

# Downtown Health & Fitness

MARCH 2017

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## Dates to Remember:

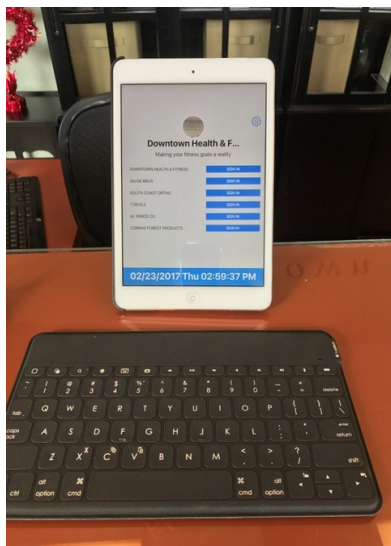
**FREE FRIEND DAY—Friday**  
**March 17—Wear Green, Bring a Friend!**  
**March 17—St Patrick's Day**

## Inside this issue

|                             |   |
|-----------------------------|---|
| Eating For Health           | 1 |
| Instructor Highlight        | 1 |
| IPad Sign -In               | 1 |
| When You Fall Off the Wagon | 2 |
| Recipe of the Month         | 2 |
| Looking Ahead               | 2 |
| Member Feature              | 3 |
| AMT Workout                 | 3 |

## WELCOME IPAD SIGN-IN

Starting March 1st, 2017, Downtown Health & Fitness is moving to digital sign in sheets using an iPad. This will help us in several ways and even keep us environmentally aware. Sign -In's are simple and easy. It will keep track of the date and time for you, and you will not be required to sign out! Our staff is here and ready to help you at anytime and once you get it, it'll be an Isnap!



## Eating For Health

Jennifer Stephens, Personal Trainer

So it is March... how is the New Year commitment to eating healthier going? If you are going strong and feeling great with your dietary choices then congratulations and Keep It Up! By now, unfortunately, many people have fallen back into their typical pattern of eating, been derailed by Super Bowl, Valentine's Day, birthdays, office meetings, social events, hectic schedules, well intended gift givers, and the list goes on. Our food culture is such that it is extremely challenging to consistently fuel our bodies the way they require. I have often felt when trying to make sure my kids eat healthfully, that I am fighting against a Tsunami of poor food choices that all look more appealing to them than what I am offering.

If you want to eat better and feel better, let's make a plan, because it absolutely takes thoughtful intention to keep your body healthy, particularly when putting food in it. First, consider where you are. What are your current eating patterns that are harming your goals and potentially making it hard for your body to function properly? We can all probably identify things we know we should be eating more of, and conversely, other things we should eat less of. I would say, without doubt, most people need to increase their vegetable intake. Second thing that most people need to change is to eat less in general. The literature very much supports restricted caloric intake as being associated with longer, healthier life. And finally, the key in our current food environment, is to eliminate or drastically reduce the amount of processed foods you are consuming and focus on whole foods. But how to actually implement change and make it stick.

In my experience, the people I have worked with and read about who find success do so through structure. It is not enough to say, "I want to eat better." Specificity in the details is what, as with any endeavor, makes the difference between changing your dietary lifestyle or not. Now, there is not one single way to do this. Fol-

lowing are recommendations of the plans that I have found to work well. I am sure there are others that are great, more and more is available these days to help point us in the right direction.

Crossfit has created a very concise plan that combines The Zone with a mostly Paleo set of food choices, it was featured in the 2004 May Crossfit Magazine issue. Here is the address for a PDF of that plan- [http://library.crossfit.com/free/pdf/CFJ\\_2015\\_05\\_Zone6.pdf](http://library.crossfit.com/free/pdf/CFJ_2015_05_Zone6.pdf).

Mellisa and Dallas Hartwig have created the Whole 30 eating plan, I recommend reading the book, although you can get all the information on their website, <http://whole30.com/new/>. This plan may seem very restrictive, but intends to reset your health through diet choices in 30 days, then you systematically reintroduce foods. You may be very surprised after a month of eating very cleanly how some things you thought were ok might not work for your body.

For those who just can't face eliminating certain foods yet, Weight Watcher's may provide the accountability you need, especially when combined with a workout plan.

Though not a structured plan, Michael Pollan's pocket book "Food Rules" is a great guide to making changes in how you structure your personal food environment.

