

Downtown Health & Fitness

JANUARY 2019

Dates to Remember:

Holiday schedule CLOSED

Tuesday, Jan. 1st
New Year's Day

Free Friend Day:
Wednesday, Jan. 16th

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New Year special!

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New Year, New You

Alishia Bullis

With each new year, comes a slew of resolutions. These can range from eating better, losing weight, budgeting money better, or simplifying your life. How can we keep these resolutions at an attainable level, while not driving ourselves crazy over them?

Break it down; Break your resolution into smaller, attainable levels. Instead of just saying "I'm going to lose 15 pounds next month" break it up to, "I'm going to lose 5 pounds every month for 3 months". This brings your resolution to an accessible (and healthier) level, so you won't become defeated for not losing those 15 pounds in one month.

Chart it; As a way to keep yourself accountable, create a chart, or button jar to have a visual reminder of your progress, and how much further you have left to go. Visualizing your goal creates more of an incentive to continue, and stick to your resolution until the very end.

Be open; Keep your friends and family in the loop. Let them help hold you accountable. If you're trying to downsize and simplify your life, let them help. Let them help you go through closets, or the garage. Make a weekend out of it, turn some music on, and let it be a fun experience. Being open with your resolutions and goals helps you stay on track.

Review goals regularly; Review your resolutions regularly and keep tabs on them. If you need reminders, set an alarm in your phone. Mark what needs done on the calendar. You can even use sticky notes on the bathroom mirror where you'll see it regularly. By keeping tabs on your goals, you can tweak where necessary, to ensure success.

The New Year shouldn't be a cause of extra stress, but of excitement. Be excited for what the New Year brings, and celebrate that with your new lifestyle change, whatever that may be.

Cheers to 2019!

Class Highlight

Zumba w/ Tyler

Tyler was born and raised in Coos Bay. She began teaching Zumba at 16 and has been avidly participating and teaching for the last 10 years. After graduating from Oregon State University in 2015 Tyler returned to Coos Bay and began taking classes at Downtown Health and Fitness. She is very excited about the Tuesday night Zumba classes and can't wait to contribute and create with all of the amazing instructors at DHF!



Hearty Vegetable Lasagna

Recipe of the Month

Ingredients

- 1 pkg lasagna noodles (GF if desired)
- 1 pound fresh mushrooms, sliced
- 3/4 cup chopped green bell pepper
- 3/4 cup chopped onion
- 3 cloves garlic, minced
- 2 tablespoons vegetable oil
- 2 (26 ounce) jars pasta sauce
- 1 teaspoon dried basil
- 1 (15 ounce) container part-skim ricotta cheese
- 4 cups shredded mozzarella cheese
- 2 eggs
- 1/2 cup grated parmesan cheese

Directions

1. Cook the lasagna noodles in a large pot of boiling water for 10 minutes, or until al dente. Rinse with cold water, and drain.
2. In a large saucepan, cook and stir mushrooms, green peppers, onion, and garlic in oil. Stir in pasta sauce and basil; bring to a boil. Reduce heat, and simmer 15 minutes.
3. Mix together ricotta, 2 cups mozzarella cheese, and eggs.
4. Preheat oven to 350 degrees F (175 degrees C). Spread 1 cup tomato sauce into the bottom of a greased 9x13 inch baking dish. Layer 1/2 each, lasagna noodles, ricotta mix, sauce, and Parmesan cheese. Repeat layering, and top with remaining 2 cups mozzarella cheese. Bake, uncovered, for 40 minutes. Let stand 15 minutes before serving.



Creating a Vision Board

By Annis Cassells

It was as perfect a time as we could have hoped for -- that mid-January weekend several years ago when my daughters, Amina and Asila, returned to Bakersfield for a visit.

Amina suggested we create vision boards, and Asila and I happily agreed. The vision board is a creative expression constructed as a collage or poster from images and words cut out of magazines. The finished product is a representation of what we seek or want in our lives for the coming year or further out.

I'd done this exercise twice before with a colleague. Though similar, both times the board brought new insight into what I wanted my life to look like over the coming year. This was the first time either of the girls had tried it.

We gathered magazines from around the house and commandeered some from a friend. Next we shopped for poster board and glue sticks and scrounged for scissors. After clearing off the kitchen counter and two large tables, we were ready to begin.

Working on our individual projects, but together, we shared photos and discussed ideas. We chuckled as we noticed the same words or phrases and similar pictures in each others' stacks. I loved how it all came together after concentrated arranging and assessing and then wielding our glue sticks. Then we proudly displayed our finished vision boards and celebrated with a "tour" of the posters. Each of us interpreted our board while the other two listened. This enabled us to gain insight into our dreams and desires and our hopes for our

near future.

My vision board illustrates my life in familiar themes. Central is the Tree of Life with my family at the base. Circling the perimeter clockwise, the images I chose exemplify freedom, meaningful work, organization, travel, the arts, and health. As I reviewed my own board the next week, I noticed a few things were missing. But that was okay. I could add them anytime the proper image came along.

I placed my vision board where I could see it from time to time. Reviewing it a year later, I saw how in the months between most of the things depicted had come into being or were on the way.

In the years since, I've used the vision board exercise with my coaching clients. Setting a target, a vision or an intention, for one's life and representing it with color, photos, and words brings it into focus. I love seeing the surprise on clients' faces when they realize they've accomplished many things they'd hoped for.

It works any time, but as we approach 2019, give the vision board a try. Then see how it plays out for you.

For more specific information on how to create your own vision board, see "[How to Make a Vision Board](#)"

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Looking Ahead Walking, running, and hiking events.

Bullards Beach Run
Jan, 6, 2018
2:00 PM
Bandon, OR
10K, 5K, 1 Mi.

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.

www.runningintheusa.com to find more races in Coos county, and Oregon.

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New Class Highlight

Core de Force

Beachbody's Core de Force is an MMA inspired workout that uses body weight exercises, mixed martial arts combos, and cardio spikes to work your whole body, but with heavy emphasis on working your core. This format is great for all levels, as you have timed intervals and the moves are not set to music.

Join Shirley, Wednesday nights starting January 2nd at 5:45 PM

