

Downtown Health & Fitness

AUGUST 2016

Dates to Remember:

FREE FRIEND DAY
Tuesday, August 9th

Inside this issue

Friends and Fitness	1
Class Highlight	1
Meet Maddie	1
Greek Quinoa Bowl Recipe	2
Making Friends	2
Looking Ahead	2
Member Feature The Rise	3

INSANITY

CLASS HIGHLIGHT

INSANITY

Insanity is max interval training in which you work as hard as you can for 3-minute intervals, with 30-second periods of rest in between. According to the Insanity web site, exercising at this extreme intensity level will help you burn up to 1,000 calories an hour. The high intensity, loud music, and words of motivation from the instructors make this workout environment one that you want to be part of. The instructors will push you until you feel like you can't go any more. You will leave this class with a feeling of accomplishment and an "I can do anything" attitude.

440 Central Ave ♦ Coos Bay, Oregon 97420
541-267-3948 ♦ email: dhfitness@downtownhealthandfitness.net
Visit us at: www.downtownhealthandfitness.com

Friends and Fitness - Part 2

By Deb Lal

Last month we talked about friendships and fitness. Not only are friendships developed through fitness, but they also hold us accountable to stick with our workout routines. Another benefit to having friends to workout with is the ability to do Partner Workouts. There is a wide variety of exercise that you can do with two people. This makes your workout fun and challenging at the same time. We have many tools available at Downtown Health & Fitness that can be used for these workouts. Some equipment that comes to mind is our medicine balls and resistant bands.

Here are a couple of ideas using the medicine balls. We currently have medicine balls ranging from 2 pounds to 12 pounds.

Toss/Squat: Pick a medicine ball that is appropriate for you and your partner. One person stands on a bench while the other person stands approximately three feet away on the floor. The person on the bench tosses (lobs) the medicine ball to the person on the floor. The person on the floor catches the ball at chest level and as they are catching the ball, and before tossing it back, they do a squat. Do not let the ball drop below chest level. 10 to 20 reps are sure to get your heart rate going. Switch places.

Oblique Twist: Stand back to back with feet shoulder distant apart. One partner holds the

ball and turns to their right and passes the ball to the other partner. They then turn to the left and hand the ball back to the first partner. Complete this direction 10 times then change directions.

Resistant Bands are another great tool to use with partner workouts. The resistant intensity of bands is indicated by their color. Select the band with the appropriate amount of resistance for you and your partner.

Standing Row: One partner will hold the handles of the band with feet a little wider than should distance apart, while the other partner holds the band in the middle, creating the resistance. The partner with the handles will pull the handles towards them creating a rowing movement.

A quick search on the internet will bring up a variety of partner or buddy workouts. It is a great way to enjoy each other's company and get your sweat on. Enjoy!



Meet Maddie

Please join us in welcoming **Madison Budesilich, better known as Maddie to Downtown Health & Fitness. Maddie will be the face of fitness on Saturdays and Sundays.**

She is currently a student at SWOCC with plans to go into the Nursing program.

She also enjoys workout and taking classes so you may see her smiling face in one of our Zumba or Insanity classes.

So, when you come in on a Saturday or Sunday, take a minute to introduce yourself and "meet Maddie."

Greek Quinoa Bowl

Recipe of the Month

15 mins to make, serves 2-4

Loaded with fresh veggies and drizzled in a light homemade dressing

Ingredients

1 cup quinoa
1 + 1/2 cups water
1 cup chopped green bell pepper
1 cup chopped red bell pepper
1/3 cup crumbled feta cheese
1/4 cup extra virgin olive oil
2-3 TBSP apple cider vinegar
salt and pepper, to taste
1-2 TBSP fresh parsley

TASTY EXTRAS:

Hummus
Pita wedges
Olives
Fresh tomatoes
Lemon wedges



Instructions

- Rinse and drain your quinoa using a mesh strainer
- Bring a medium saucepan to medium heat and lightly toast the quinoa to remove any excess water
- Stir as it toasts for just a few minutes
- Add your water, set burner to high, and bring to a boil.
- Once boiling, reduce heat to low and simmer, covered with the lid slightly ajar, for 12-13 minutes or until quinoa is fluffy and the liquid has been absorbed
- While the quinoa cooks, chop and prep the remaining ingredients and whisk together your dressing ingredients
- Snag your now-fluffy quinoa from the pot and give it a little fluff with a fork.

For a chilled salad, you can pop the quinoa in the fridge for a few minutes prior to adding your veggies or simply let it cool on the counter-top for a few minutes for a room temperature quinoa bowl. Totally up to you!

For the super simple vinaigrette, whisk together olive oil, apple cider vinegar, salt, and pepper. How easy was that!?! Pour over your quinoa bowl and toss with a pair of forks or salad servers and dig. on. in.

From: peasandcrayons.com/2016/01/greek-quinoa-bowls-recipe.html

Making Friends

By Annis Cassells

“Being without friends is like missing an essential nutrient... Problems weigh more and pleasures yield less joy.” Marla Paul, in *The Friendship Crisis*

Friendship isn't just a “chick” thing. The feeling of being connected to a supportive network affects the health of both genders, even if the types and expressions of friendship differ.

