

Downtown Health & Fitness

MARCH 2016

Dates to Remember:

**FREE FRIEND DAY—March 17—
Wear Green, Bring a Friend**

March 17—St Patrick's Day

**March 27—CLOSED Easter Sun-
day**

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Happy St. Patrick's

YOGA HIGHLIGHT

Gentle Yoga-Tuesdays 11:30am with Debra

Gentle Yoga is often considered easier, less intense, slower-paced, more relaxed style of Hatha Yoga. It involves mind, body, and breath awareness, modified postures, stretching and strengthening, along with relaxation and restoration. We do get up and down from the floor, practicing standing, seated, kneeling, prone, and supine yoga poses.

Chair Yoga-Thursdays 11:30am with Debra

Chair Yoga offers us the ability to improve our health through an amazing form of adaptive exercise. We are supported by a chair either seated or standing so we can receive yoga's healing and restorative benefits. Yoga relaxes our body and mind, improves musculoskeletal fitness, range of motion, flexibility and balance elevating our overall health and well-being. Specifically for anyone who finds it difficult to get up and down from the floor.

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Visit us at: www.downtownhealthandfitness.com



Members in Action

By Deb Lal

Don Hynes has been a members at DHF since 2012. His goal was to improve his finish time on the Prefontaine Memorial Run. At 86 he has not given up this goal yet. In fact, he has added another goal to his life. He has been working hard to raise money for exercise equipment throughout the trails at John Topits Park in Coos Bay.

Through pure determination and dedication to this project, he has received approval from the City of Coos Bay, but is responsible for raising the funds to purchase the equipment. The City will install and maintain the equipment. The total cost of this project is approximately \$35,000. Don recently applied for, and has received, a grant from Coquille Indian Tribe Community Grants for \$7,000.

If you are interested in joining him in this quest, you can make a donation to the City of Coos Bay (please be sure to write John Topits Park Exercise Equipment on the memo line). His immediate goal is to raise \$9,000 to have the first two pieces of equipment installed.

Another way to show your support is to do-

nate to the "Park Equipment" GoFundMe account. This account is under the name of Patty Harrington (a good friend of Don's has set this up). Your donations can be made online at gofundme.com or through the Go Fund Me Facebook account..

Watch for the first two pieces of equipment to be installed this year. Job well done, Don Hynes.



STAFF UPDATES

Things are getting INSANE around here. Our INSANITY team is growing. We are very please to announce that Brandy Thompson has attended and completed an Insanity Certification Workshop. She is teaching Insanity every Friday morning at 5:30 am. Get a great start to your weekend with this class.

We also asked Kat Henning to join our INSANITY team. She has been a sub for this class and many of you are already familiar with Kat and her encouraging high energy. She has now joined our team and is now teaching

Insanity every Monday night at 5:45 pm.

A new face will greet you at the desk on Saturdays and Sundays. Her name is Samantha. We are glad that she has joined our team as the front desk staff on the weekends. She has a love for working out and for people. Her cheerful smile and helpful attitude is ready to greet you.

Please join us in welcoming Kat, Brandy and Samantha to their new positions.

IRISH POTATO SOUP

Recipe of the Month

Ingredients:

1/2 cup unsalted butter
 1 medium onion, thinly sliced
 3 leeks, sliced
 3 large baking potatoes, peeled and cut into 1/4-inch-thick slices
 3 (14 1/2-ounce) cans chicken broth
 1 teaspoon salt
 1/4 teaspoon pepper
 Toppings: shredded Cheddar cheese, crumbled cooked bacon, chopped fresh chives

Directions:

Melt butter in a large saucepan over low heat; stir



in onion and leek. Cover and cook 20 minutes. Stir in potato; cover and cook 15 minutes. Stir in broth, salt, and pepper; bring to a boil. Reduce heat, and simmer 30 minutes or until potato is tender. Remove from heat,

and cool slightly.

Process soup in batches in a blender until smooth, stopping to scrape down sides; return to saucepan, and cook over medium heat until thoroughly heated. Serve with desired toppings.

From: Southern Living, March 1999

When We Raise Our Hands

By Annis Cassells

There's something magical about working on a project to help others. We strive to make a difference in our community and in the world.

In Coos Bay, I've witnessed the impact of volunteerism when folks work together to put on the Relay for Life and the Prefontaine Memorial Run. The dedication and efforts of hundreds of volunteers shine through in the great fundraising results as well as the building of community spirit with these charity events.

And, we've read accounts in *The World* of how it's local volunteers, like Marilyn Wilson and Mary Paczesniak, who are instrumental in the success of nationally-acclaimed Bandon Dunes tournaments.

Everyone sings the praises of the Master Gardeners as we partake of the fruits (and vegetables) of their labor each fall at the Community Garden luncheon, where Chef Jardin and his crew cook and serve up the Harvest Luncheon.

Within their organizations, some folks find ways to provide opportunities for underserved populations. Zonta Club of the Coos Bay Area volunteers many hours and makes lots of fudge as they raise money to advance the status of women. We line up at the PEO's Blackberry Arts Festival booth to get a piece of their volunteers' delicious blackberry pie and cobbler.

My Bakersfield AAUW branch sponsors sev-

eral girls who are entering 8th grade at Tech Trek, a week-long, residential science and math camp held on the CSU Fresno campus. One of our interest groups collects toiletries for teens in foster homes.

Because of their workplace value of community involvement, many companies release employees to mentor and tutor youngsters through local schools or other organizations. These employers realize the value of taking on junior high and high school students to give them a glimpse of life beyond school and to create relationships that can teach and motivate.

Hands fly up in classrooms when teachers announce, "I need a volunteer." It's our nature, even as children, to help. Everyone wants to be a part of something outside of ourselves. We want to give back and make a difference.

In varying degrees, we all crave the feeling of community, of belonging, of being valued. When we contribute our time and effort to a cause, we give and we receive.

How have you become involved in your community? What benefits have you received from being on the giving end?

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Looking Ahead Walking, running, and hiking events.

March 6—Heceta Head Hobbit Trail and China Creek South Coast Striders
 4 mile walk. Meet at the Florence Fred Meyer's Parking Lot at 9am.

March 12—Run of Two Cities
 South Coast Running Club
 5K and 10K Hilly and Challenging Course. Starts at 9am at Mingus Park

March 19—Golden and Silver Falls
 South Coast Striders
 5 mile or a 9 mile walk. Meet at Golden and Silver Falls Trail head.

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!

Sydney Vaughn

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

A: 1 year

Q: What is your favorite type of exercise?

A: Strength Training

Q: What keeps you active?

A: My tiny human! I have to keep up with a very active 3 year old!

Q: What is your favorite healthy snack?

A: Pickles & Almond butter

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

A: Being complacent. Not coming at all and eating pizza too often.... Oops!

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

A: I work at Bay Area Hospital and I love our community

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

A: Elk steak tacos! Roasted backstrap and veggies in a whole wheat tortilla with black beans and salsa.



TRX SUSPENSION TRAINERS

Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises. Two of these suspension trainers on order for DHF. Keep your eye out, they will be arriving soon.



Left:
Deb and Joanna
attending a TRX
Class at the IDEA
World Convention in
August 2014.