There will be ups and downs, but don't give up. Use a structured plan to assist in restructuring the choices you make, eat more whole foods, and reap the benefits in better health. A healthier way of eating does not mean you never make "bad" food choices. It means you are intentional in choosing to eat something for a reason you feel good about, whether it is enjoyment, or proper fueling, or to relieve systemic inflammation. Here is to you and a good year of eating!

## INSTRUCTOR HIGHLIGHT Shirley Tremel/Insanity Instructor

I've been an INSANITY instructor since August 2015 (thanks to some encouragement from Lesley, Deb and Kat.) and I was a participant of INSANITY classes for a year prior to that. I got hooked on this style of workout because I love a challenge, and because I never get bored during an INSANITY class.

The format of INSANITY is called max interval training, so it allows you to see results quickly and to be able to track changes in strength at the same time. I saw immediate changes in my body strength-wise, and in my coordination and athleticism—so much that I really wanted to share this workout with others.

We've got a great following for our INSANITY classes at

DHF, but we always enjoy seeing new faces. One thing I want new participants to know is that anyone can do INSANITY, don't let the name intimidate you! You will burn fat without losing muscle during this intense workout, but the format allows you to go at your own pace. Plus, we always give options for ways to modify moves to your current ability. Come try a class to see for yourself!

In my non-gym hours, I teach 7th grade science in Coos Bay, I've been a member of DHF for five years, and I have an amazing and active better half as well as some highly motivated friends that keep pushing me to be a better version of myself.

# GREEK CHICKEN BOWLS

By Maddie Budesilich

**Ingredients**

**Meat**

2 lbs. Chicken breasts, boneless skinless

1 Greek chicken

**Produce**

1 1/2 lbs. Cherry tomatoes

1/2 tbsp. Dill weed

3 English cucumber

5 tbsp. Garlic

1 tsp Lemon, zest

1 1/4 tbsp. Marjoram, dried

1/2 tsp Mint, fresh

1/2 cup Red onion, slices

**Condiments**

1/3 cup Lemon juice, fresh

1/3 cup Lemon juice

1 Tzatziki sauce

**Pasta & Grains**

3 cups Brown rice, cooked

**Baking & Spices**

1 Kosher salt and freshly ground black pepper

1 Salt and pepper

**Oils & Vinegars**

3/8 cup Olive oil

2 tbsp Red wine vinegar

**Dairy**

1 1/3 cup Greek yogurt, plain

**Deli**

1 Cucumber salad



**Instructions:** In a large plastic zip bag, combine olive oil, garlic, lemon juice, red wine vinegar, oregano, Greek yogurt and salt and pepper. Add chicken into the bag. Massage for at least 20 minutes. Drain the chicken from the marinade.

In a skillet, heat some olive oil over medium-high heat, add chicken and cook, flipping part way through. Cook until internal temp is 165 degrees. Remove from pan, and let cool. Once cool, cut into bite sized pieces. Just make sure you let it cool, or all the juice will run out.

Meanwhile, make cucumber salad by chunking the cucumbers, and tossing in a bowl with the lemon juice, olive oil, red wine vinegar, garlic,

and oregano. Make tzatziki sauce by combining the Greek yogurt, cucumber, garlic, dill weed, lemon juice, lemon zest in a small bowl; season with salt and pepper. And add mint (optional). Refrigerate while assembling your bowls. Cook brown rice according to package directions. When finished cooking, divide between meal prep containers, 1/2 cup in each container, halve cherry tomatoes, and mix with red onion slices. Divide amongst the bowls and top with chicken, cucumber salad, and some tzatziki sauce. Keep for 3- 5 days in airtight container, serve cold!

Recipe from: <http://www.eazypeazymealz.com/greek-chicken-bowls-meal-prep-easy/>



## When You Fall Off the Wagon

Annis Cassells

Just climb back on.

I'll admit it. I fell off the exercise wagon. Abandoned the gym, even Zumba! Ignored Fitbit's weekly reports. Folded up my yoga pants and stashed my tennies under the shoe rack.

Everyone has their reasons for exercising: self-care, strength building, weight control, social connections. Many of us are interested in maintaining a certain fitness level so we can continue the lifestyle we enjoy. Every one of these is on my list. But they didn't keep me from falling off the wagon.

It happens. No energy, enthusiasm, or gumption for getting up and moving. The reason why doesn't matter. What matters is waking up and climbing back on, getting back into the habit.

