

Downtown Health & Fitness

OCTOBER 2015

Dates to Remember:

Monday, October 12th—
Columbus Day

Friday, October 16th—Free
Friend Day

Friday, October 30th—Trick
or Treating in Downtown
Coos Bay 3:00-6:00pm

Saturday, October 31st—
Halloween

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Fall Special

Purchase a
6 or 12 month
membership and
receive an extra
month of member-
ship for free!

Plus, no joining
fee!

Ends October 15th.

440 Central Ave ♦ Coos Bay, Oregon 97420
541-267-3948 ♦ email: dhfitness@downtownhealthandfitness.net
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10 Weeks to Success!

By Brandy Thompson

As we have yet another “Pre” behind us I reflect upon the past 10 weeks of effort and hard work put out in preparation for the 36th Annual Prefontaine Memorial 10k Run. Our 10 weeks to 10k program was not only our largest group to date, but we also experienced consistently high attendance for the two group run days per week in addition to completion of the two “on your own” days. I was happy to note high levels of determination and dedication in this group which was admirable and infectious to others.

Each walker or runner came with an individual goal, but I saw first hand how all supported at least one other person in the group toward their individual goals. Each person, no matter what their level of fitness or experience, worked at a level that was difficult for them. So the support and camaraderie helped keep them motivated to stay the course toward the 6.1 mile goal. This support and camaraderie is, by far, one of my favorite things about the running/walking community.

Looking at the official race results, it was not surprising to see that our program participants generally accomplished the goals they

had set. Many folks were looking forward to this being their first time ever in completing a 10k while others were committed to running more and walking less than in past years. Because the largest majority of our participants had completed the “Pre” at least one other time before, the most common goal was to achieve a PR (personal record) or PB (personal best) time on the challenging, hilly course.

For many, running or walking great distances seems totally impossible. Unless they try it, most don’t believe they can actually complete something like a 10k or more. Surprisingly, it is not impossible if folks take the commitment to doing the necessary work seriously. For this dedicated group, 10 short weeks was all it took to achieve success!

In the section below we have done our best to identify all DH&F members and staff who competed in this year’s “Pre” from the official race results. The names highlighted in black represent our 10wk-10k team, whom we want to thank again for participating in our program.

Congratulations to all who set out to conquer the 36th Prefontaine Memorial 10k Run! We hope you’ll join us next year to do it again!!

Congratulations 10k Prefontaine Finishers!!

Slavik Gerega, Elizabeth-Claire Knox, **Garth Frost**, **Tara Renegar**, Laurie Sevier, Harold Boesch, **Denny Littrell**, **Christina Cook**, **Barb Yost**, **Amber Yester**, **Jill Davidson**, **Jim Hossley**, Brandy Thompson, **Debora Rudd**, **Lisa Waddington**, **Taryn Accurso**, John Hugill, Tanya Goodson, **Porscha Boyd**, Deb Lal, Jan Doyle, Gina Young, Sandra Bullock, Patrick Myers, **Michelle Frost**, **John Roos**, Alishia Bullis, Jamie Matsui, Jonathon Matsui, Mark Wheeling, Elizabeth Wheeling, **Marianne Levi**, Tina Guetterman, **Laurie Burke**, **Jake Wright**, **Jamie**

Wright, Betsy Zechman, Bonnie Smith, **Sandy Reiber**, **Siobhan Preston**, **Jackie Corriea**, Kelly Western, Rene Collins, **Nicholas Preston**, Patti Harrington, Caddy McKeown, **Cheryl Elletson**, **Mary Paczesniak**, **Judy McDole**, Don Hynes, Jean Meyer, Barb Swanson, **Emily Wilson**, **Andrea Thompson-Poore**, **Pamela Dornbusch**, **Darin Dornbusch**, Lori Seeger, Sarah Cooney, **Jonathan Bates**, **Carol Davis**, **Marilyn Wilson**, **Kathe McNutt**, **Karen Stillwagon**, **Rosemary Edd** ** We apologize if we have mistakenly missed listing anyone from the race results.

Pumpkin Turkey Chili

Recipe of the Month



Ingredients:

2 tablespoons extra-virgin olive oil
1 small yellow onion, chopped
1 green bell pepper, seeded and chopped
2 jalapeños, seeded and finely chopped

2 cloves garlic, finely chopped
1 pound ground turkey
1 can diced tomatoes, with liquid
1 can pumpkin purée
1 cup water
1 tablespoon chili powder
Ground black pepper, to taste
1 teaspoon ground cumin
1/2 teaspoon salt
1 can kidney beans, rinse & drain

Instructions:

Heat oil in a large pot over medium high heat. Add onion, bell pepper, jalapeños and garlic and cook, stirring frequently, until tender, about 5 minutes.

Add turkey and cook until browned. Add tomatoes, pumpkin, water, chili powder, cumin, salt and pepper and bring to a boil. Reduce heat to medium low and add beans.

Cover and simmer, stirring occasionally, for 30 minutes more. Ladle chili into bowls and serve. Garnish with sour cream and cilantro if desired and enjoy.

Recipe and photo from: <http://www.wholefoodsmarket.com/recipe/turkey-pumpkin-chili>

Water Element

By Annis Cassells

When posed with the question of which of the four elements, Earth, Fire, Air, or Water I felt best described my personality, I always chose Fire. I'd think, *I like to make things happen*. That was when I was an "on-fire" middle school teacher. On closer reading of the elements' characteristics, today I realize my primary element is Water, a good thing for a retired person.

According to Carsten & Anni Sennov in their book, *Be a Conscious Leader in your own Life*:

Fire represents your personal drive and your inner fire.

