

# Downtown Health & Fitness

MAY 2015

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## Dates to Remember:

**Sunday, May 10th—  
Mother's Day**

**Wednesday, May  
13th —FREE  
FRIEND DAY**

**Sunday, May 24th—  
CLUB CLOSED**

**Monday, May 25th—  
Memorial Day  
CLUB CLOSED**

## Small Spaces

By Deb Lal

There are days that you may not want to go to the gym, or have the time or ability to get there. Maybe you are on vacation and are not near a gym. But you still want to exercise. Most people avoided exercising at home or in a hotel room because they do not think they have the room to do it. Not many people have an extra room that can be dedicated to a “home gym” with cardio equipment, benches and weights and various exercise equipment trends, so here is an alternative.

If you have room to lay down a yoga mat, you have the room to get a great workout. With a yoga mat and some dumbbells or resistance bands/tubes, you can get a good cardiovascular workout, strength training and improve flexibility.

Cardiovascular exercise is defined by keeping your major muscle groups moving rhythmically for at least 10 minutes. Some of the exercises that you can do in

a small space are jumping rope (with or without a rope), jumping jacks, burpees, squat jumps and mountain climbers. Intervals of these movements will help you obtain your goal of 10 minutes of cardiovascular exercise.

Using your dumbbells or resistant bands/tubes you can accomplish many of the strength training exercises you do at the gym. As far as I am concerned, the best piece of equipment for exercise is always with you; it is your body. Body exercises like dips and pushups, squats and lunges, planks and crunches are an excellent way to gain strength. Don't forget the warm up and the stretch when you are done.

Take advantage of many videos that are available. Using a yoga video is an excellent way to maintain flexibility and a good range of motion.

Do not let space limit your ability to move, get fit and stay healthy.

## Class Highlights

Have only 1 hour to work out multiple muscle groups AND get some effective cardio training in? Try these awesome classes.

**Body Sculpting:** Keeping your body strong requires strength training. Using a variety of dumbbells, bands, tubes and body weight exercises to sculpt muscles and keep ourselves strong and fit!

**Body Blast:** Two-minute intervals of cardio, strength training and core conditioning will make this full hour go by fast! This combination of exercises allows you to elevate your heart rate while strengthening your muscles and core.

**These classes are definitely a great workout! Come join Lesley every Monday & Wednesday @ 4:30 p.m.**

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## New Member Summer Special!

**Starting May 1st  
buy a 3 month  
membership for  
only \$100.00  
PLUS we will  
waive the joining  
fee! A great gift  
certificate idea!**

# Chicken Breasts with Tomato, Avocado & Cucumber Salsa

## Recipe of the Month



**Ingredients:**  
 Cooking spray  
 3/4 tsp salt, divided  
 1/4 tsp chipotle chile powder  
 4 (6-ounce) skinless, boneless chicken breast halves  
 1 1/4 cups chopped seeded peeled cucumber  
 1 cup grape tomatoes, halved

**Instructions:**  
 Heat a grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle 1/2 tsp salt and 1/4 tsp chipotle chile powder evenly over chicken; add chicken to pan. Cook for 6 minutes on each side or until done, and remove from heat.

Combine remaining 1/4 tsp salt, cucumber, tomatoes, onion, and remaining ingredients in a medium bowl, tossing well. Serve with chicken.

**Yield:** 4 servings (serving size: 1 chicken breast half and 3/4 cup salsa).

Recipe from Cooking Light via <http://www.myrecipes.com/recipe/chicken-breasts-with-avocado-tomato-cucumber-salsa>

1/2 cup chopped red onion  
 1/2 cup chopped peeled avocado  
 2 T chopped fresh cilantro  
 2 T fresh lime juice  
 1 jalapeño pepper, seeded and finely chopped

## Preserving Memories

*By Annis Cassells*

Memories are the past's precious gift. They can take us back to a specific date, a certain place, a special person. They can bring us to tears and utter joy. Memories allow us to share "the olden days" with young family members. One little question can lead to a flood of memories and stories.

"Remember the time we crashed that Elderhostel cooking demo in Louisiana?" That question sent us back to 2002 and our first cross-country road trip. Judy and I visited a village that replicated Cajun and Creole community living. A woman announced a cooking demonstration that was about to start. It wasn't on the program schedule, but we walked in and took seats. Then we noticed everyone except us wore an Elderhostel tag. The cook was making jambalaya. I remember her scooping up a large spoonful of something and flinging it into the cast iron skillet then shouting, "Hog lard! I use hog lard!"

Years later, that event-crashing memory still turned my stomach. But, it also led to recalling other trips where we happened to be on the edge of a group and blended in: Charleston, SC, and Auckland, NZ. Travelogues we've written and old photo albums help sharpen memories that have become fuzzy over time.