That's true with exercise and true with life. Something interrupts our flow or derails our progress and we stagnate or fall into a slump. This happens to all of us at some point. And often it's when we are trying to develop a practice that is beneficial for our health, like quitting smoking or changing our eating habits.

We can't beat ourselves up. There are plenty of other folks to do that for us. Instead, we can follow a few steps and recover.

First, recognize the problem. Then honestly answer these questions:

1. What was I trying to accomplish?
2. Why was that thing important to me?
3. Is my goal still the same?

4. How am I helping myself reach that goal with this change in behavior?
5. What do I need to do?
6. How will I start?

Once you see the answers these questions, you decide whether to stay off or climb back on the wagon.

The answer to the last question: How will I start? is your call to action. This is where you have to know yourself. What help do you need? Do you work best taking action in steps or degrees -- or are you the all-in-at-once type?

This time (I have fallen off the wagon a time or twelve before), I used the gradual method and watched my Fitbit numbers rise as I walked a little further each day. Day two, I went back to Zumba class with a leader whose routines kept a moderate pace. On the third day, I literally climbed, but living in the flat southwest part of Bakersfield, I had to drive three miles to Riverwalk Park to find stairs and small hills. Then the fourth day, after a dedicated walk with the intention of making it to 10,000 steps by day's end, my wrist buzzed with the vibration that meant I'd made it.

I'm officially back on the exercise wagon. It feels good, coming out of a slump and making a positive change. How have you fared this winter? Is there a "wagon" you're ready to climb back onto? You can do it.

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

### March 4th @ 9:30am—Bandon Dunes

6 mile scenic loop with opportunities to take a shorter hike back to starting point

### March 18th @ 10am—Golden and Silver Falls

There are both long and short hike options for this trip. The long hike being about 6 miles and the short hike about 3 miles

For more information, visit: [southcoaststriders.com](http://southcoaststriders.com)

**New products for sale:**  
We have a new cooler with some great, fun hydrating items for sale.

|                        |            |
|------------------------|------------|
| <b>Water:</b>          | <b>\$1</b> |
| <b>Iced Tea</b>        | <b>\$2</b> |
| <b>G2 Gatorade</b>     | <b>\$2</b> |
| <b>Kombucha</b>        | <b>\$3</b> |
| <b>Recovery Water</b>  | <b>\$3</b> |
| <b>Naked Protein</b>   | <b>\$3</b> |
| <b>BANG Energy</b>     | <b>\$2</b> |
| <b>Xysience Energy</b> | <b>\$2</b> |
| <b>Coconut Water</b>   | <b>\$3</b> |



## Member Feature

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

### Dan and Teena Davis

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

**A: Just over a year**

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

**A: Teena: Definitely classes! They are so much fun, the time flies by. Dan: Strength Training**

**Q: What keeps you active?**

**A: Teena: When I'm not active, I don't feel well physically or mentally. Dan: A sense of physical well being.**

**Q: What is your favorite healthy snack?**

**A: Teena: Almonds Dan: Cheesecake (haha)**

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

**A: Teena: Procrastination-it has to be priority because there is ALWAYS something else you could or should be doing. Dan: Getting enough sleep and making time for exercise.**

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

**A: Dan and I both love dogs. I'd love to start some pet sitting on a small scale. So, if you're in need of someone to care for your pet, like it's their own, I'm your girl!**

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

**A: Teena: I love to cook, so there are so many. Right now were into Kale salads.**

**Kale and Brussels Sprout Salad with Walnuts, Parmesan & Lemon Mustard Dressing**

**Dan: I eat whatever Teena cooks!**



See front desk for recipe



## - AMT WORKOUTS -

*By Maddie Budesilich*

The Precor Active Motion Trainer (AMT) might look like a regular elliptical, but with two moveable foot pedals and handles you are actually able to adjust your stride manually. This feature is great for low impact for those with joint or knee problems! You are able to stay on the pedals the whole time while switching your strides from long to short. This machine is great for building your cardio stamina, strength, overall weight loss, maintaining fitness and health. If you're a beginner in the gym and looking for something to ease into, this machine (located farthest left of the aerobic area) would be ideal to

start with. If you are a regular gym rat, you can increase or maintain your cardio strength with this machine also! If you would like workout ideas and a full review, checkout

<http://www.livestrong.com/article/385081-amt-workouts/>.