Water represents your personal flow and your ability to balance at all levels

Earth represents your personal expression and the physical environment in your daily life.

Air represents your different kinds of insights from common sense to practical knowledge, human knowledge, your inspiration and creativity, and your vision.

Each person contains a balance of all the elements with one being predominant. Which element dominates can change, depending on the situation or how a person feels. Of course, all elements are necessary for families, businesses, organizations, and the world to work smoothly.

The Sennovs say, "Communication, cooperation, flow, intuition, empathy and intimacy are important elements in a Water person's life ... A Water person likes to express everything and often helps their surroundings open up and release..." [<http://www.fourelementprofile.eu/>] On the downside, though, a Water person can talk people's ears off in order to convince them and sell their message, their product, or their idea. I've done that a time or two.

In traditional Chinese medicine, the Five Elements or Five Phases, Wood, Fire, Earth, Metal, and Water, are aspects of Qi (chee). Centered in the lower belly at the second Chakra, the Water energy is a strong generative force.

Acupuncturist and herbalist Meredith St. John, M.Ac, Dipl.Ac., writes, "When the Kidney Qi is strong, a person is fearless, determined, and can endure many hardships in pursuit of their goals." [<http://www.acupuncture-online.com/tradition3.htm>] Strong Kidney Qi, is associated with the will power to persevere and with longevity.

"You can even find the elements represented in different places and in cities and countries," the Sennovs claim. "This is why you can feel at home in a totally unfamiliar place, ... the principal element(s) of that place match your own element profile."

It's clear to me, I am in the perfect place here in Coos Bay. With Mingus Park practically out our doorstep and the Bay a few blocks away, I have found my happy place.

When everything's okay, water makes me smile and wonder at the blueness and beauty, the waves and whitecaps, and the ebb and flow. Any type of body of water, pond, lake, river, or ocean, has always soothed me and brought me to a peaceful state during times of stress. A ritual of thrusting negativity out to sea or strolling and gazing out to infinity have brought me peace and healing. Water -- it's elemental for me.

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Looking Ahead Upcoming walking, running, and hiking events.

Dellenback Dunes & Tenmile Creek Trails. Saturday, October 3rd at 10:00am. 2.5- 9 mile distances with some difficult terrain. Dunes to beach scenic views.

Eel Lake Trail at Tugman State Park on Saturday, October 17th at 10:00am. 4-6mile hikes, flat water for paddler and swimmers. Meet at day use area.

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

10th Annual Millicoma Marsh Trail and Track Runs. Saturday, October 10th at 10:00am. 400 meter, 1 mile, and 5k track and trails. Millicoma Middle School Track. In Eastside, Coos Bay.

South Slough Trail-N-Treat Run. Saturday, October 17th at 10:30am. Free Kids Run, 5k walk or run on technical trails at South Slough in Charleston.

Mr. MHS Color the Marsh 5K. Saturday October 18th at 1:00pm. Millicoma Intermediate School Track.

www.southcoastrunningclub.org to find out more on this or upcoming 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!

Bob Litton

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

A: 6 or 7 years.

Q: What is your favorite type of exercise?

A: Walking, moderate weight lifting and stretching.

Q: What keeps you active?

A: The desire to be able to keep active during my working years coaching high school girls' gymnastics, among other sports, kept me active.

Q: What is your favorite healthy snack?

A: Nuts and fresh fruit.

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

A: Motivation! I like to take naps so I have to keep reminding myself of the desire to be able to keep active.

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

A: I live on a boat moored at the Coos Bay city dock. DHF is like my second, larger home away.

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

A: City Subs makes a pretty mean Turkey Cranberry sandwich which I enjoy from time to time!

Personal Trainers Make a Difference

Personal Trainers can be used for many purposes. Everything from post-physical therapy recovery to weight loss to improved athletic performance.

At Downtown Health & Fitness, we have knowledgeable and inspiring personal trainers. Each one has their own specialties and training techniques, and is certified by highly respected organizations in the fitness industry.



Teagan Seiger is an AFAA certified trainer.

While she is new to personal training, she is eager and brings fresh ideas and positive energy to our team. She will work hard to guide you to your physical best as she customizes a work out specific to your individual needs.



Laurie Sevier is an ACTION certified trainer. Laurie began running nearly 25 years ago and has since run six marathons, including the famous Boston Marathon.

About five years ago, she realized that her running was suffering due to upper body and core weakness so she began her journey of strength training. She found that it made a huge difference in both her running and overall health. Laurie incorporated healthier eating habits as well and found further success in her running. The combina-

tion of these things led her to become a Certified Personal Trainer and help others work toward the point of feeling good about how they look and feel. Her goal is to help people find a workout schedule that fits into their lifestyle and accomplishes the goals they set.



Michelle Frost is an ACTION certified trainer. Michelle is a self proclaimed fitness junkie and avid athletic enthusiast. No matter what your sport or physical activity, she has the knowledge to make you better. With her passion for kinesiology and proper nutrition, Michelle would like to help people obtain their weight loss goals. She is also a certified group health instructor for PiYo, Tabata, and Kickboxing classes. She is a personal founder of HIIT30 in the Bay Area. Besides being a personal trainer you can find her on our class schedule several times per week teaching one of these classes. Michelle brings enthusiasm in helping everyone, no matter what their personal level, achieve their desired results.

Each of these trainers exhibits the skills and qualifications necessary to be an exceptional personal trainer. If you are new to working out, coming off of an injury, or find yourself not seeing the results you desire then one of these personal trainers could be just what you need to continue forward movement toward making your fitness goals a reality.