

Downtown Health & Fitness

NOVEMBER 2018

440 Central Ave ♦ Coos Bay, Oregon 97420

541-267-3948 ♦ email: dbfitness@downtownhealthandfitness.net

Visit us at: www.downtownhealthandfitness.com

Sunday, Nov. 4th-
Daylight savings time
ends

Sunday, Nov. 11th
Veterans Day

Free Friend Day
Friday, Nov. 23rd

Thanksgiving Hours:
CLOSED Thursday 22
8 am—9 pm Friday 23

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Happy Thanksgiving



Black Friday Special!
10% off punch
cards

Gift certificates available

Black Friday only!

Are You Reflective ?

A lot of early morning runners or bikers say that they have the most amount of energy when they wake up. They haven't spent any effort on work, family or household chores and they're ready for the day ahead without any brain fog or distractions getting in the way. This energy can also be channeled as a form of transportation to wherever you need to get that day.

Instead of taking the car, bus or train, an early morning run or bike ride is great for getting your mental cogs turning and setting you up for a healthy day ahead. Once you've reached your destination that's it; your exercise done and dusted for the day and it's off your mind.

Running at night can deliver similar benefits by using it as a commute home from work. You can use that stress you may have worked up over the course of the day to fuel your workout. After the run, you then feel refreshed and rejuvenated knowing you've released your worries. Additionally, it works up your appetite for dinner so that you're good and hungry when the meal rolls around. Most people find that exercise makes them want to eat healthier so if you're the type of person

who likes to snack on some less optimal foods after a long day in the office then running after your shift can help combat this.

When you run in the dark you need to be more alert to your surroundings. You need to know what's happening around you and that means going without music; wearing headphones is a common and dangerous mistake.

You also need to be wrapped up nice and warm if the weather calls for it. This can cause issues the further you get into your run as you can overheat or lose too much water from sweating. This is why what you wear makes all the difference. You need to be at the right temperature, be comfortable and also bright and visible to those around you with a reflective vest or some reflective bands.

Running, walking, or cycling at night doesn't have to be dangerous. It might be the only time you can fit a workout into your busy schedule. Just make sure you're safe, seen, and prepared!

<https://www.topfitnessmag.com/reflective-running->

Fitness Feature/Single-Leg Romanian Deadlift

What it works: Hamstrings, glutes, calves

How to do it: Stand on one leg. With a flat back, bend over from the hips and reach for the toes, allowing the free leg to raise up. Stand back up and repeat for as many repetitions as desired. To progress the exercise, hold a dumbbell in each hand



Turkey Pot Pie Soup

Recipe of the Month

Ingredients

Meat

2 cups Turkey

Produce

2 Carrots, sliced

3 Celery stalks

1 Onion

1 Potato, small

1 tsp Sage, dried

5 Sage leaves, chopped, about 1 tbsp

1 tsp Thyme

Canned Goods

3 1/2 cups Bone broth

1 cup Heavy cream (raw and grass-fed or use coconut cream)

Baking & Spices

1 tsp. Salt and pepper

Dairy

3 tbsp Butter

Instructions

-Melt the butter over medium heat in a big pot.

-Add the onions, carrots, potato and celery.

-Let cook until onions are soft.

-Add the broth and cover the pot, letting it simmer for about twenty minutes, or until the carrots have softened.

-Add the turkey, herbs and spices.

-Let them heat through.

-Add the cream last.



Looking Ahead

Upcoming walking, running, and hiking events

Dellenback Dunes Hike

Sat, Nov 3 at 9:00 AM

Meet at Day area Parking

5 Mile or 9 Mile Hike Option

Turkey Trot Fun Run & Walk

Thurs, Nov 22 at 9:00 AM

Empire Lakes

Fee: 2 or more canned foods

Pick your own distance

For more information call:

541-404-6241

Turkey Trot Fun Run & Walk to Support Wildlife Safari

Thurs, Nov 22 at 8:30

\$15 Entry 12 years and older Kids under 12 free.



