

Downtown Health & Fitness

APRIL 2019

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Visit us at: www.dhfitness.net

Dates to Remember:

CLOSED:

Sunday, April 21st
Easter Sunday

FREE FRIEND DAY :
Thursday, April 18th

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*WE WILL BE
CLOSED
EASTER
SUNDAY,
APRIL 21st*



Check Your Cold

Lesley Gonzalez

Cold and Flu season is still lurking around and it has been a long, tough one. So we should be mindful when we feel like we are getting a cold. Should we work out? Should we go to the gym? These are some valid questions that need to be answered.

Have you heard the saying, or advice "I think I am coming down with something, I'll just go to the gym and sweat it out."? Well, this advice does not always prove to be the best advice.

Exercise actually can provide some temporary relief from some cold symptoms, but studies taken from Ball State University indicate that colds and flus will last the same amount of time whether someone exercises or not. Maybe it's time to give yourself a few days off. We need rest when we are sick. And to top it off, colds are most contagious during the period before we start to feel ill and during the first few days with symptoms. If you suspect that you may be coming down with a cold or the flu, please consider staying home and out of the gym in order to avoid spreading it to others.

Dr. Alastar Jordon, a lecturer in sports and exercise sciences at Leeds Trinity University states, "It's acceptable to exercise if you have a sniffle, but anything worse than that, it's probably best not to exercise."

Do not exercise if you have a fever. When you

exercise, you raise your body's temperature. If you already have a high temp and you raise it further, you can make yourself even more ill. In adults, a fever is considered to be anything above 38C (100.4F).

THE NECK CHECK:

The neck check is one way to gauge whether you should avoid exercise or not. If symptoms are above the neck – a head cold, say – it's ok to exercise. Anything below the neck, such as bronchitis, tightness in your chest or muscle or stomach pains, it's not OK to exercise.

If you feel that you cannot give up a couple days off of your regular workout routine, consider working-out at home. Maybe go for a walk or put in a workout DVD.

Make sure to talk with your doctor about your concerns with cold or flu.

Most of us who love being in the gym, not just for our exercise routine, but also to get in our social meeting and coffee time, have the hardest time staying away when we feel under the weather.

Bottom line: Listen to your body, get good rest and be respectful of others.

CLASS HIGHLIGHT-INSANITY

Insanity is max interval training using bodyweight to perform four-30 second sets of strength and cardio exercises at the individual's optimal level with periodic rest periods in between. The name Insanity is sure to intimidate new participants, but it is one of the most customizable workouts available. The bodyweight moves are all designed to help strengthen a person from head to toe and can be effective for anyone due to the many modifications available.

Current Downtown Health Insaniacs include men and women aged 15-70 who are all at varying fitness levels, skills, and health status. Each of these participant started at their baseline, but with consistent participation have seen improvements in strength,

stamina and achieved a greater level of fitness than they originally thought possible. The intensity of the moves are complemented by great music which will draw you easily through the 50 minute workout. The instructors are knowledgeable in helping you to vary the workout to your own needs and provide encouragement and positive energy to motivate participants to "just keep moving". Class goes will push through limits they never believed possible and leave feeling a huge sense of accomplishment and an "I can do ANYTHING!" attitude.

***Come on in and try it with Shirley
Monday nights @ 5:45 or Brandy Friday
mornings @ 5:30!***

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-

egar 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/>

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 vin-

Peaks and Valleys

By Annis Cassells

If we could plot out our lives on a line graph, it would look like a series of peaks and valleys. That's the way life goes. Our periods of highs and lows are interspersed. Experiencing these differences encourages us when we're at a low point. We know that bad times don't last forever and that we will pull out of it. Having the tough times for comparison, we appreciate and savor the good times.

Climbing out of the valleys of our lives is sometimes a long trek, but we make it. Our resilience skills come into play and we bounce back. Some find or renew our faith. Many of us seek support and encouragement, or even more tangible help, from family and friends or counselors. Some of us redouble our efforts or develop new skills. Often, we make a change or a shift in our attitudes, and that effects the change we need. We do whatever it takes. But we make it.

I am amazed at the fortitude of the human spirit when faced with adversity. People close to me have lost jobs and returned to school to retrain for a different career. It wasn't easy, especially after having been away from formal schooling, but they did it. Many of us have faced devastating illnesses and overcome them with medical treatment or lifestyle changes, or both. It was scary, but we did it.

One family member suffered an accident at work that has put her on the sidelines for almost eighteen months. In addition to the injury and pain, being unable to do the job she loved and had trained for was heartbreaking. Dealing with the intricacies of Workers' Compensation rules and hoops has been frustrating and eye-opening.

Looming in front of her are the physical requirements of her job and tests she must take to prove she can safely execute her duties. But she's a fighter who's met her challenge head on, advocating for herself for medical treatment and physical therapy. Then, when Workers' Comp would not approve more therapy, she took over, doing the exercise routines she'd learned and committing herself to following her regimen. With concentrated effort, her strength and agility are returning, and she has a positive outlook on her ability to pass her tests and get back to work soon. We applaud her determination and resilience.

Throughout life, the experience and knowledge we gain from walking through our own valleys shows the rocky, uphill road we've traveled will lead to a peak. So we need to keep going. Things will get better and we will grow stronger and smarter. As the little red-head Orphan Annie sang, “the sun will come out tomorrow.”

Copyright© 2019 Annis Cassells. All rights reserved. Author of *You Can't Have It All: Poems*, Annis is a life coach and speaker. Read her blog at www.thedaymaker.blogspot.com. She can be reached at 661-619-3359 or heyannis@sbcglobal.net.

Looking Ahead
Upcoming walking,
running, and hiking events.

Salmon Creek Run
April 6th

Roseburg to Coos Bay
Relay
April 27th

Visit 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.

www.southcoastrunningclub.org to find out more on this or upcoming events or to check into the running club. Find them also on Facebook.

Downtown Health & Fitness

STAFF, GROUP FITNESS INSTRUCTORS & PERSONAL TRAINERS



Pictured left to right: Jennifer Stephens, Michelle Frost, Amy Breshears, Davis Perry, Alishia Bullis, Susan Shakespeare, Sandy White, Paula Holmes, Jill Davidson, Riley Anter, (bottom row) Kim Luerance, Heather Thoma, Tyler Summa, Lesley Gonzalez, Brandy Thompson, Tonya Pederson, Shirley Tremel

Not pictured: Royce Bogs, Jackie Corriea