

Downtown Health & Fitness

DECEMBER 2018

440 Central Ave ♦ Coos Bay, Oregon 97420

541-267-3948 ♦ email: dhfitness@downtownhealthandfitness.net

Visit us at: www.dhfitness.net

Dates to Remember:

Free Friend Day
Friday, Dec 14th

Holiday schedule

Christmas Eve (12/24)

Closing at 4 pm

Christmas Day (12/25)

Closed

New Year's Eve (12/31)

Closing at 4 pm

New Year's Day (1/1)

Closed

Inside this issue

Avoid Holiday Weight Gain	1
Merry Christmas	1
Recipe of the Month	2
It's OK to Speak to Strangers	2
Looking Ahead	2
Winter Whites	3



Friday, December 21st we will have our annual DHF Christmas party potluck. Bring a dish to share and join in the fun! This party start at 5:00am and will go till the food is gone!

Avoid Holiday Weight Gain

Brandy Thompson

A constant stream of family obligations, holiday parties, and up-to-the-last-minute gift shopping can make it very tough to stay active during the holiday season. Generally, hitting the gym either gets delayed or dropped off the list of important things to do all together. In the 35 days between Thanksgiving and New Years Day, it can be easy to undo what you have worked so hard to accomplish the rest of the year. So, say it with me...NOT THIS YEAR! Be determined to make the most of those days to stay on track and get past the silly season without increasing your waistline.

The following strategies, tricks, and motivational techniques are designed to make sure that fitness does not fall out of season for you. Try a few and easily maintain your exercise regime to keep from tipping the scale further this winter. Christmas cookies be darned!

- * Challenge yourself. Pick one fitness goal you wish to achieve. Reasonable goals could include a daily distance for running or doing sets of bodyweight exercises daily.
- * Sightsee with a feet-first approach. Instead of passing the time inside (likely partaking in sweet treats) head out for active fun. While traveling explore your surroundings on foot instead of the usual motorized methods.
- * Buddy up! It is easier to keep that workout "date" if you are the other half of a dynamic duo. Be someone's reason to keep the workout date no matter what and they will be yours!
- * Treats don't have to be sweet. Treat yourself to new workout clothing or fitness equipment before the holiday habits set in to keep you motivated.
- * Start a new tradition. Get the whole family involved in one of those crazy "Turkey Trots" events which typically happen around the holidays. Many events benefit the less fortunate so it is a win-win for all.
- * Include everyone. Guests from out of town? No, problem! You can gab away on an exercise bike just as easily as you can sitting in front of the fire with a bubbly.

- * Change is good. Experiment with something new in your routine. Seek advice from a personal trainer to get you over the wall or try a group fitness class to really change things up.
- * Let your inner five-year-old year out to play! Think back to the childhood games you used to play. Many, like jumping rope, can be amazing workouts. Plus a jump rope can travel with you and requires very little space to be effective.
- * Walk a mile in your shoes. Lace up those sneakers and power walk between stores while shopping and running errands. You'd likely be surprised how many steps are involved in running from aisle to aisle hunting for the ingredients for Grandma's fruit cake! Kick up the pace and get the most out of your "to do list" this year.
- * Get Dance Fever! Being the first to cut a rug out on the dance floor does two things. It proves you are the coolest person in the room and it gets your rear in gear! Double rewards!
- * DIY yard work can be double rewarding. Outdoor chores, in preparation of guests, need to be done since company is coming, but think about this in terms of a really good workout option. Raking leaves or other kinds of yard work can be an excellent way to get the heart rate up and work out major muscle groups.
- * Work towards a goal. Pick a tangible goal to accomplish. In one month you can master the fine art of push ups, plank and other previously thought impossible fitness tasks. Make a promise to master any fitness goal that strikes your fancy.
- * Watch TV. Recovery time is a necessity too. Use quiet TV time to actively recover by icing, foam rolling or stretching after your long day of holiday festivities.

Whether you are staying home or traveling over the holidays, there are many opportunities to stay on task with your fitness goals. With a little bit of forethought and commitment to yourself, you can partake in holiday fun and not fall off the fitness wagon.

Now you only have 35 days left to go. Good luck! :)

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 tbsps 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.



