

# Downtown Health & Fitness

JANUARY 2017

## Dates to Remember:

### CLOSED

New Year's Day  
Sunday, January 1st

### FREE FRIEND DAY

Monday, January 16th

Monday, January 16th  
Martin Luther King Day

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## Trainer Tip

Jennifer Stephens

Nutrition is the absolute foundation of health. Eating whole foods and eliminating processed edibles will make you feel better and improve your body's ability to function in every way. If weight loss is your goal, you must change what and how much you eat. Exercise is not enough.

**Happy  
New Year!**

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## Change 2017

By Lesley Gonzalez

Change. Some people love change while others will cringe at the thought of it, but one thing's for sure: Change is inevitable.

According to Webster's dictionary, change is defined as the act or instance of making or becoming different. That is exactly what we here at DHF are doing. In the fitness industry there is constant motion, change. Things being done differently. With the new year upon us at Downtown Health & Fitness, you may see some changes. But be not discouraged, the changes will be great! We are dedicated to keeping our members as our focus.

The changing of hands has taken place. Eli and I are pleased to be the new owners of Downtown Health & Fitness and are overjoyed by the outpouring of support from family, friends and members alike. The staff and members of DHF have been the best!

Both Eli and I are 1992 Marshfield High School graduates and were married that same year. Eli joined the United States Marine Corps to give us a better life and he served for six years. In 1998 we decided to move back to Coos Bay. We knew this was always our home, and we wanted to raise our family here.

Eli landed a job right away at Conrad Forest Products and is still employed there. I was blessed enough to be a stay at home mom to raise our 3 children.

I have always loved fitness and started at the gym as a member 9 years ago. Deb took a chance on me and hired me to teach group fitness. I found my love of teaching and soon found my niche'. As time went on, Deb shared with me about her plan to retire. I said jokingly, "I'll buy your gym". And from there a plan was formulated and carried out. So here we are. Four years later. No joke.

Eli and I promise to continue the outstanding customer services which DHF prides itself on and will continue to be the "destination" place for downtown Coos Bay. There have been many life-long friendships made, dreams shared, tears cried, biceps built, pounds lost and thousands of cups of coffee drank.

Our commitment to excellence will be #1. Our members are truly the best. So let's not be afraid of change and realize that the best is yet to come!

Dream big and embrace the change,  
Lesley

## Class Changes

It must be the year of retirement. We are sad to say that both Debra Pierson (Yoga Instructor) and Royce Bogs (Zumba Gold Instructor) will be retiring from DHF. They have both been long time employees and have given 100% to their classes and participants. We've appreciated their dedication and service to our members. No worries. We have had two awesome people step up to take on these classes.

### YOGA

Please welcome Susan Shakespeare. Susan moved here from California with her husband this past summer and joined our gym. She has been teaching Yoga for over 30 years and has

been subbing on Tuesday nights while Leah is on maternity leave. We are excited to bring her on board teaching Yoga on Tuesdays and Thursdays at 11:30 am. If you haven't tried Yoga yet, come give it a try and meet Susan.

### ZUMBA GOLD

Rachel Kappelman who teaches Zumba on Tuesday nights, will now be teaching Zumba Gold on Tuesdays and Thursdays at 10:15 am. Zumba Gold is a bit slower paced than regular Zumba and was created for the active older adult for men and women alike. If you haven't given this fun filled Latin dance workout a try, now is the time!

# VEGETABLE SOUP

## Recipe of the Month

### INGREDIENTS

2 1/2 Tbsp olive oil  
 1 1/2 c chopped onion  
 2 c peeled and chopped carrots  
 1 1/4 c chopped celery (about 3)  
 4 cloves of garlic, minced  
 4 cans of low sodium chicken/vegetable broth  
 2 cans diced tomatoes (undrained)  
 3 c peeled 1/2" diced potatoes  
 1/3 c fresh parsley  
 2 bay leaves  
 1/2 tsp dried thyme  
 Salt and fresh ground pepper  
 1 1/2 c frozen/fresh green beans  
 1 1/4 c frozen or fresh corn  
 1 c frozen/fresh peas



### DIRECTIONS

Heat olive oil in large pot over medium heat. Add onions, carrots, and celery and sauté 3-4 minutes. Add garlic and sauté 30 more seconds. Pour broth in and add tomatoes, potatoes, parsley, bay leaves, thyme, and season with salt and pepper to taste. Bring to a boil, then add green beans, reduce heat to medium-low, cover and simmer until potatoes are tender 20-30 min. then add corn and peas and cook 5 min. longer. Serve warm.

