

# FITLIFE

WINTER 2018



PORTLAND  
PARKS & RECREATION

Healthy Parks, Healthy Portland

## THE PARADOX OF WINTER

## THREE TO REMEMBER

## NEW RECIPES!

CHICKEN SWEET POTATO PROTEIN CHILLI SUPREME  
PUMPKIN PISTACHIO BREAD  
BEST WAY TO PEEL GARLIC EVER!!

## Yoga with Gail!

+ Private Yoga Training  
+ Prenatal yoga



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Citywide Fitness Coordinator | SWCC

# THE PARADOX OF WINTER

**Winter sucks. It is the best time of the year.**

**As the sun retreats behind the vast pearl grey mists, many people can feel a sense of loss or forfeiture.**

**The Winter does bring shorter days, and more water, but it also brings a sense of coziness and calm that Summer will never understand. Summer is a time for swimming, picnics, and travel. There is such outdoor bounty in the Great Northwest, that our activity level can border on the frantic, trying to do everything, every weekend. But Winter is full of a special warmth that comes from within, filled with joyous holidays that celebrate gratitude and family. A season that rejoices love and new beginnings.**

**The falling foliage opens up new panoramas, views of hills and homes, streams and valleys that are lost to us during the leafy seasons. These broader physical sight lines often inspire a wider internal vision. New understandings of old situations.**

**Many of the joys of the summer months are sustainable through winter. Hiking your favorite trails will be full of different wonders, frost paintings, the delirious scent of moist fir needles, fewer people, more animals, and less sweat. No need to give up barbecue with our moderate climate, one just needs overhead cover on occasion. On almost every day, you will find a “sucker hole” of sunshine in which to venture out for a run, walk, or stroll, to enjoy the very fresh rain-cleaned air.**

**The beach becomes a treasure trove of agates and fine burl wood, and the currents and storms bring spectacular waves and whales.**

**Winter gardening can be a rare delight with Lenten roses, glacier pansies, purple kale, heather, paper bush and calycanthus (to name a few) all opening their petals to please the eye with colors of yellow, pink, lavender, orange, and white, against the backdrop of deep green from our well-watered lawns.**

**The richness of this season is also reflected in the special winter only activities available. Skiing, snowboarding, snow shoeing, snow park play and cross country ski fests, not to mention my favorite...lodge fire sitting...**

**The stars are amazing in the darker months, with many more opportunities for gazing in the early morning as well as eventide. No need to stay up till eleven at night for a peek at their splendor.**

**It's easier to chill out in winter (yeah, that was shamelessly intended). Frenzied summer planning and weekend warrior forays give way to homemade chili and a good book (or a BBC binge...).**

**Winter is a period for reflection and remembrance. A chance to look at where your current path is taking you, and bring your dreams to mind. Dreaming in the gentle cradle of winters warm comforts gives a unique perspective, a precious look into the circle of time and the change of the seasons in our lives. Winter is a mirror into our future, and a reminder that time is a live thing, a wild untamable stream that will flow on forever. It is a place to pause, gather your power and resources so you can fully access them for the planting ahead. Winter is the last spoke on the wheel, and the view from the top can give you the clarity you need to leap off into a new beginning.**

**Yeah...Winter sucks, but it really is the best time of year.**

**Peace and much joy,**

**- Linda**

## PUMPKIN PISTACHIO BREAD

Makes a dozen slices Protein 4 grams per slice  
Fiber 4 grams per slice Kcals 125 per slice

### INGREDIENTS:

3 tbs canola (or whatever you prefer) oil  
¾ Cup pumpkin puree  
½ Cup Splenda  
3 tbs brown sugar, packed  
2 servings of egg beaters, lightly beaten  
1 cup whole wheat flour  
½ Cup plain all-purpose flour  
2 tbs flax seeds  
½ tsp baking powder  
½ tsp ground allspice  
½ tsp ground cinnamon  
½ tsp ground nutmeg  
¼ ground cloves  
¼ tsp salt  
¼ Cup chopped pistachio nuts

### INSTRUCTIONS:

Preheat oven to 350, and lightly coat an 8 by 4 inch loaf pan with butter flavor cooking spray. In a large bowl, combine oil, pumpkin, Splenda, brown sugar and egg beaters, beat with mixer on low speed until well blended. In smaller bowl, whisk flours, flaxseed, baking powder, spices, and salt. Add this to the stuff in the big bowl, and mix on medium speed until well blended. Pour batter into the loaf pan. Sprinkle the pistachios evenly over the top and press down gently to stick them in the batter. Bake until a toothpick inserted into center comes out clean, 50-60 minutes. Let cool in pan on a rack for at least 10 minutes, then turn the loaf onto the rack to cool completely before slicing.



