

# Downtown Health & Fitness

OCTOBER 2019

## Dates to Remember:

Monday, October 8th—Columbus Day—We are OPEN

Monday, October 15th—Free Friend Day

October 31st—Trick or Treating in Downtown Coos Bay 3:00-6:00pm

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## Trick or Treat

31st 3-6pm



Bring your children, dressed in costume, to Downtown Coos Bay to Trick or Treat from 3pm to 6 pm on October 31. Look for the orange posters in windows for participating merchants.

440 Central Ave ♦ Coos Bay, Oregon 97420  
541-267-3948 ♦ email: [dhfitness@downtownbealthandfitness.net](mailto:dhfitness@downtownbealthandfitness.net)  
Visit us at: [www.dhfitness.net](http://www.dhfitness.net)

## Fighting Seasonal Depression with Exercise

Lesley Gonzalez

Fall is fast approaching and with that the shorter days and longer nights of winter. For many of us, we can use this as an excuse to curl up and spend more time inside. But for some, this winter tradition can be something a little darker. According to the Centers for Disease Control (CDC) 14 percent of people in the United States experience Seasonal Affective Disorder (SAD).

SAD can cause feelings of apathy, sadness, and fatigue. But we have good news for you! Research shows 30 to 60 minutes of exercise can lower the recurrent rate of depression! Exercising throughout the winter will not only keep your body fit and ready for the upcoming summer, but also keep your mind in a healthy and relaxed state.

The hard work you put in during these winter months will propel you to successfully reach your summer goals! At the same time, it can keep you in a positive mindset, and keep away that winter gloom.

Research has shown that exercise is an effective but often underused treatment for mild to moderate depression. First and foremost, always consult with your physician about any and all issues concerning mental health.

**Web M.D** has compiled some psychological benefits of exercise with depression.

**Regular exercise has been proven to:**

- \* **Reduce stress**
- \* **Ward off anxiety and feelings of depression**
- \* **Boost self-esteem**
- \* **Improve sleep**

"Improved self-esteem is a key psychological benefit of regular physical activity. When you exercise, your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain.

Endorphins also trigger a positive feeling in the body, similar to that of morphine. For example, the feeling that follows a run or workout is often described as "euphoric." That feeling, known as a "runner's high," can be accompanied by a positive and energizing outlook on life.

Endorphins act as analgesics, which means they diminish the perception of pain. They also act as sedatives. They are manufactured in your brain, spinal cord, and many other parts of your body and are released in response to brain chemicals called neurotransmitters. The neuron receptors endorphins bind to are the same ones that bind some pain medicines. However, unlike with morphine, the activation of these receptors by the body's endorphins does not lead to addiction or dependence."

## PiYo

Class Highlight

Join Michelle Tuesday mornings at 5:30 AM for this great class!



Inspired by Pilates and Yoga, PiYo cranks up the pace, and the fun, for a pulse-pounding, calorie burning workout that defines and strengthens every inch of your body. Low impact but high intensity. No weights, usually done barefoot. Hardcore results.

# Healthy Granola



The “recipe” is as simple as measuring into everything into a bowl, giving it a good stir to combine, and then storing in an airtight container (such as a big tub, a big jar, or small individual bags for portable snacks). Trail mix will keep for at least a month, but I doubt it lasts that long!

## A Balancing Act

By Annis Cassells

When we expend excessive amounts of energy in one or two areas of our lives for too long, no matter how “wonderful,” we are thrown out of balance. This leads to dissatisfaction, over-stress, and sometimes illness.

It’s easy to become overwhelmed by the curves life throws us and ignore some areas. So our family strongly encouraged my brother-in-law to set aside caregiving for a bit and get out onto the golf course once my sister was home from the hospital. He’d been by her side for weeks and needed to do something that was just for **him**. Finally, he felt able to leave her in our care for a few hours, and I’m sure it lifted his outlook.

For a balanced life, we need to make sure that we’re paying attention and giving time to all aspects of our lives. Here’s an exercise for life balance appraisal that I use in my coaching practice:

Take a look at the balanced Wheel of Life. Read the explanation of each section below the diagram.

Think about your own life and where you’re spending your time.

Make your own Wheel with the size of each wedge proportionate to the amount of time you spend on that area *per week*.

**Work, chores, livelihood** -- This includes time away from the workplace (commuting, thinking about your job, and preparing at home) and work that you do in your home (chores).

**Relationships** – Family and friends. It’s easy to take these folks for granted when you get too busy or stressed.

**Contributions to others** – Sharing wealth, knowledge, or time

**Health** – Caring for your body is more than curing an illness. Good health = having plenty of energy to live the life you desire, so think about diet, exercise, and regular healthy habits.

**Emotional health** – Support of a counselor; time for solitude; laughter; doing things that relax you.

**Spiritual well-being** – For some, this means practicing their religion. For others, it means a sense of peace and centeredness from meditation, nature, or learning about different spiritual practices.

**Fun & Adventure** -- This has a positive, powerful impact on health and well-being

How balanced are the areas of your life?



Next it’s time to evaluate your own wheel. I find it helpful to respond to the questions in my journal so that I can re-read my thoughts later.

1. When reviewing your finished wheel, what do you notice? Are there areas that are larger, or maybe much smaller, than others?

2. Where might you want to adjust to improve your life balance?

What would your life look like with those adjustments? Imagine how making those adjustments might feel.

Living a life in balance is important. Too much reliance on one or two life areas for our happiness and fulfillment puts us off kilter. We have many more opportunities for leading a life of joy and contentment when our lives are in balance. A balanced wheel makes for a better ride -- in automobiles and life. Check yours regularly.

Copyright © 2011 & 2019 Annis Cassells. All rights reserved. A life coach, speaker and writer, Annis can be reached at HeyAnnis@aol.com. Read her blog at [www.thedaymaker.blogspot.com](http://www.thedaymaker.blogspot.com).

**Looking Ahead**  
Upcoming walking, running, and hiking events.

**Saturday, October 5th**  
**Charleston Salmon Run**  
1 Mile, 10 K, 1/2 Marathon, & Marathon  
<https://www.charlestonsalmonrun.com>

**Saturday, October 5**  
Tahkenitch Dunes and Three Mile Lake Trail

**Saturday, October 19**  
Dellenback Dunes



Visit [www.coostrails.com](http://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](mailto:southcoaststriders@gmail.com). [www.southcoastrunningclub.org](http://www.southcoastrunningclub.org) to find out more on this or upcoming events or to check into the running club.

## Prefontaine Memorial Race Finishers

*Congratulations to all of our runners and walkers in the 40th Annual Prefontaine!*



*Barb Swanson, John Hugill, Lesley Gonzalez, Julia Graves, Tiffany Olsen, Tracy Clark, Fauna Larkin, Kristi Stocker, Kimberly Belisle, Jan Doyle, Diane Tracey, Rita Fulton, Karla Delgado, Lura Huff, Kate Frame, Dillon Larkin, Janelle Kiewart, Kelly Western, Marilyn Wilson, Bonnie Smith, Brandy Thompson, Jill Davidson, Jason Davidson, Tyler Summa, Daisy Thompson, Jennifer Stephens, Kathe Mcnutt, Ellen Stienart, Dennis Littrell, Lisa Summa, Patty Harrington, Theresa Johnson and Gina Young.*



*Congrats to Jennifer Stephens. FIRST PLACE in her age group.*



*Congrats to Denny Littrell. FIRST PLACE in his age group.*