

Downtown Health & Fitness

MARCH 2018

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Dates to Remember:

**Sunday, March 11—
Daylight Savings Time
Begins**

**Saturday, March 17th—
Free Friend Day**

**Saturday, March 17th—
St. Patrick's Day**

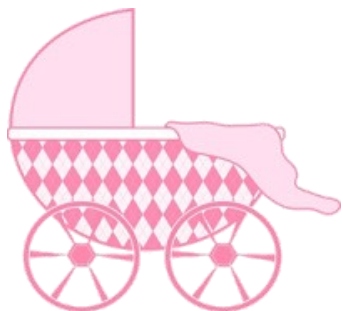
**March 20
Spring begins**

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NEWS TO YOU

A Downtown Health & Fitness baby is coming! Alishia is now on maternity leave, but she will return in a few months. We will keep you updated on the birthday of Baby Girl Bullis.



Benefits of Exercise for Older Adults

Keeping active as we age has important benefits to our lives and lifestyles. There was a time when older people just didn't exercise. Now it's not unusual to see a 90 year old person running marathons, proving there's a difference between age and aging. Older adults respond to exercise and physical activity pretty much the same way young people do. Chronological age might be very different from functional age. Listed below, The **World Health Organization** has put together the top three, (immediate and long term,) benefits of physical activity for older adults: Physiological, Psychological and Social.

Physiological:

Immediate Benefits:

Glucose Levels: Physical activity helps regulate blood glucose levels.

Catecholamine Activity: Both adrenalin and noradrenalin levels are stimulated by physical activity.

Improved Sleep: Physical activity has been shown to enhance sleep quality and quantity in individuals of all ages.

Long Term Effects:

Aerobic/Cardiovascular Endurance: Substantial improvements in almost all aspects of cardiovascular functioning have been observed following appropriate physical training.

Resistive Training/Muscle Strengthening: Individuals of all ages can benefit from muscle strengthening exercises. Resistive training can have a significant impact on the maintenance of independence in old age.

Flexibility: Exercise that stimulate movement throughout the range of motion assists in the preservation and restoration of flexibility.

Balance and Coordination: Regular activity helps prevent and/or postpone the age-associated declines in balance and coordination that are major risk factor for falls.

Velocity of Movement: Behavioral slowing is a characteristic of advancing age. Individuals who are regularly active can often postpone these age related declines.

Psychological:

Immediate Benefits:

Relaxation: Appropriate physical activity enhances relaxation.

Reduces Stress and Anxiety: There is evidence that regular physical activity can reduce stress and anxiety.

Enhanced Mood State: numerous people report

elevations in mood state following appropriate physical activity.

Long Term Effects:

General Well-being: Improvements in almost all aspects of psychological functioning have been observed following periods of extended physical activity.

Improved Mental Health: Regular exercise can make an important contribution in the treatment of several mental illnesses, including depression and anxiety neuroses.

Cognitive Improvements: Regular physical activity may help postpone age-related declines in central nervous system processing speed and improve reaction time.

Motor Control and Performance: Regular activity helps prevent and/or postpone the age-associated declines in both fine and gross motor performance.

Skill Acquisition: New skills can be learned and existing skills refined by all individuals regardless of age.

Social:

Immediate Benefits:

Empowering Older Individuals: A large proportion of the older adult population voluntarily adopts a sedentary lifestyle, which eventually threatens to reduce independence and self-sufficiency. Participation in appropriate physical activity can help empower older individuals and assist them in playing a more active role in society.

Enhanced Social and Cultural Integration: Physical activity programs, particularly when carried out in small groups and/or in social environments, enhance social and intercultural interactions for many older adults.

Long-Term Effects:

Enhance Integration: Regularly active individuals are less likely to withdraw from society and more likely to actively contribute to the social milieu.

Formation of New Friendships: Participation in physical activity, particularly in small groups and other social environments, stimulates new friendships and acquaintances.

Widened Social and Cultural Networks: Physical activity frequently provides individuals with an opportunity to widen available social networks.

Role Maintenance and New Role Acquisition: A physically active lifestyle helps foster the stimulating environments necessary for maintaining an active role in society, as well as for acquiring positive new roles.

IRISH POTATO SOUP

Recipe of the Month

Ingredients:

1/2 cup unsalted butter
1 medium onion, thinly sliced
3 leeks, sliced
3 large baking potatoes, peeled and cut into 1/4-inch-thick slices
3 (14 1/2-ounce) cans chicken broth
1 teaspoon salt
1/4 teaspoon pepper
Toppings: shredded Cheddar cheese, crumbled cooked bacon, chopped fresh chives

Directions:

Melt butter in a large saucepan over low heat; stir in onion and leek. Cover and cook 20 minutes. Stir in potato; cover and cook 15 minutes. Stir in broth, salt, and pepper; bring to a boil. Reduce heat, and simmer 30 minutes or until potato is tender. Remove from heat, and cool slightly. Process soup in batches in a blender until smooth, stopping to scrape down sides; return to saucepan, and cook over medium heat until thoroughly heated. Serve with desired toppings.

