

# Downtown Health & Fitness

APRIL 2015

440 Central Ave ♦ Coos Bay, Oregon 97420  
541-267-3948 ♦ email: [dhfitness@downtownhealthandfitness.net](mailto:dhfitness@downtownhealthandfitness.net)  
Visit us at: [www.downtownhealthandfitness.com](http://www.downtownhealthandfitness.com)

## Dates to Remember:

**Wednesday, April 1st**  
**April Fool's Day**

**Thursday, April 2nd**  
**FREE FRIEND DAY &**  
**First day of PiYo!**

**Friday, April 3rd**  
**Walk to Work Day**

**Sunday, April 5th**  
**Easter Sunday**  
**CLUB CLOSED**

## Inside this issue

Sleep Health	1
News to You	1
Recipe of the Month	2
Overall Wellness Finale	2
Looking Ahead	2
Member Feature	3
Product Highlight	3

**WE WILL BE  
CLOSED  
EASTER  
SUNDAY,  
APRIL 5**



## Sleep Health

by Deb Lal

Do you ever have a hard time sleeping? Maybe you are able to fall asleep quickly but awake during the night and then have a hard time going back to sleep, or, maybe you have a hard time falling to sleep but once you do, you can sleep for hours without waking up. Either way, sleep can often be a problem. There are many reasons we have sleep problems. The most common reasons are:

- Stress
- Alcohol
- Caffeine
- Shift work
- Traveling
- Environment (hot, cold, noise, light or children)

When we experience sleep loss we often feel hungrier than normal. A lack of sleep secretes cortisol which can cause hunger pains despite of eating adequate amounts of food. This can also lead to an increase of fat storage because a lack of sleep will interfere with our body's ability to metabolize carbohydrates which results in high levels of blood sugar. This is a critical step that can lead to Diabetes.

Some sleep problems that are related to being overweight or obese include:

- Sleep apnea
- Low back pain (making it uncomfortable or difficult to sleep)

Depression or worrying about weight can interrupt sleep patterns

Weight loss and sleep tend to go hand in hand. If we are overweight we may not be sleeping well but if we lose weight we may be able to eliminate some of our sleep issues such as:

- Snoring
- Sleep apnea
- Daytime sleepiness
- Sleep quality

Here are some useful tips to help with a better night's sleep:

- Don't go to bed hungry, but don't eat a big meal before bed
- Exercise regularly, but try not to exercise up to 3 hours before going to bed
- Avoid caffeine, nicotine in the late afternoon or evenings
- Daytime napping may interfere with falling asleep in the evening
- Establish a relaxing, pre-sleep rituals (warm bath, cup of herbal tea, reading, etc.)
- Create a pleasant environment in which to sleep (dark and quiet)
- Can't fall asleep? After 30 minutes get up and do a relaxing activity until you are sleepy.

If sleep still seems to elude you, consulting a doctor or sleep specialist may be in order.

## NEWS TO YOU

We are so excited to announce the addition of **PiYo** to our weekly class schedule on **Thursdays at 4:30pm starting April 2nd.**

**Instructor, Tiffany Winchell-Tibbets,** will lead participants through a low-impact, high-intensity body-transformation program. It uses the most effective Pilates and yoga in-

spired moves set to a fast pace to help you burn fat while you sculpt long, lean muscles. You'll carve every inch of your body without jumps, without weights, and without straining your joints. And rest assured, there's no complex choreography to learn.

**We hope you will drop on in to have a great and fun workout with Tiffany!**

# Chicken Avocado Caprese Salad

## Recipe of the Month



### Ingredients:

- \* 1/2 cup balsamic vinegar
- \* 2 T brown sugar, packed
- OR
- \* 1/4 cup balsamic vinegar reduction sauce
- \* 1 T olive oil
- \* 2 boneless, skinless thin-sliced chicken breasts
- \* Kosher salt and freshly ground black pepper, to taste
- \* 6 cups chopped romaine lettuce
- \* 6 ounces fresh sliced or mozzarella “pearls”
- \* 1 cup cherry tomatoes, halved
- \* 1 avocado, halved, seeded, peeled and diced
- \* 1/4 cup basil leaves, chiffonade

### Instructions:

You can either use bottled Balsamic Reduction sauce or make

your own. To make the balsamic reduction, add balsamic vinegar and brown sugar to a small saucepan over medium heat.

Bring to a slight boil and reduce by half, about 6-8 minutes; set aside and let cool.