In 2015, people carry hundreds of pictures on their Smartphones, but the pictures are not always easy to access. Searching through hundreds and hundreds of tiny thumbnails, putting dialogue on hold. ("Just a minute. It's here somewhere.")

I like a combination of the old-fashioned way

and using technology to keep my memories closer at hand. Recently, I scanned a collection of oldies -- starting from when I was a girl. The young faces of my siblings and parents, my own daughters, and other family and friends have resurfaced from the storage boxes in the garage. Now, they come up on my computer as wallpaper or screensavers. I see them regularly. Occasionally, I title an email "Photo of the Day" and send one or more of the scanned pictures off to be shared. My daughters love seeing their baby and girlhood photos, and my sister often replies with her recollections of the time when the photo was taken.

These days, we make photo books through Shutterfly or some other online company to highlight a vacation, our family reunion, or some other occasion. They are simple to construct on the website and easy to pull out for others to see. A representative collection, these books don't contain every picture we shoot, but they provide a flavor of the event and a jumping off place for conversation and sharing memories.

Making memories. It's what we do every single day. Though we don't want to live in the past, accessing our memories enriches us and the younger family members who see and hear our stories. Do yourself a favor and assemble your memories in easily reached places so you and others can enjoy them.

Copyright © 2015. Annis Cassells. All rights reserved. A life coach and speaker, Annis can be reached at [HeyAnnis@aol.com](mailto:HeyAnnis@aol.com). Follow her blog at [www.thedaymaker.blogspot.com](http://www.thedaymaker.blogspot.com).

**Looking Ahead**  
 Upcoming walking, running, and hiking events.

### Let's Walk & Talk Together

Saturday, May 9th—9a.m.-12p.m. @ Mingus Park.

Several walk options or join in a warm up aerobics session. There will be music and a DJ at the park so you can get your walking groove on.

### Rocky Peak Hike

Sunday, May 17th— 9:30a.m. Meet at CB Visitor Center. Choose 3 mi moderate or 4.6 difficult hike up toward Rocky Peak. Awesome views!

Visit [www.coostrails.com](http://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](mailto:southcoaststriders@gmail.com).

### 30th Annual Prediction Run & Walk

5mi run or 3 mi walk with gifts for the best predicted finishing time. Saturday, May 9th 10 a.m. Coos Bay Boardwalk

### 23rd Annual See Jane Run for competitive women only. 1mi or 5k distance runs

Saturday, May 30th 10 a.m. John Topits Park

[www.southcoastrunningclub.org](http://www.southcoastrunningclub.org) to find out more on this or upcoming events or to check into the running club. Find them also on Facebook. Inexpensive family memberships include a quarterly newsletters and discounts on many of the great run events held along the beautiful south coast!

## Member Feature

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

### Lona Wilson

**How long have you been a member of Downtown Health & Fitness?** I became a member the same month that DH&F opened in June of 2006.

**What is your favorite type of exercise?** I'm not as active as I should be so to keep the aches and pains away, along with strong muscles to support my bones I joined DH&F after our children graduated. I feel much better when I exercise and stretch.

**What keeps you active?** My favorite go to snacks are raw vegetables and almonds. Sweets are my biggest downfall!

**What is your biggest struggle with health and fitness?** I need structure since I lack self discipline. I tried for months using the open gym and didn't feel I worked as hard as I should. I watched the clock and found excuses for leaving early. Since going to classes, I work harder and stay the entire hour. Time goes by quicker in a class.

**What would like other members to know about you?** The first year of my membership was torture to go to the gym. I knew I needed it so I continued to go. Now it's routine and rarely miss unless on vacation. In the morning before work I pack a gym bag and change clothes and go straight to the gym after work. This way I have no distractions to interrupt exercising.

**What is your favorite recipe?** HA!! For all that know me, I don't enjoy cooking. My motto is "We only eat for survival". Meals are very simple and usually green salads topped with a variety of veggies, steak or chicken slices, various cheeses and I call it a meal. Top this off with a glass of wine. We have this several times a week. I don't have a fa-

## Product Highlight

### Resistance Bands



A resistance band is an elastic band used for strength training. They are also commonly used in physical therapy. Originating in the early 20th century, the bands were originally made from surgical tubing and the exercises conducted for muscle rehabilitation, but resistance band training is now used widely as part of general fitness and strength training. Most free weight exercises addressing commonly worked muscle groups may be worked effectively with resistance bands.

### DIAL-A-Weight or

### Adjustable Dumbbells

Its dial feature lets you add or reduce the amount of weight you are using in an all in one unit. Most brands offer quick and easy switching among different weights with just the turn of a dial. There are many brands spanning different cost points but if you are short on space, this product is quite worth it.

