

Downtown Health & Fitness

JUNE 2018

Dates to Remember:

Free Friend Day:
Friday, 15th
Flag Day:
Thursday, 14th
Fathers Day:
Sunday, 17th

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June 3rd
SANDY
&
LESLEY



Please Check
lost and found
For any items you
may have
misplaced

440 Central Ave ♦ Coos Bay, Oregon 97420

541-267-3948 ♦ email: dhfitness@downtownhealthandfitness.net

Summer Fun Fitness

By: Alishia Bullis

The sun is out, vacations are starting, and Summer has officially begun!

With everyone busy with summer activities, how do you stay fit and stick to your workout routine? Luckily, there are plenty of options available to you. We are so lucky to live in a beautiful area with hiking and biking trails, swimming holes, and parks to take the kids and grandkids to. This makes it so easy to get a workout in, outside!

The Sunset Bay trails are beautiful this time of year, with little critters running around and the foliage bursting with that beautiful green we all love. Take a short hike from the beach, up the trail to Shore Acres, and take in all the beauty (and, if you're lucky, you may even spot a whale). Or, if you're feeling extra adventurous, keep hiking and continue onto the pack trails to get a hardcore hike in.

With continuous hills and valleys, the pack trails are sure to get your legs burning and heart pumping. These trails also are completely geared towards biking, too, so it's easy to switch it up and keep the trails interesting.

With most parks having benches, that leaves a plethora of activities to try. Do a small 'circuit' of sorts, starting with bench step ups, then adding tricep dips, planks, and plank pushups (just to name a few). If your kids, or grandchildren are with you, have them join! Kids follow by example so well, and this is a fantastic way for them to be introduced to fitness. And let's face it; working out with a friend is always so much more fun than doing it alone!

Hall Lake is absolutely amazing during the summer, especially if you can get there on a warmer day. It's a beautiful little lake, with an impressive sand hill to the side. For a fantastic, no-impact workout, try swimming a couple laps around or across the lake. If that doesn't satisfy your exercise needs, try running up the sand hill a few times. You'll definitely feel a burn after that!

All in all, have fun with it! Summer is one of the best times of the year, and keeping active throughout is easier than ever, if you can get creative.



10 Weeks to the Pre

The 39th Annual Prefontaine Memorial Run is set for Saturday, September 15th, 2018. We will again be offering our 10 weeks to 10k "Prep for the Pre" training program beginning on Tuesday, July 3rd. For the 9th consecutive year, DHF has hosted this simple but effective program which helps beginner walkers and runners prepare for the Pre 10k as well as provides guidance for experienced runners to hone their skills to improve their race outcome in September.

Adding a guided running or walking program to your exercise regimen can be a highly effective way to safely take your fitness to the next level.

The training commitment is 4 days per week and consists of 2 group and 2 on-your-own distance days. Each week, our experienced trainer

Brandy Thompson, will teach supplemental information on proper form, technique, nutrition, building muscle and core strength, breathing, pace, and injury prevention to round out the program. The workouts are varied by route, distance, time and education content to provide participants an opportunity to practice and overcome issues specific to the Pre route. All information and practice is designed to set participants up with the knowledge and experience they need to succeed during training and on race day.

Member price for the program is \$25. Non-member price, which includes full club use for the duration of the program, is \$75. Participant space is limited so check in at the front desk to sign up today!

Summer Berry Salad

Recipe of the Month

INGREDIENTS:

10 oz Baby Spinach
 1 c. Whole Strawberries, quartered
 1 c. blueberries
 1/2 c. Pecans
 1/2 c. Dried Cherries
 Strawberry Vinaigrette
 2 c. Whole Strawberries, quartered
 3 TBS Avocado Oil
 2 TBS Raw Apple Cider Vinegar
 3 TBS Grade B Maple Syrup (or to taste)
 Salt & Pepper to taste

COOKING DIRECTIONS:

1. Toss Spinach, quartered strawberries, blueberries, pecans, and dried cherries in a large bowl .
 2. To make the dressing: Combine all ingredients in a small blender or food processor and blend until smooth. Adjust sweetener, salt and pepper to your liking.
 3. Toss salad with dressing, or serve on the side

SUMMER BERRY SPINACH SALAD with strawberry vinaigrette



Becoming Early Birds

Annis Cassells

“The Early Bird catches the worm.” This 17th century Proverb our mothers and grandmothers quoted to us still rings true today. Being early brings a person numerous benefits.

Some movie theaters and restaurants offer discounts in the form of “Early Bird Specials.” Throughout my career years, I’ve been lucky enough to have prices knocked down for early registration at conferences and hotels.

Athletes, artists, writers, CEOs, and many folks considered to be successful take advantage of the early morning hours. It gives them more time during the day when their energy, motivation, and creative levels are high. They’re able to complete projects and tasks, which leads to feelings of accomplishment and greater success. For me, early morning is often when a solution to a problem or an answer to a question appears. In that drowsing time, my eyes may snap open and I have to get to my computer or grab a paper and pencil and jot down my ideas. Sometimes a poem or a story comes to me—or even a newsletter article. And, it’s early morning when an email that requires focus and a thoughtful response can be tackled. That’s when I’m more apt to make myself clear and hit all the required points.

Many days, unexpected opportunities and distractions occur, changing plans and schedules. So getting an early start serves me well as I try to whittle down the to-do list I’ve written on my calendar the night before.

This year Judy and I are happy “early birds” for our summer stay in Coos Bay. Beside the pleasure of spending an extra month in this place we call our second home, we’ve picked up lots of additional delightful perks.

Never have we seen so many gorgeous rhodies in full, colorful bloom. They’re usually fading by the first of June. This year we were able to savor the array of menu choices and share the Mother’s Day Brunch at Black Market Gourmet with my sister and a number of Coos Bay friends. Ordinarily, it’s something I drool over, having read about it on Facebook. Because I’m early, I attended the monthly gathering of writer friends who keep in contact after my summer writing workshop ends. And, when the 3rd Wednesday of May came, I spent an extra evening with my Coos Bay book group.

For years, our buddies have regaled us with stories and photos of the bounty and teeming crowds at the Master Gardeners’ mid-May Tomato-Rama. This year we experienced the excitement firsthand as we lined up a half hour early and ventured in alongside eager gardeners when the doors opened on the dot of 10:00.

Just by being early birds, we’re a month richer in connections, hugs, experiences, and spirit—and appreciating our bonus time right here by The Bay.

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Looking Ahead Walking, running, and hiking events.

June 2

**Bear Claw
 5K YOUR Way
 9 AM**

**Free to the public
 SOCC at the Quad**

June 9

**Whiskey Run
 Mountain Bike Festival
 10:30 AM**

**Whiskey Run Trail
 Parking -Bandon**

June 9

**Jennifer’s Catching
 Slough Classic
 9 AM**

**Catching Slough Rd /
 Coos River Hwy**

June 23

**ECEC Butterfly Run
 8:15 AM**

**Elkton Community
 Education Center
 Elkton, OR**

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 southcoaststriders@gmail.com.