

# Downtown Health & Fitness

MAY 2016

## Dates to Remember:

**FREE FRIEND DAY - Monday  
May 16**

**May 29 and May 30—CLOSED  
For Memorial Day**

## Inside this issue

Rest and Recovery	1
DHF Upcoming Events	1
Class Highlight	1
We Call It Recess	2
Recipe of the Month	2
Looking Ahead	2
Member Feature	3
Equipment Highlight	3

Rest and recovery are just as, if not more, important than the workout. Did you know that rest and recovery after exercise are essential to muscle repair, tissue restoration, and nutrient delivery which lead to building strength. This is especially true for a heavy weight training session. Muscles need between 24 to 48 hours to repair and rebuild. If you begin working the muscle before it has had the proper amount of time for recovery, it can lead to tissue breakdown instead of muscle building. Recovery is everything that happens after the end of one workout and before the start of another.

A lot of people believe that “rest” means absolute stillness. Although a period of stillness can be refreshing for the mind and body, stillness should not last an entire day. Your rest day needs some movement. Movement creates circulation, which delivers nutrients to the tissues, and nutrients provide the material to facilitate the improvement. Each day of the week should contain a decent amount of movement, while other days contain a challenging workout. Your rest day is really a non-training day, a day where you remove the challenge of hard exercise.

How much recovery is enough, depends on a wide range of individual variables, such as current physical abilities, sleep habits, dietary habits and lifestyle activity outside of exercise. An appropriate workout can create a sense of mild soreness, where you can feel that the muscles experienced a challenge; it should not be debilitation, painful soreness that lasts for several days. This is a poorly designed workout.

440 Central Ave ♦ Coos Bay, Oregon 97420

541-267-3948 ♦ email: [dhfitness@downtownhealthandfitness.net](mailto:dhfitness@downtownhealthandfitness.net)

Visit us at: [www.downtownhealthandfitness.com](http://www.downtownhealthandfitness.com)

## Rest and Recover

By: Deb Lal

Here are some things to consider during your rest and recovery time:

**Replace lost fluids:** You lose a lot of fluid during exercise and ideally, you should be replacing it during exercise, but filling up after exercise is an easy way to boost your recovery.

**Eat healthy recovery foods:** You should try to eat within 60 minutes after the end of your workout and make sure you include some high-quality protein and complex carbohydrates.

**Rest:** Take some time to be still and rest your mind and body but be sure to get some non-challenging movement creating circulation.

**Stretch it out:** After a workout consider a gentle stretch. This is a simple and fast way to help your muscles recover.

**Get a massage or foam roll:** A massage feels good and improves circulation while allowing you to fully relax. You can also try self-massage by using a foam roller to ease your tight muscles.

**Get some sleep:** During sleep amazing things happen in your body. During sleep your body produces Growth Hormones which are largely responsible for tissue growth and repair.

**Avoid overtraining:** Excessive exercise, heavy training at every session, or a lack of rest days will limit your fitness gains from exercise and undermine your recovery efforts.

Listen to your body. If you are feeling tired, sore, or notice decreased performance, you may need more recovery time or a break from training altogether. In most cases your body will let you know what it needs, when it needs it. The problem for many of us is that we don't listen to those warnings or we dismiss them with our own self-talk.

**DHF CLOSED**

**Sunday 5/29**

**Monday 5/30**

**MEMORIAL  
DAY**

## CLASS HIGHLIGHT

### Power Step

Jackie Corriea is a wonderful step instructor and we are happy that she spends every Thursday night at Downtown Health & Fitness teaching Power Step. Her style combines basic step moves with a hip hop flair. She has a fun and friendly attitude and is ready to show you a good time and help you get your sweat on.

Power Step is every Thursday night at 5:45 pm and on our Saturday rotation schedule.

June 5th marks our 10 Year Anniversary at DHF. We are happy all of you are here to celebrate with us. It has been an amazing 10 years and we look forward to many, many more.

Tuesday July 5th is the beginning of our 10 Weeks to a 10K program. This will be the sixth year that we have offered this program and every year it becomes more successful.

Summertime at DHF means boot camp time. Kristen Jones will be conducting a Summer Boot Camp. Details to follow.

## DHF UPCOMING EVENTS

**10  
years**



**BOOT  
CAMP**

# Taco Casserole

## Recipe of the Month

### Ingredients:

1 pound ground beef or turkey  
 1 16 ounce can refried or pinto beans  
 1 16 ounce jar of salsa  
 1 1 ounce package of taco seasoning  
 2.5 cups broken tortilla chips  
 1/2 medium green bell pepper (chopped)  
 4 green onions sliced  
 2 medium tomatoes chopped (1.5 cups)  
 1 cup shredded cheddar or Monterey Jack cheese  
 1/4 cup sliced black olives  
 1 cup shredded lettuce



### Directions:

Preheat oven to 350 degrees. In 12-inch skillet, cook beef or turkey over medium-high heat, stirring occasionally, until thoroughly cooked; drain. Stir in beans, salsa and taco seasoning. Reduce heat to medium. Heat to a boil, stir occasionally.