Visit

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

In Gratitude

Annis Cassells

Knowing someone's in your corner is a great source of comfort and motivation. Often it gives a person the extra push to carry on when they face seemingly insurmountable odds.

I remember when I had breast cancer and was about to undergo surgery. Folks supported me with prayers, kind and encouraging words, and offers to help. Someone who didn't even know me personally knit a prayer shawl for me. Those lovely gestures buoyed my spirits during those tough days. And, nearly ten years later, I am still filled with gratitude and appreciation for those who stood by me.

A by-product of that experience is I've become even more aware of how gratitude affects the person who lends support as well as the recipient. Although we don't do it for our own "feel-good moment," I know the heart-warming feeling that comes from a simple "thank you" or "I appreciate you" when another person expresses their gratefulness for any small act of kindness.

Some of you DH&F members met my sister Reenié (pronounced reh-NAY) when she visited last May. She immediately fell in love with the Fitness Center and the friendly folks she met. She felt the family atmosphere of the club right way.

Later in the summer we discovered her cancer, the upcoming chemo treatment, and the unavoidable surgery. Both she and I were especially grateful for the concern so many expressed and the request for updates about how she was doing. Thank you. And may your hearts be warmed by our gratitude as ours were when you supported us all.

This evening, I write this column from Reenié's home in Michigan. It's been my pleasure to spend the day with her in the hospital as she recovers from surgery. I am grateful I could be here. Grateful her husband Don knows he can rely on me and welcomes my support. Grateful to the skillful surgeons, knowledgeable, compassionate doctors, and caring, efficient nurses and nursing assistants who are tending her. And, I am grateful for all the friends and extended family who continue to send their prayers and good wishes. So are Reenié and Don.

In addition to life's biggest challenges that present opportunities for gratitude, many small things produce that feeling: time with friends, jobs ticked off a to-do list, a crock-pot dinner creating great aromas at the end of the work-day, a dip in the hot tub, a sunny day, a nap, an opportunity to help. No thing or event is too large or too small. It's good to slow down and express gratitude, even if it's just to ourselves.

Being grateful makes life more fulfilling and happy because we focus on positives. Gratefulness allows us to see life's challenges in a new way. What's on your gratitude list? As we near Thanksgiving, we think of reasons we're thankful, but the season for gratitude is with us today and every day.

For ways to explore and practice gratefulness, see <https://gratefulness.org/>

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John Topits Park & Don Hynes: A Letter Of Appreciation

Thanks to the dedicated and informative staff at Downtown Health and Fitness, I have completed my tenth and final Prefontaine Memorial Run. I have found a great camaraderie and a fantastic walking partner, Patti Harrington. Thanks to everyone involved. I am ready to put away my race shoes and move on to other projects.

In the summer of 2015, I met with City of Coos Bay Public Works and Parks departments to install six pieces of “top of the line” gym equipment along the trails at John Topits Park. Currently, a Two Person Wheelchair Access Chest Press and a Four Person Leg Press have been purchased. These two pieces have been installed and are currently in use and being enjoyed.

I have applied and received a grant from the Coquille Indian Tribes for part of the needed funding. Those are the funds that have been used for the first two pieces. In order to get the remaining four pieces of equipment placed at the park, the City of Coos Bay needs more funding. They are able and willing (depending on their schedule) to install the other pieces once the funding is made available.

I encourage everyone to take a look at the equipment that is already set up, and become familiar with them. The remaining four pieces of equipment are: Four Person Pendulum ABS & DIPS Station, Two Person Combo Lat Pull & Vertical Press, Three Person Static Combo, and the Single Elliptical. The combination of these six machines will provide a well-rounded, safe, and effective workout, keep parents closer to their children while they play, and give our community somewhere to workout in a centrally located area.

This is a project very dear to me, and I would love to see more Coos Bay residents getting on board and helping this project come to fruition. If you feel this is a worthwhile project and want to help, please give me a call or talk to me at the gym.