From: Southern Living, March 1999

Path to Brain Health

By Annis Cassells

Even though they may not be physically up to a taking care of all their daily needs, we've heard it said of some elderly people, "Her mind's still sharp." We count that as a blessing these days when longer life-spans for some means decent physical health but diminished mental capacity due to dementia or Alzheimer's disease.

Chances are good seniors who still "have it" have practiced a brain-healthy lifestyle, probably without calling it that. Regular exercise and a healthy diet are important for brain health.

Alice Walton, in Forbes Magazine writes about the results of two studies. "The sugar-brain connection isn't just a theory anymore... One study finds that sugary drinks are linked to pre-clinical Alzheimer's disease: Poor memory and reduced brain volume in certain areas. The other study finds that artificial sweeteners aren't much better—they're linked to a greater risk of stroke and of dementia."

According to Dr. Robert Bender, medical director of the Johnny Orr Memory Center and Healthy Aging Institute in Des Moines, Iowa, a healthy, balanced diet, low in fat and cholesterol and high in anti-oxidants, is one important factor. He also says regular exercise promotes vascular health, which protects brain tissue by way of allowing a better blood flow to the brain.

Dr. Bender also says, "The brain wants to learn new things ... when the brain is passive, it has a tendency to atrophy."

Software games like *Luminosity*, *Elevate*, and *Fitbrains* include mental exercises in math, language, memory, and logic, and they take a certain amount of manual dexterity. Sometimes I don't do well on certain games until I understand the most efficient way to display my answers. But, hey, figuring that out is a mental exercise, right?

But we don't have to have smart phones or computers to exercise our brains. Experts tell us real-life activities offer effective brain training. Through novelty and challenges in everyday ac-

tivities, we can strengthen brain function. Changing our usual route home or brushing our teeth with the opposite hand meet that criteria.

The folks who work their daily crossword and Sudoku puzzles, or "how are these pictures different" challenges in the newspaper are on the right track.

A few more ideas for real-world activities that contribute to improving brain health include:

Test your recall. Make a grocery list, memorize it, and check back later to see what you remember. After driving or visiting a new place, draw a map from memory.

Take up a hobby. Hobbies challenge the brain, and those that require manual dexterity, such as knitting, wood crafts, painting, and sewing require hand-eye coordination and stimulate spatial-temporal reasoning. Learning to play (or returning to playing) a musical instrument is another beneficial hobby.

Take a cooking class. Since cooking involves all the senses, it's a great way to stimulate the brain.

Take a trip. Whether it's visiting another country, state, city, or neighborhood, unfamiliar surroundings expose our brain to different stimuli and enrich it.

Yes, there are brain health exercises we can begin to do early in life that will help us stay sharp. Dr. Bender says, "In the coming decade, I predict brain wellness to be right up there with heart health — now that there's proof that living a brain-healthy lifestyle works!"

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Looking Ahead

Upcoming walking, running, and hiking events

Saturday, March 3 9:00am
Cape Arago Trails

Saturday, March 17
10:00am
Coos Bay History Walk

We will meet at 10:00 in the parking lot at the Coos History Museum, and the walk will start from there following a brief introduction. Directions: The North Bend Visitor Center is just off Hwy 101 on the North end of town next to Simpson Park

Saturday, March 24 9:30am
Bandon Dunes Trails

Meet at 9:30 in the parking lot near McKee's Pub at Bandon Dunes

Saturday, March 10 9:00am
Run of Two Cities

Start/Finish is across from Minus Park (8th and Wall St.) near the softball field, Coos Bay. This is a very hilly and challenging course that hits both Coos Bay and North Bend.

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.

www.runningintheusa.com to find more races in Coos county, and Oregon.

ZUMBA GOLD

Welcome back Royce Bogs

Royce has loved dance since her childhood and took classes for several years. In 2010, she pursued a certification in Zumba Gold and started teaching for DHF in 2011. She taught until 2016, where she then resigned due to a move. She has now retired and will be teaching Zumba Gold on Tuesday and Thursday mornings at 10:15am starting April 1st. We are excited to have her back doing what she does best! Please help us in welcoming her home.



Exercise/Machine Highlight

Andre Van Rooyen

Dips!

One of the best exercises for upper body strength and conditioning is the dip. The dip is an exercise where your triceps, chest, and shoulders press you through the range of motion. (As shown in the figure to the right). This is a very functional exercise as well, in which you can use your body to make the exercise more difficult. You can utilize the angle of your body to put more stress on one of the muscle groups. If you wish to target the triceps you should remain upright and tuck your elbows.

Whereas, if you wish to target your chest, you should lean your body forward at a 45 degree angle with your elbows slightly flared. The great thing about dips is anyone can do them! Our dip/chin assist machine can accommodate all fitness backgrounds. If you need assistance, the weight stack on the machine will take some of the load off. If you find this easy you can do dips with your body weight, or add weight with a weight belt. Research shows exercises that “move your body through space” (such as the dip) are superior to exercises where you remain stable. This exercise can also be performed on two benches, or chairs.

