

Downtown Health & Fitness

MARCH 2019

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Dates to Remember:

**Sunday, March 10—
Daylight Savings Time
Begins**

**Saturday, March 17th—
Free Friend Day**

**Sunday, March 17th—
St. Patrick's Day**

**March 20
Spring begins**

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Sleep... Get Some!

Eli Gonzalez

Every month we talk about our focus on fitness, diet, hard work and dedication. All great things and without them we would never meet our goals. We all have different goals we are trying to achieve with our daily fitness routine and sometimes we can get distracted from one of the most important building blocks in our arsenal, sleep! That's right, sleep! Many people see sleep as a luxury worth giving up in order to reach their goals. People can easily over-look the long-term health consequences of insufficient sleep, and the impacts it can have on your health, workouts, and productivity.

Scientists have started identifying the connections between insufficient sleep and diseases. Most experts agree that getting enough high quality sleep may be as important to health and wellness as nutrition and exercise. Most medical conditions are slow to develop and have multiple risk factors. What we know is sleeping fewer than about eight hours per night on a regular basis seems to increase the risk of multiple medical conditions.

Obesity - Several studies have linked insufficient sleep and weight gain. One study showed people who get six or few hours of sleep to be much more likely to have high body fat than those who slept an average of eight hours per night. Another study linked babies who are short sleepers are much more likely to develop obesity later in childhood.

Diabetes – Studies show that people who slept fewer than five hours per night have a greater risk of developing type 2 diabetes. Fortunately, studies have shown improved sleep can have a positive effect on blood sugar control and can reduce the effects of Type 2 diabetes.

Cardiovascular disease and Hypertension –

Studies show a connection with modestly reduced sleep (six to seven hours) was associated with coronary artery calcification, a predictor of future heart attacks and heart disease. There is also growing evidence of a connection between sleep apnea and an increased risk of hypertension, stroke, and irregular heartbeat.

Immune Function - The interactions of sleep and the immune system are unquestioned. Sleep deprivation increases the levels of many inflammatory mediators. In turn, infections affect our sleep patterns. Sleep deprivation affects our ability to fight the common cold! People who sleep less than seven hours a night are three times more likely to develop cold symptoms.

With these things in mind, it's not surprising to say that these potential adverse health effects can add up to decreased productivity and ultimately affect your life expectancy and day-to-day well-being. While sleeping is no guarantee of good health, it will help your body maintain vital functions and give your cells the opportunity to recover from the wear and tear of daily life.

Get more sleep! There is ample evidence that shows that when people get more sleep, they will not only feel better, but will also increase their odds of living healthier, more productive lives.

If you want to kill it in the gym, feel more alive, or just feel a little better about yourself, consider getting some quality sleep. If someone gives you a hard time, you tell them "my trainer told me to get some more sleep". If they have a problem after that, you encourage them to meet you at the gym at 4:30 AM!

Exercise Highlight

-AMT-

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/>

Buckwheat Coconut Granola

Ingredients

1 1/2 cups old fashioned oats
1/2 cup unsweetened flaked dried coconut
1/2 cup almonds, coarsely chopped
1/2 cup unsalted pumpkin seeds
1/4 cup uncooked buckwheat groats
2 tablespoons canola oil
2 tablespoons honey
1 teaspoon kosher salt
1 teaspoon ground cinnamon

How to Make It

Preheat oven to 375°F. 2. Combine first 5 ingredients in a large bowl. Combine oil, honey, salt, and cinnamon in a bowl, stirring with a whisk. Add honey mixture to oat mixture; stir well to coat. Spread oat mixture in a single layer on a parchment paper-lined baking sheet. Bake at 375°F for 20 minutes or until golden, stirring once after 10 minutes. Cool completely.

About Those Dreams

By Annis Cassells

Welcome to Dreamland. Not some death-defying, roller coaster, thriller theme park - or maybe it is. When it's our nighttime dreams we're talking about, it could be all of those or none. It depends on what message our inner selves, our subconscious minds, are trying to send us. Usually these messages are symbolic. Each dreamer is unique so what the symbols represent is personalized. And, everyone dreams, whether they remember their dreams or not.

In my childhood recurring dream, I asked an odd-looking woman who appeared at my bedside whether she was a witch or a fairy. When she replied, "I'm a witch," I would feel fear rise up but would wrestle her down and stuff her in a dresser drawer. Today, I'd read that dream's message: *Have courage, little Annis. You will prevail.*

Being able to interpret our dreams depends on several factors. First, we have to remember the dream. Keeping a dream journal in which we write down the dream each morning (or even in the middle of the night) in as much detail as possible works well. It helps to note any emotions felt during the dream **and** while writing.

Second, looking for things that really stand out for us in the dream helps us interpret. What is vivid or seems important? The dream gurus say that the person you dream about is not really **that** person. It is **the part of that person that's YOU.**

Third, giving the dream a title sort of summarizes the big idea of the dream.

Over time, we begin to see patterns or recurring themes that we can relate to happenings in our lives, our struggles, fears, and concerns. During interpretation, we may share our dreams and listen to others' ideas, but we each need to rely on our own gut feelings and experience when determining the dream's meaning for **us.**

I remember it was a particularly hard time in my life, when dreams of my brother helped me realize I was going to be alright.

Dreams can be useful tools to support our waking lives. A process called "dream incubation," during which we write a question seeking guidance, may help us solve problems. As we fall asleep, we focus on the question. Often, our dreams will steer us to a satisfactory answer.

Inventions, discoveries, and creative arts have been the outcomes of dreams. When I'm writing a story or poem and having trouble getting it down, by morning I often have a good or better idea.

Dreams are not merely our unleashed subconscious. As Sarah Crestinn reminds us, "*Dreams are nature's answering service - don't forget to pick up your messages*



Looking Ahead

Upcoming walking, running, and hiking events

The Run of Two Cities
5K/10K
9:00 AM
Mingus Park Softball field
\$25

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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