Women are naturals at tending and befriending because, in times of stress, the hormone oxytocin kicks in. Women call their best friend for an intimate talk (befriending) or they may go on a cleaning or baking binge (tending). Times for sharing themselves, thoughts, and feelings are the norm in women's friendships. Groups for knitting or quilting, and discussion groups, book clubs, and classes are places where women connect.

Men's friendships buffer stress and reduce depression -- just like women's. Though oxytocin is present in men, testosterone diminishes its effect. So men take a different approach to friendship. Their friendships are often based on shared activities, relating shoulder-to-shoulder rather than face-to-face. We often see three types of men's friendships:

Activity friendships, such as for golf, softball, poker, fishing

Convenience friendships, based on exchange of favors (lending tools, helping to do projects)

Mentor friendships in which one individual is the older or more experienced of the two

Children make friends easily. They just walk up to another kid at the park, say “hi”, and start playing together. Through their play, they get to know each other and in just a few minutes have a new friend. As we get older, it's a bit tougher to make new friends. But we can, especially if we take a lesson from the kids:

Look for people with similar interests or hobbies (join clubs, organizations, classes).

Be open (set aside stereotypes and barriers).

Do a favor or ask a favor.

Ask questions and then listen to the answers. Listen more.

Friendships must be maintained and nurtured. Once we have friends, we can't take them for granted.

Spend time together (coffee dates, guys or girls night out, attend events, work on projects)

Let them know they're important (make them a priority, call, email, reach out)

Be there for the good and bad (weddings, births, funerals, celebrations, surgeries)

Include them on the good and bad of our lives, too

Don't keep score (it doesn't matter whose turn it is to call, write, or invite)

Focus on the positive (their strengths and qualities that drew you to them)

Friends encourage us to do our best and think different thoughts. They want us to prosper, and they delight in our successes. Our friends cheer us on and check in with us in hard times. They are our champions, our cheerleaders – our amigos, our buddies, our pals. They are people in our lives to be cherished.

Copyright © 2016. Annis Cassells. All rights reserved. A life coach and speaker, Annis can be reached at HeyAnnis@aol.com. Follow her blog at www.thedaymaker.blogspot.com.

Looking Ahead

Walking, running, and hiking events.

August 7 at 9 am— Bandon Historical Hike

4 miles. Meet in Public Parking Lot in Old Town Bandon
Hosted by: South Coast Striders

August 13 at 6:30 am—Circle the Bay 30k

Begins at Ferry Rd. Park
Hosted by: South Coast Running Club

August 13 at 7:30am—

Kentuck Falls& Northfork Smith River 2.2 or 6.5 miles
Meet at Dunes Info center Reed-sport

August 20 at 7:15 am— Scotty Brown Memorial Run 0-6 miles
Tugman St. Park

August 21 at 9 am— Dry Creek 10-12 miles out and back
Meet at post office at 9am

August 27 at 10am— North Spit Trails 6 miles
Meet at BLM Boat Ramp

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.

Member Feature

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

Larry Mangan

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

A: 10 years

Q: What is your favorite type of exercise?

A: Working on our property, elliptical (Tony Little machine) and Laurie's "Men of Steel" class.

Q: What keeps you active?

A: Trying to maintain a 100 acre ranch, "It's my golf".

Q: What is your favorite healthy snack?

A: In n Out burger. All fruits and veggies.

Q: What is your biggest struggle with health and fitness?

A: In n Out burger. Eating reasonable portions.

Q: What would you like other members to know about you?

A: I love the outdoors, nature is my church.

Q: What is your favorite recipe or food you like to eat?

A: Rotisserie chicken, with herbs (garlic, rosemary) stuffed with a lemon.



The Rise of the Sandbag

Sandbags have been around for hundreds of years as a training tool for athletes. They are relatively cheap, versatile, and offer many benefits of unstable training. Incorporating sandbags in your workout routine will strengthen your trunk, grip, and improve your stability. In the book *Dinosaur Training*, Brooks Kubik states, "You feel sore as you do because the bags (sandbags) worked your body in ways you could not approach with a barbell alone. You got into the muscle areas you normally don't work. You worked the "heck" out of the stabilizers." (Kubik, p. 115) Using stable equipment, like a kettlebell, in your workout routine allows you to get comfortable and start a flow. With a sandbag, the sand is always shifting its weight making a flow impossible. This workout is more challenging and more engaging for both strength and conditioning training.

For the purposes of strength training a larger bag (36+ inches/ 70-125lbs) is recommended for lifts and squats. With a larger sandbag you'll be able to bear hug hold to lift. Be sure your bag is durable for drops to the ground as you exhaust yourself. For conditioning training and fat loss, try a medium bag (20-30 inches/ 10-50lbs) with handles. The handles will make gripping and throwing much easier. These weights are subject to your own strength, ability, and fitness level.

Sandbags are becoming more popular in the workout world, making them easily accessible to buy from a wide variety of vendors. They come in many shapes and sizes. The right sandbag for you will depend on your training objectives and end goals.

