

Downtown Health & Fitness

DECEMBER 2016

Dates to Remember:

CLOSED:

Holiday schedule

Saturday Dec. 24th

Christmas eve

Sunday Dec. 25th

Christmas Day

Sunday Jan. 1st

New Year's

Inside this issue

Debs article- Goodbye-Hello	1
Merry Christmas	1
Recipe of the Month	2
Traditions Make the Holidays	2
Looking Ahead	2
Member Feature	3
Instructor Tips & Highlights	3

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

Goodbye-Hello

By: Deb Lal

Many of you may have heard that I am entering into the world of RETIREMENT. Retirement has a different meaning for everyone. Many people look forward to sitting home and doing nothing, whereas others tell me that they are busier in retirement than they were when they worked. I have no idea how retirement will look for me until I plant my feet solidly into it. I am excited, scared, nervous, happy and sad all at once. There is one thing that I am happy about and that is the future of Downtown Health & Fitness.

Four years ago I made a plan, and that plan has finally come to fruition. I am very excited to pass the reins to Lesley and Eli Gonzalez. Lesley has worked at Downtown Health & Fitness for the past eight years and, the past year, she has been in the position of Manager. This past year has provided her with the knowledge and experience needed to make a seamless transition.

Their plans for the future of Downtown

Health & Fitness will keep the ever-evolving business of fitness strong in Coos Bay. Their love for fitness and our members are their focus and drive to keep this fitness center flourishing.

When I opened the doors of Downtown Health & Fitness in June of 2006, I had no idea what was in store for us. We have had an amazing ten years and I want to extend the warmest of gratitude to all our members for your support during this time. I know we can count on your continued membership as Lesley and Eli move into the helm.

Thank you to the staff. I have been blessed with an amazing staff over the years. They are talented, friendly and dedicated to Downtown Health & Fitness. Everyone who works here has an integral part in the everyday functioning of the fitness center and I could have not done this without each and every one of them.

Thank you everyone.

Deb



This time of year we reflect on all the wonderful things in our lives. Here at Downtown Health & Fitness, we want to thank all of our members for their wonderful support and dedication.

From our Family at
Downtown Health & Fitness
to yours,

Merry Christmas

We truly appreciate you.
Thank you.

BUTTERNUT SQUASH, BRUSSELS SPROUTS AND JICAMA HASH

Recipe of the Month

THE VEGGIES

½ medium butternut squash, peeled and diced (about 4 cups)
 ½ medium jicama, peeled and diced (about 4 cups)
 475g Brussels sprouts, cut into 2 or 4 pieces, depending on size (about 3 cups)
 1 large red onion, chopped
 75g pecans, chopped (¾ cup)
 150g cup dried figs, chopped (¾ cup)
 2 sprigs fresh sage, chopped
 2 sprigs fresh rosemary, chopped

THE SAUCE

¾ tsp Himalayan or fine sea salt
 1 tsp freshly cracked black pepper
 2 tbs Dijon Mustard
 ¼ cup coconut oil, melted
 ¼ cup apple cider vinegar
 3 cloves garlic, minced
 ½ tsp smoked paprika

INSTRUCTIONS

1. Preheat the oven to 375F and line a shallow baking dish
2. In a large mixing bowl, combine all the vegetables, pecans, dried figs and fresh herbs. Set aside.
3. In a smaller mixing bowl, or in a small food processor, combine all the ingredients for the sauce and whisk until all the ingredients are well incorporated.
4. Pour the sauce over the reserved vegetables and mix until well combined. Transfer the veggies to the prepared baking dish and bake in the oven for about 40-45 minutes, stirring once or twice.
5. When the veggies are cooked to your liking, set the oven to broil and leave that on for 2 or 3 minutes, just to slightly brown and crisp up the top a little bit.
6. Serve immediately.



Traditions Make the Holidays

Annis Cassells

Regardless of which winter holiday one celebrates, family traditions bring comfort, create fond memories, and forge family bonds. Sometimes those traditions are thoughtfully created, and sometimes they evolve naturally.

Decorations are often a large part of holiday traditions. Special or handmade ornaments that commemorate each year's celebration recall memories of past holidays. Our own skinny alpine tree held an eclectic mix of ornaments from our travels all over the world. They provided us the chance to reminisce about the great places we've experienced and sparked conversation among guests.

Favorite foods, and activities around food, regularly become holiday traditions. Maybe it's an intergenerational marathon cookie baking event, or Grandma's legendary gibleb gravy, or Uncle John's cranberry sauce made with Grand Marnier. Perhaps it's a potluck around a theme. For some, it's having the very same food each year. "Hey, it's not Christmas dinner without Auntie Si's mac 'n cheese!"

Many families enjoy activities like singing, reading and reciting holiday poems and stories, working jigsaw puzzles, playing games as part of their tradition. Maybe they take a family vacation, returning to a favorite beach house or cabin in the woods. One family I know takes a photo on their steps each year. Everyone, from grandparents to adult grandchildren, is wearing matching Christmas pajamas.

Some have begun giving their time and

energy for a worthy cause, creating holiday happiness for others. Folks may distribute care packages to the homeless shelter on Christmas Eve or spend Christmas day serving the traditional holiday meal. One friend enlists her mom and daughter to provide holiday gift bags for a classroom of kindergartners in a low-income school district.

At a recent workshop I facilitated, several participants said they wanted to create new traditions. Others lamented the disappearance of their childhood family traditions and wished for them to return. We discussed how they might create the holiday they wanted. One woman spoke up, "I want company. I don't want to be alone." Right then, she formulated a plan to invite neighbors whom she knew would be alone for Thanksgiving dinner. "Maybe each one could bring a dish from their culture," she said. "I already have a turkey."

Whatever traditions a family practices, they are often the core of the holiday. People come to anticipate them and continue celebrating in this way for many years. Traditions, whether established or new, are only limited by our imaginations and a sense of what feels good for our family at holiday time.

This holiday season, may our traditions comfort us, connect us, and bring us peace and joy.

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.

December 10th at 9 am

Blossom Gulch and
Beyond
Short and longer hikes
offered

Hosted by: South Coast
Striders

December 10th at 10 am

Mac's Run
5k and 10k at Sunset
Bay

Hosted by: South Coast
Running Club

December 17th at 6pm

Christmas Fun Run/
Walk 1-5k

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!

DONNA KOSKI

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

A: **1 1/2 years**

Q: What is your favorite type of exercise?

A: **Cardio**

Q: What keeps you active?

A: **Working full time, plus working out makes me feel mentally clear.**

Q: What is your favorite healthy snack?

A: **I don't have a favorite healthy snack, junk food is especially pleasing, so I would have to say grapes.**

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

A: **Getting my heart rate up and keeping it there. My most struggling time now is work, life equality trying to be home for my family, yet working many many hours.**

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

A: **Just a hard working person that tries to maintain a balance of life with family, work and my own pleasure of working out.**

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

Chili rellenos.

See full recipe at front desk.

Instructor Tips & Highlights

Kat Henning

Physical Therapist by day.

INSANITY instructor and fitness junkie by night.

In the clinic and in the gym you may often hear me say, "form over speed," and for good reason. Focusing on proper form, range of motion, and slowing down can improve your workout efficiency and limit injuries.

If you are accustomed to using momentum in the weight room, you may be surprised how challenging it can be to move slower. Try it out. Variety is key to fitness!