Heat olive oil in a medium skillet over medium high heat. Season chicken breasts with salt and pepper, to taste. Add to skillet and cook, flipping once, until cooked through, about 3-4 minutes per side. Let cool before dicing into bite-size pieces.

To assemble the salad, place romaine lettuce in a large bowl; top with chicken, mozzarella, tomatoes, avocado and basil. Pour balsamic reduction on top of the salad and gently toss to combine. Serve immediately and enjoy!

Read more about this recipe on <http://damndelicious.net/2014/05/26/caprese-avocado-salad/>

## Overall Wellness Finale

By Annis Cassells

This month we wrap up discussing Sid Simon’s dimensions of overall wellness. The idea is that we take steps to be well and healthy in all facets of our lives, physical, mental, emotional, and spiritual. Overall wellness translates to happiness and satisfaction. So, let’s look at these final thoughts.

**12. Having a counseling outlet, and knowing that we deserve it.** Sometimes we just need to talk to a neutral person who will listen without a pre-conceived agenda or notion about our lives. A person with a different perspective. Professional counseling can help us see alternatives, provide validation, direct us toward help that we might need.

**13. Getting a maximum of validation, encouragement, and support and a minimum of negative criticism.** Most often we deal with family, friends, and co-workers. Wellness, in the forms of growth and self-confidence, occurs when we get positive feedback and support from the folks in our lives. It also helps US in our quest for wellness when we **give** maximum of validation, encouragement, and support and a minimum of negative criticism.

**14. Being open to change and new experiences.** Change is inevitable. The new experiences that change brings add depth to our personalities and ideas. We might as well not resist. It’s the resistance that will cause us pain and anxiety and create dis-ease — more so than the change.

**15. Having fun in our lives.** Fun is one of the five basic needs of humans. It’s the element that draws people together, provides physical and mental outlets, or keeps people going. It was the fun of marching band that got a young friend of mine up in the morning to go to school. Fun brings people closer together. And, when learning is fun, we remember facts and information more readily. (Think Sesame Street).

**16. Having art, good music, theater, and beauty.** These feed the mind, body, spirit, and emotions. Think of how you’ve been moved or your consciousness expanded by the Arts.

**17. Being free of addictions, in whatever form they come.** Though we often first think of drugs, alcohol, and cigarettes, anything can become an addiction. Shopping, food, exercise, sex. When our behaviors around any part of life reach compulsion or become out of control, it’s time to look at it as an addiction and take measures to free ourselves. That may be where professional counseling comes in.

Many of us have work to do. I sure do. It takes continuous effort and focus. But, I encourage each of you to seek optimal health and satisfaction by incorporating the components I’ve outlined over the past three months. Overall Wellness. That’s what we strive for as we “do life.”

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.

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).

**Sweet Creek/Beaver Creek area hikes.** 4 different out and back moderate level routes. Pick a few or hike all 4 routes for an overall distance of 4.9 miles along beautiful streams, waterfalls and amazing views.

[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!

**24th Annual, Salmon Creek Run:** 10 am, Saturday, April 4th. 5k & 10k distances over rolling, paved and gravel roads in Powers. For more information contact Joe Hallett, 541.439.4485

**38th Annual Roseburg to Coos Bay Relay on Saturday, April 18th.** Starting at 6 am in Roseburg. This 67 Mile, 5 person relay run follows the beautiful scenery and the peaceful solitude of the Coos Bay Military Wagon Road that travels mostly through sparsely populated areas of the Coast Range to the finish in downtown Coos Bay.

## Member Feature

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

### Jeff Lillebo

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

12 months

**What is your favorite type of exercise?**

Soccer

**What keeps you active?**

My lifestyle is an active one... it's part of the "secret" recipe!

**What is your biggest struggle with health and fitness?**

Age! It's brutal getting older.

**What would like other members to know about you?**

If you wouldn't do it...I probably would!

## Product Highlight

**SPIBELTS** and **FLIPBELTS** are great ways to carry your phone, keys, or money while you run. This allows you to listen to music and keep your phone/iPod easy to access and more comfortable than with an arm band. For their size, they hold a surprising amount of personal objects to ensure you have what you need while you are out running/walking.



Moving a load around that is fairly fluid is a much harder proposition than shifting a stable load. A fitness **SANDBAG** is designed to be hard to hold, hard to stabilize on your body, and easy to fall if you mess up. Improved core stability, and assistance from a wide range of muscles is one of the many upsides of sandbag training. You get really strong, amazing grip strength, and are a far more functional person for real life situations by incorporating this method of training into your workouts.