It's OK to Speak to Strangers

By Annis Cassells

To my surprise, I was first in line at the Walgreen's pharmacy, waiting my turn to pick up a prescription. A short, bedraggled-looking woman walked toward me. Soon, she stood beside me. I noticed the insurance cards in her hand and smelled the residual odor of recently smoked cigarettes. My first thought was she didn't know where the line was. But, I said nothing and looked her over. She had long grey/blond hair and wide, deep wrinkles that creased her face into rolls of skin. Her baggy pants and sweater seemed to dwarf her. It appeared the only thing we had in common was standing in that line.

Soon we started up a conversation. At first, about how busy they were at Walgreens. Then she began to talk about her experience as a truck driver, moving through California's fire-ravaged areas of Los Angeles. She spoke of the horrendous traffic and how they were routed down one-way streets. Between the difficulty of maneuvering their big rigs and the extra time it took to get anywhere, it was a nightmare. She gave me another piece of news, "Everybody's screaming for FEMA trailers, but we can't get them in there. The ground's too hot!"

"And toxic," I added. And she agreed.

Then she was called up first, by name. She'd been there before. No wonder she'd positioned herself beside me.

While she stood at the counter, I thought about our interaction.

Even though I try not to "judge a book by its cover," I had judged the lady truck driver by

her appearance. I am not proud of that.

But, I am proud about the conversation that ensued—that we had exchanged pleasantries and had heard each other. Her telling about a truck driver's dilemma gave me a new perspective and new information.

I've never been a person who didn't talk to strangers. It's a practice that has enriched my life many times over. I've learned about life in different regions of the country and become much more informed. The stranger I talked with in the Chicago airport and sat with on the flight to Detroit let me know about Measure 2 on their ballot, what it was, its grassroots beginnings, and how she came to support it. I shared that with relatives when I arrived.

Chatting with strangers sometimes yields tangible gifts, too. Once I spoke with a man in a rest stop parking lot in the South. "You've never had Georgia peaches?" he asked. And when I shook my head, he invited me over to his car, popped the trunk, and presented me with a couple hands full of gorgeous, ripe peaches.

Sometimes a stranger is just looking for a kind word, an understanding nod, or someone with which to share a story. It's okay to talk to them, both you and they will be all the richer for it. Maybe not in money. But surely enriched by human to human exchange. It's something we all crave and, no matter who we are, a need we can easily fulfill.

Copyright © 2018. Annis Cassells. All rights reserved. Annis is a life coach, speaker, teacher, and writer. Contact her at heyannis@sbcglobal.net. Read her blog at www.thedaymaker.blogspot.com

Looking Ahead Walking, running, and hiking events.

December 8th
MACS Run
8:00 AM

Sunset Bay State Park Trail
 5K/10K

\$15.00 for SCRC members
 \$25.00 for Non SCRC Members

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.

Eat Your Winter Whites

Some colorless foods—think squishy blah bread and heaping piles of refined sugar—deserve their less-than-stellar nutritional reps. But other pale varieties are packed with all kinds of goodness. Add these cream-colored all-stars to any meal this season.

Turnips are loaded with vitamin C and fiber. The hearty root veggies have less than 20 calories per 1/2 cup. Slice bulbs thinly and roast at high heat to make crunchy, delish chips.



Legumes can be swapped in for grains or red meat in any salad. Savory and satisfying, white beans have nine grams of protein and seven grams of fiber per 1/2 cup; chickpeas and fava beans also score high.



Greek yogurt keeps you full, thanks to its whopping 20 grams of protein per cup. Top plain unsweetened with fresh fruit for a light and tangy a.m./parfait, or use it as a base with fresh herbs



Mushrooms contain selenium, an immune-boosting antioxidant that helps protect cells from damage. They also take less than 10 minutes to cook. Saute' in olive oil for a diner side.





Esteban Anguiano, Sandy White, Alishia Bullis, Susan Shakespeare, Lesley Gonzalez, Brandy Thompson, Tonya Pederson, Shirley Tremel, Jennifer Stephens, Paula Holmes, Jill Davidson, Amy Breshears, Kim Leirance, Tyler Summa, Rylee Anter.
(Not pictured: Michelle Frost, Jackie Corricea, Royce Bogs)