

Downtown Health & Fitness

JUNE 2017

Dates to Remember:

Free Friend Day:

Friday, June 9

Flag Day:

Wednesday, June 14

Fathers Day:

Sunday, June 18

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Goodbye & Hello

We will miss Maddie being here with her beautiful smile every weekend. She is a full time student at SWOCC and has accepted another job.

Jade Chavez has answered the call and stepped up to the plate to take over the weekend position. She will be working on Saturdays and Sundays. Jade will be graduating this summer from SWOCC with an associate degree in science with an emphasis in physical fitness. She eventually wants to pursue a career in the fitness industry. She is a go getter and a very hard worker! Please join us in welcoming her to our family.



Photo: 2017/10/18

HAPPY
65th
BIRTHDAY
SANDY

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Body Image

By Lesley Gonzalez

A very popular song has hit the radio and is played non-stop by singer-songwriter Ed Sheeran. It's called "The Shape of You". The chorus goes like this..."I'm in love with your body." (Of course, I change the words, and we sing this: "Be in love with your body...").

What a hard concept this is to grasp, especially when we are all bombarded on a daily basis through music, peers and social media about what a body should look like.

Body image is this: The subjective picture or mental image of one's own body. This image is often affected by family, friends, social pressures and the media.

Most of us are in the gym and working out to feel and look better for ourselves, right? But are we criticizing ourselves and others while we are doing it? Tearing ourselves down? There are mirrors and people everywhere. It can wreak havoc on our body image.

How are we to ever be okay and be in love with our bodies when our minds will not allow us to overcome our own insecurities?

Thinking about our bodies and how we look on the outside is not always linked to the appearance. Healthy bodies come in all shapes

and sizes. Changing your body image means changing the way you think about your body as a whole. How it carries you around all day. How it functions when you want to do something you enjoy, like biking or hiking. Our bodies are meant to be in action. We are all made so very different. I know life would be very boring if we all looked like a Claudia Schiffer or Arnold Schwarzenegger.

As a society, we tend to think body image issue is mostly a women's issue. On the contrary. According to *Men's Health Magazine*, men suffer from body image issues more than women. They worry about their flaws and imperfections as well. So don't think women are the only ones affected here.

Healthy lifestyle choices are the key to improving body image issues. Here are a few helpful tips on improving our inner voice to say "I'm in love with my body".

- * Practice healthy and clean eating
- * Surround yourself with others who will encourage that inner voice
- * Try your hardest to not compare yourself with others
- * Get good rest and follow a regular exercise regimen that WILL boost self-esteem, self image and energy levels.

10 Weeks to the Pre

The 38th Annual Prefontaine Memorial Run is set for Saturday, September 16th, 2017. We will again be offering our 10 weeks to 10k "Prep for the Pre" training program beginning on Tuesday, July 11th. For the 8th consecutive year, DHF has hosted this simple but effective program which helps beginner walkers and runners prepare for the Pre 10k as well as provides guidance for experienced runners to hone their skills to improve their race outcome in September.

Adding a guided running or walking program to your exercise regimen can be a highly effective way to safely take your fitness to the next level.

The training commitment is 4 days per week and consists of 2 group and 2 on-your-own distance days. Each week, experienced trainers,

Laurie Sevier and Brandy Thompson, will teach supplemental information on proper form, technique, nutrition, building muscle and core strength, breathing, pace, and injury prevention to round out the program. The workouts are varied by route, distance, time and education content to provide participants an opportunity to practice and overcome issues specific to the Pre route. All information and practice is designed to set participants up with the knowledge and experience they need to succeed during training and on race day.

Member price for the program is \$25. Non-member price, which includes full club use for the duration of the program, is \$75. Participant space is limited so check in at the front desk to sign up today!

Couscous Fruit Salad

Recipe of the Month

INGREDIENTS:

2 TBSP extra-virgin olive oil
 2 TBSP orange juice
 1 TBSP cider vinegar
 2 tsps. finely chopped shallots
 1/4 tsp salt
 1/4/ tsp fresh ground pepper
 2 cups cooked whole-wheat couscous
 1 cup chopped nectarine
 1 cup mixed fresh berries, such as blueberries & raspberries
 2 TBSP toasted sliced almonds

COOKING DIRECTIONS:

Whisk oil, orange juice, vinegar, shallots, salt and pepper in a large bowl. Add cooked couscous, nectarines, berries and almonds; gently toss to combine.



Self-Image Makes the Difference

Annis Cassells

Maybe you've had this experience. Decked out in her green uniform, a Girl Scout stands at your door. Her arms hold boxes of those famous cookies, the cookies that cannot be denied, even though they cost more than steak or salmon per pound. Erect and expectant, she waits for you to open the door. A chirpy "Hello!" and then, "I'm from Girl Scout Troop XYZ. And, it's cookie time!" She pushes her collection of cookies toward you. How could anyone refuse?

