30 years. Healthy doses of "Vitamin F" can decrease the risk of heart attack by as much as 50% and cushion our systems against stress, making us more likely to prevent the common cold.

A Harvard Medical School nurses' health study found people without close friends experienced more negative emotions, frequent illness, and shorter lives. Another Harvard study puts friendship right up there with diet and kicking the tobacco habit as factors for a good and healthy life.

Friends motivate us to try new things and make beneficial changes. They may inspire us to make healthier food choices or to work out on a regular basis. From trying out a different hairstyle to pursuing hobbies or activities we've dreamed of, friends help us become more than

we are.

Our friends serve as health watchers. They share their experiences and make us more aware of our own bodies and habits. Friends encourage us to see our doctors when we thought "it was nothing." Some may become our advocates when we need an extra set of ears and eyes at doctor appointments.

Having friends brings comfort and companionship and wards off depression. Talking through everyday problems with friends can keep more serious issues, such as insomnia or depression, at bay. Negative self talk becomes squashed as friends offer a more kind reflection of us. They instill a feeling of hope and let us know we are okay. Their support helps us get through life's inevitable transitions and difficulties. We all know who to call when we need a little chicken soup for our souls.

And, it's not a one-way street. Benefits and rewards also come to the supporting friends. They feel a measure of satisfaction, having helped a buddy in need. Their support creates the opportunity for greater closeness and intimacy and strengthens the bond between the two. A supportive friend comes to feel like an integral part of another person's life. They've made a difference in a friend's quality of life and recognize how much their support matters.

As author Letty Cottin Pogrebin said, "Friends seem to be like aspirin: we don't really know why they make a sick person feel better, but they do." Friendship is the Rx for a better life.

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Looking Ahead Walking, running, and hiking events.

**July 4 at 10 am—Mingus Park
Mayors Firecracker Run
1 mile kids run and 4K
Hosted by: South Coast Running Club**

**July 17 at 9 am—Meet at
Boice-Cope County Park
Flores Lake to Blacklock Point.
8.5 miles
Hosted by: South Coast Striders**

**July 23 at 8:30am
Kentuck Run
1 mile kids run, 5K and 15K
Hosted by: South Coast Running Club**

**July 23 at 7:15 am—Meet at
County Extension Office in
Myrtle Point
The Iron Mountain Trail 2.7
miles
Hosted by: South Coast Striders**

**July 30 at 9 am—meet at
Coquille Community Center
Cherry Creek Old Growth
Hosted by: South Coast Striders**

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.

Member Feature

Liz Andy



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

A: 1 Year

Q: What is your favorite type of exercise?

A: I like 'em all

Q: What keeps you active?

A: The staff and Laurie, my personal trainer; it's important to be healthy

Q: What is your favorite healthy snack?

A: Green Smoothies

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

A: It can be a challenge to eat healthily on a consistent basis, that's why we need support.

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

A: I'm married and we have five grown kids. I teach and love art.

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

Cherry Chocolate Chard Smoothie

1/2 tbs ground flax

1/2-1 cup water

1 cup frozen banana chunks

1/4-1/2 cup Brewing Cacao nibs or 1-2 tbs Dutch Processed Cacao

1 1/2 cup frozen cherries

Stevia to taste

1 bunch of organic chard (or more)

Blend greens, flax, water and stevia. When blended add all other ingredients. Enjoy.

The "How To" Bench Your Best

By Jack Hiers, Member

First things first: The myths of the bench. Some might disagree, but you do not have to bench every single day of the week to gain muscle. Actually, it's the opposite. Doing so will tear muscles and not give them the appropriate time to heal, which can cause permanent problems.

Another myth is that just laying down on the bench, throwing your max weight on, and hoping you can lift it is the best way to get stronger/bigger. This is false. Mr. Olympia (Arnold Swarzenegger) would only max out at the end of a work out and always with a spotter. High repetition, he believed, made the muscles stronger and more pronounced in a way maxing out on weight would not.

Your form is very important when it comes to any type of lifting, especially bench. A key factor would be exactly what area of your body you want to work on. Holding the bar with a wide grip will work your pectorals more, and triceps less, while holding the bar more inward will do the opposite. But it's not just how you hold the bar, it's also how you hold yourself. Laying flat with your legs firmly on the ground will center most weight on your pectorals while arching your back will make weight center on your shoulders, causing your elbows bow out instead of staying tucked in, and may cause injury.

Different bench positions will work different parts of your chest as well. Incline bench (upper pecs and shoulders), flat bench (equally upper pectorals and lower pectorals), and decline bench (lower pectorals and lats). All are working out your triceps. And all positions should be performed, not just only the flat bench.

Remember always have a spotter, be aware if you have an injury, and don't injure yourself just to see if you can lift something beyond your capability.