Thank you for your continued support,
Don Hynes
541-267-5310



Two Person Combo
Lat Pull & Vertical
Press



Single
Elliptical



Three Person
Static Combo



Four Person
Pendulum ABS &
DIPS Station



Three Characters Walk Into An Exercise Class

There's a man in Tenacious Tonya Pederson's 10:15 AM exercise class at Downtown Health and Fitness that his classmates call Titanium Don because his body is held together by numerous metal screws, straps, and plates. He fell from a roof some years ago and spent the next nine months in the hospital up in Portland. Yet Don shambles into Tonya's class every Monday, Wednesday, and Friday, sets up in the far left corner of the room by the windows, and puts out an hour's worth of effort with nary a complaint.

And then there's Old Man Don who shows up to class without fail. At age 90 he ran the Prefontaine 10K this year for the tenth time and finished first in his age group. He'll gladly tell you how he did it, with a twinkle in his one good eye: "All the rest of my competitors are dead." While there may be someone else at the gym whose workout attire includes carpenter's pants, Don is the only one with enough style to hold them up with wide, red suspenders.

The next time you're at the gym you might look for a third man named Don. He puts in 45 minutes on the rowing machine before class and walks around like Walter Brennan. Don came by his limp in his younger days when he played catcher, which can wreak ruin on the knees. And, he rowed crew back in the late 60's for UC Berkley—an elite athlete. This hit his hips hard. So, Don now has one new knee, a matching hip replacement, and a sense of humor that's hard to match. He says, "Thanks to our stretching in class, I can still turn my head to check the traffic before I change lanes."

Speaking of humor, Larry (known as the The Egg Man, because his chickens supply gym members with eggs), who's dry wit anchors the room's back row when he's not galavanting around the country with an Airstream, gave the class its ironic, informal title—*Men of Steel*. This is not to say that women aren't welcome in class, or steely for that matter. In fact, my daughter worked out with us a couple of weeks ago and afterward commented: "I see why you like this, Dad—working out with a bunch of characters."

Some steely characters speak:

Gene (the Quiet Man) tells this: "It has been almost three years now that I've been working out. So far I've lost about 17 pounds . . . I've noticed that I have more muscle and strength in my arms, and my chest has developed for the better . . . I sleep better at night now."

Frank (also known as Knuckles) reports, "Regular exercise three days a week helps me stay healthier . . . improving my balance, flexibility, endurance, and strength. Plus I look forward to the fellowship of my classmates."

Railroad Tom mentions a "mildly competitive camaraderie and improved strength and balance." Tom's been riding a bicycle to the gym for the past year or so. Yes, it does have electric assist, but hey, Tom lives on a hill.

Big Brother Dave says, "I may have aches and pains but they're a result of the exercise class, not because of tripping, falling, and throwing out my back when I try to lift the newspaper off the driveway. I can pump tuna into my boat one after another without hurting myself. My sciatica pain is gone; surgery canceled. I take better naps only because I'm tired after class. Plus, my abs actually work now." Dave is 75 years old.

Colonel Blair wants to "let folks, especially older guys, know what is possible at Downtown Health and Fitness. I think it is pretty remarkable that three years ago a group of older men, unknown to each other, felt strongly enough about their health to begin this class, which has morphed into many friendships and has become somewhat of a brotherhood. Considering we all come from a different set of life values, education, political leanings, and many other life experiences, it is pretty cool that we all look out for each other and get along so well. I think that may be one reason why we have such great attendance in class."

Lovely Laurie, the founding trainer of the class, recently wrote, "I love hearing how this class has continued to help you achieve your daily living activities and beyond; like bicycling to Colorado, winning a 10K at age 90, hiking technical trails in the high country to make beautiful photographs, and so much more. What an amazing group of men!" Then she adds this: "I have now been to many gyms here [in Bend, Oregon]. None of them come even close to Downtown Health and Fitness!"

All this explains why we see the heroic Titanium Don in class each week even though he has to walk in the door like Frankenstein. Those of us who are in that room with him know why he's there. It's the reason we're there as well: The rewards of Don's workouts—the benefits to his body, soul, and spirit—far exceed his expense of a little time and sweat, and not much money.

Daniel "Steinbeck" Partner
October 22, 2018