Aside from being reeled in by the irresistibility of these darn cookies, this plucky scout's confidence captivates you. You're getting a taste of the power of her self-image.

Self-image is the impression you have of yourself that forms your perception of your assets and liabilities. The labels you give yourself (such as intelligent, beautiful, ugly, talented, selfish, kind, shy) are indicators of your perceived strengths and weaknesses.

I'm certain our young scout sees herself as outgoing and able to persuade people to buy her cookies. She may picture herself as a leader who must set a good example. In this situation, with this scout at my door, I see myself as philanthropic or always ready to help a kid – or as having no will power. "I'll take three boxes of Thin Mints. Make that four. For an even \$20."

Your self-image is built upon your perception of reality, as influenced by how you believe you're being viewed by society and other people. Ideas you pick up from the words you've heard about yourself ("She's so beautiful, clumsy, smart." Or "He's so brave, nerdy, strong."), and how you interpret those

words, matter. Your ideas may be reinforced by non-verbal communication such as facial expressions, actions, and reactions of others.

"With a positive self-image, we recognize and own our assets and potentials while being realistic about our liabilities and limitations. With a negative self-image, we focus on our faults and weaknesses, distorting failure and imperfections." (Cleveland Clinic Foundation's "Fostering a Positive Self-Image")

We've all felt unsure of ourselves in new situations, but our residual self-confidence, bolstered by a positive self-image, sees us through. We remember our track record of success, of conquering prior obstacles, and that helps us see ourselves in a positive light. If we flub up, we learn from that experience and try again or carry on.

With attention and work, a negative self-image can be U-turned. Taking baby steps, or as my friend, author Sue Speake says, "micro-steps," one can create new habits and routines. Then realizing and reinforcing those successes can help create a change in self-image. Another helpful tactic is to invoke positive affirmations. In the words of Denis Waitley, best-selling author of *Seeds of Greatness*, "Relentless, repetitive self-talk is what changes our self-image."

How has your self-image helped or hindered you in your life? Positive or negative, it makes the difference.

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Looking Ahead Walking, running, and hiking events.

Saturday, June 3 @ 7:30am
Hanging Rock and Panther Ridge (meet @OSU extension center at 7:30am)

Hikers can either hike the easy to moderate 1.9 mile round trip to Hanging Rock and back or they can extend their hike along the Panther Ridge trail to Clay Hill for a 5.5 mile total hike - rated difficult. **Shuttle set up required.** Hikers can finish the day with optional trips to Coquille Falls (1 mile moderate) and Elk Creek Falls (.25 miles easy), which are both on our way back toward Powers.

Saturday, June 10 @ 9:00 am
Cape Arago Pack/New Perimeter Trail
 5-7.5 miles

Saturday, June 17 @ 9:00
CONNECT! The boardwalk community walk

Saturday, June 24 @ 10:00
Eel Lake Trails and Strider Picnic (meet at day use area)
 3-6 mile hike

www.coostrails.com for more information on this hike or to find out more about South Coast Striders. You can also contact Don Luce at southcoaststriders@gmail.com.

Member Feature

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

DARLA RIFFEL

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

A: Six months

Q: What is your favorite type of exercise?

A: Insanity & Kickboxing

Q: What keeps you active?

A: My back pain

Q: What is your favorite healthy snack?

A: Yogurt, Protein bars

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

A: Low back pain and bulging L-5 disk

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

A: I am a mother of three and a have a foster son. I commute from Reedsport everyday.

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

A: I don't have one. I love food too much. That's why I workout so hard!



Instructor Highlight

Brandy Thompson

Brandy has worked for DHF since the club opened in 2006. In 2012, she participated in the 10 week-10k program offered by DHF to train to run her first Prefontaine Memorial 10k. Running became a regular component of her exercise routine and in that first year she would participate in the Hood to Coast relay, 2 half and 1 full marathon races.

Brandy soon diversified her weekly routine by adding group fitness classes to the mix. She discovered that, like running, a class could be a challenging but fun way to motivate people to complete a hard workout and reach goals they never thought possible. The 10wk-10k program and subsequent races were the kick start to Brandy's love for teaching and motivating others along their fitness journey. When the opportunity presented itself, Brandy began teaching Body/Cardio Blast classes 2 days per week. Totally in love with the INSANITY format, Brandy obtained her teaching certification and became one of three DHF INSANITY Live instructors.

Brandy was soon lured over to PiYo whose format combines muscle-sculpting, core-firming benefits of Pilates with strength and flexibility advantages of yoga but can be progressed to a speed that delivers an

efficient fat-burning, low-impact workout. Brandy recently added PiYo certification to her teaching credentials as it is an awesome compliment to activities like running, INSANITY and other high impact classes.

Besides co-teaching the annual 10 week-10k "Prep for the Pre" program, Brandy currently teaches Power Blast classes on Monday at 5:30am and INSANITY on Friday at 5:30am. If you haven't had a chance to meet her yet, you can typically find her most days at the gym attending and teaching classes.

