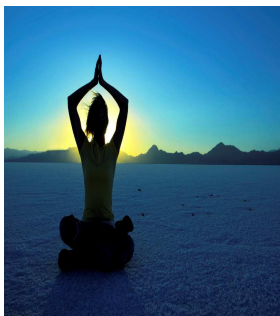


The BEND Downtown ATHLETIC CLUB



Gain Focus and Improve Your Health with Meditation by Tobin Blake

Meditation isn't just for Buddhists anymore. What began thousands of years ago strictly as a spiritual practice has gradually gained acceptance as powerful natural medicine. In fact, research indicates that meditation may be one of the most significant keys to staying healthy as we age—both in body and mind.



Regular practitioners of this simple exercise experience big health benefits, including a fifty percent reduction in cancer rates and up to an eighty percent decrease in the chance of developing heart disease. Statistically speaking these are huge numbers. Meditative practice has also been shown to have potent mitigating affects on many other ailments, including chronic pain, depression, and anxiety. Best of all, it's free, and it has absolutely no negative side-effects. Besides the health benefits,

the practice may also have a second major impact on our lives: it can increase your ability to focus your mind with intensity. This effect derives, in part, from the meditative techniques themselves, many of which suggest concentrating on a single image, mantra, or sensation while practicing. In this sense, meditation can be thought of as a form of exercise for your mind. Regular practice can build your concentration ability the same way physical exercise builds muscle, which in turn can help you succeed in real life—whether in business, school, or even in the gym by helping you find the golden key to the mind-body connection. Try it today!

Try Meditation Now

Find a quiet place, sit comfortably, and close your eyes. Spend a minute or two letting your muscles relax one at a time, working your way from your head to toes. Next, when you are ready, begin thinking the word "peace" to yourself with every out-breath. For instance: inhale; exhale; think "peace"; inhale; exhale; think "peace." At the same time, try to feel as if you are relaxing more and more deeply with every exhalation, as if you are sinking deeply into yourself, toward your core. Spend five to twenty minutes trying to stay focused on relaxing and repeating the word *peace*. Whenever you catch yourself thinking about other "stuff," whatever it is, gently but firmly return to your practice.

To our valued members,

We would like to take a moment to share our ultimate goal as a fitness club with you. It isn't to get the *most* members of any gym in town, but to help the members we already have get the most from their membership with us—whether they are familiar faces or new friends. To that end, we want to let you know we are here to help. If you have questions about the equipment, our club and its policies, or fitness in general, let us know what's on your mind. Besides our front desk crew, our superb personal trainers will now be on duty on the main gym floor at various times during the week, and we are in the process of hiring additional trainers to cover late afternoon and evening shifts too. Stop by the front desk to see who's on duty and when. If you are looking for fitness tips, expert advice, help with your form, or just a quick spot, the trainer-on-duty is here to assist.

*In health,
Dave and Gary*

Club News Corner

Coming Soon New Specialty Classes

- ▶ Winter sports conditioning
- ▶ Contemporary Meditation



Nutrition Tips for the Holidays

Avoid the post-holiday bulge in your midsection by following a few simple healthy eating rules.

- ♥ Remove skin and trim fat from turkey and chicken.
- ♥ Butter, like all fats, is high in calories. Just say no!
- ♥ Eat five or six small meals a day instead of three. This will help keep your blood sugar stable.
- ♥ Eat slowly so your body has time to register how much you are taking in. Never eat to the point you feel “stuffed” like a turkey.
- ♥ Have a small snack an hour or two before going out to dinner or heading to that annual Christmas party you get invited to every year. This will help you avoid overeating.
- ♥ Drink a tall glass of water fifteen or twenty minutes before every meal.
- ♥ Share dessert with a friend instead of ordering separately.
- ♥ Avoid excess calories from oil by steaming, baking, broiling or roasting your food instead of frying it whenever possible.
- ♥ Request your salad dressing on the side so you can control how much goes onto your greens.

Trainer Tips from the DAC

Like so much about health and fitness, there are a number of theories about how best to condition your cardiovascular system and drop fat while retaining muscle. Serious body builders know that long cardio sessions eat up muscle, which—whether you are male or female, “serious” or not—can slow your metabolism. It’s just a simple fact: pound for pound, lean muscle burns calories more efficiently than fat. In other words, most of us are better off losing fat, not muscle!

The great quest to burn fat and save muscle has stirred a ton of research over the decades, and at last a growing body of studies has spotlighted what may be our best option for keeping our hearts healthy while retaining muscle. It goes by different names, but what you call it does not matter. I call it *High Intensity Interval Training* because that’s what it is. What this means is, instead of doing a standard 45 minute walk or jog on the treadmill, after warming up for a few minutes, you sprint as fast as you can for a short interval (anywhere from 20 seconds to a minute), and then you walk or rest to recover for another brief interval (10 seconds to a minute). A good place to begin is by sprinting for 20 seconds and resting for 1 minute. After the rest interval, you immediately launch into another sprint, and then rest again. This sequence can be done up to eight times, three days a week. One more benefit of this technique is that you can finish your cardio in under twenty minutes, and that includes warming up and cooling down.

Sourdough Stuffing with Artichokes and Parmesan

Ingredients

- 1 tbsp butter
- 1 cup celery, chopped
- 2 medium onions, chopped
- 1 pound mushrooms, sliced
- 2 tbsp fresh garlic, minced
- 2 cups reduced-sodium chicken broth
- 1 (16 ounce) loaf sourdough bread, cut into 1/2 inch cubes
- 1 cup fresh parmesan cheese, grated
- 12 ounces jarred artichoke hearts, drained and chopped
- 1.5 tsp poultry seasoning
- 1.5 tbsp fresh rosemary, minced (or 3/4 tsp dried rosemary)
- Salt and pepper
- 1 egg, lightly beaten



Directions

1. Preheat oven to 350 degrees.
2. Melt butter over a medium-high heat in a large skillet, and cook celery, onions, mushrooms and garlic until lightly browned, about twelve minutes. Pour into a large mixing bowl.
3. Add 1/2 cup of the broth to the pan and scrape up any browned pieces. Add broth and bits to the mixing bowl.
4. Add the remaining broth to the bowl and mix in the bread cubes, parmesan, artichokes, poultry seasoning and rosemary. Add salt and pepper to taste.
5. Mix in the egg until combined.
6. Pour into a 9 x 13 inch baking dish and bake until hot in the center, about 45 minutes.