In ungreased 2-quart casserole, place 2 cups of the broken tortilla chips. Top evenly with meat and bean mix. Sprinkle with bell pepper, onion, one cup tomatoes, cheese and olives.

Bake uncovered for 20-30 minutes or until hot and bubble with cheese melted. Top baked casserole with lettuce, remaining 1/2 cup tomato and remaining tortilla chips.

*We call it Recess*

*By Annis Cassells*

Remember grade school mid-morning recess time? Everyone put down their pencils and books and took a break -- out to the playground to run, swing, and play quick games. That was good stuff. Some joked it was their favorite "class."

Adults need recesses, too. Most who work outside the home have break time built into the day. They can stretch, move around, take a walk outside, or get a snack. Whatever they do, it's the few moments of distraction from their tasks that make the difference. They return to their jobs refreshed, able to continue to be productive.

As a writer, I spend a good bit of time at my computer or desk. But, I regularly walk away, seeking a different position and scenery.

Often, those moments result in a useful idea, a better word or phrase, or a new perspective. Sometimes, what surfaces on these recesses is a dinner or a new recipe tried out. It's all good.

If you have an occasional day or a weekend, figure out a break that gets you away from technology and your normal activity. Make it a chance to experience or learn something new or an opportunity to revisit favorite places where you can conjure up fond

memories. Maybe do something that allows you to commune with nature. Get yourself on the road, on a path, or onto the shore. Or, be a tourist.

Once, when Judy took a photography class, the assignment was to "be a tourist in your own town." So, we went looking for attractions that, as we said, "we'd take pictures of this if we were on vacation in some other city or country." When we took time to look, what we found was amazing. Murals that we hadn't known existed and interesting shops that we had not frequented popped into our experience.

Can you stretch it to a day or two? If so, explore some new place. Give yourself a little vacation, a break. It doesn't have to be long. But if it introduces you to some new-found gem, produces joy, or changes your outlook, it's worth it.

Recess. A break. Alterations in your daily routine that will rejuvenate and refresh. A very good thing. Think about what you can do that will provide a change of pace and invigorate you. Then go to recess and enjoy yourself.

Copyright © 2016. Annis Cassells. All rights reserved. A life coach and speaker, Annis can be reached at [HeyAnnis@aol.com](mailto:HeyAnnis@aol.com). Follow her blog at [www.thedaymaker.blogspot.com](http://www.thedaymaker.blogspot.com).

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

May 7—Prediction Run  
South Coast Running Club's  
5 mile run and 3 mile walk.  
Predict your time and win  
prizes. Begins at 10 am at  
the Coos Bay Boardwalk.

May 7—Walk and Talk  
Women's Health Coalition  
Walk and Talk at Mingus  
Park beginning at 9:30am.

May 15—Rocky Peak  
South Coast Striders  
4.6 or 3 mile loop. Various  
meeting spots are available.

May 21—Euphoria Ridge  
South Coast Striders  
3.5 or 8 mile hike. Caravan  
leaves from the Bridge store  
at various times.

May 28 & 29—Hanging Rock  
South Coast Striders  
This can be an easy to mod-  
erate hike or a long hike to  
the Rogue River for over-  
night camping.

See the following websites  
for more information:

[www.coostrails.com](http://www.coostrails.com) to find  
out more about the walks  
with the South Coast Striders

[www.southcoastrunningclub.org](http://www.southcoastrunningclub.org)  
to find out more on up-  
coming 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!*

### Travis Spurgeon

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

**A: For only three months**

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

**A: I really enjoy the classes**

**Q: What keeps you active?**

**A: I just want to feel good and healthy**

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

**A: Cottage Cheese, Tuna and Avocado all mixed together**

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

**A: Finding time to work out and eat right**

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

**A: When I started three months ago, I weighed 206, today I am weighing 181**

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

**A: 1/2 cup each of Blueberries, Blackberries and Raspberries**

**1/2 cup original almond milk**

**1/4 cup of Strawberry and Banana Chia Seeds**

**1 tsp of honey**

**Mix together and drink but you may need a spoon.**

## Equipment “Highlight” Gliding Discs

Gliding is a unique sliding disc exercise system that allows for smooth, fluid, graceful movements. Gliding exercises are extremely versatile and can be structured into a stand-alone Gliding class or incorporated into your existing class formats. Gliding exercises work multiple muscles while engaging core stabilization throughout the ranges of motion. Simplicity of movement makes this unique exercise system adaptable.

These sliding discs are designed to smoothly slide across a floor surface with either one foot on a disc or both feet each placed on a disc; or alternately, one hand or both hands. Using correct foot and hand position, as well as using proper exercise form, are important and critical parts of any safe and effective workout. You may find a pair of these in the weight room or used with a group fitness class. Try them out! It'll sure challenge you!

