

Downtown Health & Fitness

NOVEMBER 2019

Happy Thanksgiving

Sunday, Nov. 3
Daylight saving time ends

Nov. 11th
Veterans Day

Free Friend Day
Friday, Nov 29th

Thanksgiving Hours:
CLOSED

Thursday, Nov 29

FRIDAY HOURS:
8am—9 pm
**No 5:30 or 7:45 class*

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Join Lesley Friday, Nov. 29th at 9 am for our annual Black Friday 90 minute ZUMBA MASTER CLASS. This also is free friend day, so come join in the sweaty fun, bring a friend and work off those potatoes and pies!

Black Friday Special!
10% off punch cards

Gift certificates available

440 Central Ave ♦ Coos Bay, Oregon 97420
541-267-3948 ♦ email: dhfitness@downtownhealthandfitness.net
Visit us at: www.dhfitness.net

Healthy Holidays

Lesley Gonzalez

Healthy Holidays? Is there such a thing? If you're like most Americans holidays mean family, friends, and FOOD. Lots and lots of food! While all of these things are what makes life worth living, most of the time, the food choices are not the healthiest. We tend to make the comfort foods, the ones with too much butter, fat, and sugar. While all of these ingredients can make for a memorable holiday dish, they can sabotage the hard work we've put in over the past months. You can still enjoy your family and food by making those little adjustments to your favorite recipes, those adjustments can make all the difference. Most recipes give you a healthier option to follow. Take them into consideration when you're making those famous mashed potatoes!

Overindulgence can also be a pitfall of the holiday season, not what we eat but how much! Portion control is an amazing tool. Have the things you LOVE to eat, just don't have a HUGE helping. Small controlled helpings can satisfy the craving while not ruining your daily caloric intake.

If your diet is on track, you can keep it up with some easy-to- make choices. Take these few tips and tricks into consideration as you enter into the holiday seasons:

1) Eat light during the day.

2) Don't taste everything as you go.

3) Use a smaller plate.

4) Don't go back for seconds.

5) Send leftovers home with guests.

6) Share dessert.

With all of that in mind, keep exercise a priority! It's easy to get caught up in the hubbub of life during the holidays and forget about the most important thing to a happy and healthy holiday season: making time for yourself! Exercise reduces stress and has the power to change your mindset from "HOW am I going to get all of this done!" to "I can't wait to spend time with my family tonight." We all go to great lengths to get our workouts in every week. Why would the holidays be any different? Make time to work out, everyone will thank you! If you can't make it to the gym, go for a walk, throw the football around, take the kids to the park or walk the dog. Staying active will help with keeping your sanity and keep those extra unwanted holiday pounds off.

And most importantly, enjoy your family and friends!

We are Thankful!

Thank you to all our members and community who voted us #1 Fitness Center on the Southern Oregon Coast for 10 years running. We are truly grateful to our past and present members who make this the BEST FITNESS CENTER in our area.

Sincerely,
Lesley & Eli



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.

Transitions

Annis Cassells

Inspiration comes at unusual times and places. There I was in my Bakersfield Silver Sneakers class, chugging along in the floor exercise when suddenly I had a hitch in my step as I tried to get on the correct foot. The exercise leader had called out “Switch!”

That made me think about transitions—especially Sandy’s smooth transitions during exercise. Sandy will have us doing the grapevine and hustling up and back. Then she calls out a half grapevine and some step-touches, more grapevine then we are hustling up and back with the other foot leading. It’s smooth and effortless on our part. We’re on the correct foot and having fun without a jolt.

Throughout our lives we are in transition, that period of flux between stages or positions. It’s that time when we progress from crawling to walking, from tricycles to two-wheelers, from childhood to adulthood, from neophyte to expert. We survive that interim period of transformation.

Sometimes those transitions are bumpy. We have skills to learn and practice in order to achieve competence. Often, we have fears to overcome. We question ourselves, our aspirations, and whether we really want the change that will come about. But we make up our minds and follow through.

Sometimes we have no choice. Things change so we are forced to make changes. We’ve probably all known friends who have had to live in a motel or rent a small apartment while waiting for their new place to be ready. New software systems are installed at work, baffling workers and inconveniencing clients during the transi-

tion from the outdated to the modern. New leadership in our organizations may develop different policies and practices we must follow. After the transition period, we become comfortable with the new situation.

One year I took an experienced-rider motorcycle skills class in Roseburg. Judy followed me over. The day-long class included time in the classroom and time on the bikes. Big Red was the biggest motorcycle on the course and I was the only woman rider. I was nervous, afraid of crashing my bike or getting hurt while attempting to perform the maneuvers the instructors demanded. With patience and practice (and a few scary moments) I was able to complete the exercises. After the ride home, I remember Judy telling me the big difference she saw in my riding and confidence. Her words let me know I’d made the transition, and they reinforced my feeling of accomplishment.

Transitions are inevitable throughout our lives. Think about the ones you’ve traversed. Maybe you’re in transition right now. I’m confident you’ve learned some things along the way about how to make your journey flow, and you’ll come through this period with poise.

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Looking Ahead

Upcoming walking, running, and hiking events

Turkey Trot

9AM Thanksgiving Day,
John Topits Park
(Empire Lakes)

Bring two+ cans of food to donate for an entry fee. This is a low-key, fun event for the whole family (no numbers, no timing), and a great way to build up an appetite for the big Turkey Feast.



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.