Recipe Source: Cooking Classy

## Choices and Change

By Annis Cassells

The potential for change is possible (and seems even greater) as we begin a new year. Some changes we plan and await with eagerness. Others are unexpected, unknown, and unfold as the days and months progress. Whatever comes, we either get to delight in it or we may have to tolerate and deal with it, but we always learn and grow.

Two different couples, Bakersfield friends, look forward to starting 2017 in new homes. They've cleared out places where they've spent 43 and 17 years, respectively. One couple moved to a large home in a recently developed area on the east edge of town, leaving their older, established neighborhood in southwest Bakersfield. One immediate change is their habitual driving routes will no longer work. Numerous times, maybe even for years, they will stop to consider the "best way" to get to places.

The second couple downsized and relocated to Orange County, a four-hour drive from family. They returned to an area near their old stomping grounds but start anew in a retirement community with thousands of residents and many choices of planned activities. They are excited about making new friends and taking classes. Although living in a smaller space is a challenge, they relish the better climate and air quality and already notice health changes. Our own Deb and Arv Lal, I'm sure, are

filled with anticipation and excitement over their fresh beginning. Imagine moving to a new home in a new state, in a totally different environment. But, I imagine it won't take long for these two lively, curious folks to become involved in whatever their new place has to offer.

Big changes for all three of these couples. But they've given themselves chances to experience excitement and adventures that will keep them adapting, learning, and growing. They all chose to shift out of complacency and their comfort zones and place themselves in unfamiliar surroundings. Their choice --- rather than circumstances dictating what they do in this next segment of their lives. They get to decide and experience what they've chosen.

There's power in choice. There's life in change. For 2017, I wish you choices and change. May the opportunities you pursue work in your favor. And from those, may happiness, good health, and prosperity be yours.

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## Looking Ahead Walking, running, and hiking events.

### January 1st at 10 am- Umpqua Lighthouse State Park

1 mile hike around the lake  
 Hosted by: South Coast Striders

### January 1st at 10 am-Port Or- ford Heads State Park

Hike on the Tower Trail/Nellie's  
 Cove Trail  
 Hosted by: South Coast Striders

### January 6-8th Redwood Romp

@5:00 pm Friday - Jan 6 caravan  
 to Crescent City, CA from Coos  
 Bay Visitor Center. [south-  
coaststriders@canopyweb.com](mailto:south-coaststriders@canopyweb.com) to  
 reserve a spot.

### January 21st Hall Lake/ Dellenback Dunes Winter

Yardangs at 10 am-  
 3 mile hike Hosted by: South  
 Coast Striders

### January 28th at 9:45am- Walk- able North Bend

2 mile hike on North Bend trails  
 Hosted by: South Coast Striders

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 con-  
 tact Don Luce at [southcoaststrid-  
ers@gmail.com](mailto:southcoaststrid-<br/>ers@gmail.com).

## Member Feature

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

### RILEY ANTER

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

**A:** About six months!

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

**A:** I like dips a lot.

**Q:** What keeps you active?

**A:** My goals, my dog Ranger, and the members at the gym who inspire me to keep pushing myself.

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

**A:** I want to gain more muscle and over all more weight.

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

**A:** I am 15 years old and I go to North Bend High school. I want to swim and I plan on doing golf in the Spring.

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

**A:** Tacos, I like tacos.



## New Year, New You

*Sandy White*

It's January 2017, and as the New Year begins so do the resolutions. Here at DHF we see people come in to join with the resolution to "eat healthier and exercise more". But fitness is more than a resolution. It's a lifestyle choice. How does one do that, you ask? Well, after working in the fitness industry for almost three decades, I can say consistency is a huge factor. Decide that certain days, at certain times, is when you will work out and stick to it.

If classes are what interests you, that can make it easy. Find the ones that appeal to you the most and show up. Classes can be fun, challenging, social, but most important, effective. The instructor puts together a program that works the whole body and you only have to follow.

A weight room workout can be more challenging if you are new to a gym. Here at DHF we offer free orientations on the Cybex and Precor machines. Consistency is still the key. Find the days of the week and the time that works best for you and stick to that. Make it a habit, a part of your day and week.

Another tip to keeping your resolution might be to join with a friend. Working out with a buddy keeps you accountable and can make the time seem to go by faster. Blending machines with free weights is a great way to make your workout interesting and challenging.

But don't forget the most important tip of all— have fun!  
Sandy White, Instructor and desk staff