## BEST WAY TO PEEL GARLIC EVER!!

This is by far the easiest and cleanest way I've ever run across to peel those pesky garlic cloves.

Place any number of garlic bulbs in a microwave and heat for 10-20 seconds. Be careful when you take them out as they will be hot. Voila! The bulbs will slip right out of the skins!!

You're welcome.

## CHICKEN SWEET POTATO PROTEIN CHILLI SUPREME

Makes 5 servings, with 26 grams of protein, 8 grams of fiber, and a mere **250kcal**!!

### INGREDIENTS:

Butter flavor cooking spray  
2 large sweet onions, chopped  
3 cloves garlic, minced  
2 cups sweet potato, cubed  
1 small green, and 1 small red bell pepper, chopped  
2 Tbs chili powder  
2 tsp ground cumin  
1 tsp dried oregano  
1 15 ounce can cannellini beans, rinsed  
2 cups fat free chicken broth  
1 cup frozen corn  
2 cups cooked chicken, cubed (I like to grill mine, cook it any way you want, just not in a vat of butter) You may of course use Tofu, or any meat alternative.  
¼ tsp salt  
¼ tsp of fresh ground black pepper, or go nuts and use cayenne or any other pepper you're craving  
For garnish on each 5 bowls; a heaping Tbs each of fat free Greek yogurt, chopped

### PREPARATION:

Generously butter spray a large pot and put it on over medium high heat. Add onion, garlic, sweet potato and bell pepper. Cook stirring occasionally until the veggies are slightly softened about 5 minutes. Stir in chili powder, cumin and oregano and cook stirring for 1 minute. Add beans and broth and bring to a boil. Reduce heat and partially cover (lid ajar), and simmer gently for 15 minutes. Increase heat to medium high and stir in corn, cook 1 minute, add chicken and cook 2 minutes. Remove from heat. Stir in salt and pepper. Serve topped with Greek yogurt, avocado and cilantro (if desired)



# THREE TO REMEMBER

## MARGARET ABBOT

In 2012 at the London Olympics, women made up 44 percent of the athletes and won more medals for the US. But in 1900 there were only 22 women in the whole competition. One of those pioneers was Margaret Abbott, who was the first American woman to win an Olympic event. She won in a male dominated competition in what is still a male dominated sport, Golf.



## KATHRINE SWITZER

Kathrine Switzer became the first ever female to officially enter and run a marathon in 1967, but to do so she had to disguise her gender by not using her full name. When a race official saw her as she ran, he ran her down and tried to physically remove her from the race. Switzer's boyfriend knocked the official off the track. After crossing the finish line, she vowed to make a change for women's right to run, and her lobbying was an important part in making the women's marathon an official event in the Olympic Games.



## BILLIE JEAN KING

Billie Jean made a huge leap for equal rights for female athletes. King took the lead in forming the Women's Tennis Association and threatened to boycott the 1973 US Open if they didn't address the pay inequality. She succeeded, and the US Open became the first major tournament to offer equal prize money to both men and women. Also, as the first major female athlete to openly come out, she became a trailblazer for the LGBT community.



## Private and Small Group Yoga!

Join Gail for private and small group yoga training Starting January 1st 2018!

Whether you are new to your practice or just want to work on your flow private and small group yoga is a great way to find some balance after the holidays.

Stop by the front desk to sign up for private and small group yoga!

<b>Private Training</b>	<b>Small Group Training</b>
FEE: \$45 for one 1 hr session	FEE: \$30 each for 2 people
\$115 for three 1 hr sessions	\$20 each for 3 people
\$210 for six 1 hr sessions	\$15 each for 5 people



**NEW CLASS!**

## Prenatal yoga

Starting January 6th Join Gail for Prenatal yoga!

Prenatal Yoga is used to help mothers stay healthy throughout pregnancy, remain flexible and strong helping to prepare for the challenges of labor. Prenatal Yoga includes poses, deep breathing, relaxation and meditation that may be practiced through all trimesters.

When: Saturdays, 4pm - 5pm



# WEEKLY FITNESS SCHEDULE

## SOUTHWEST COMMUNITY CENTER

Spring 2017

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am 7:00am	Zumba Sarah 	Power Yoga Amy 	Zumba Debby 	Power Yoga Amy 	Zumba Linda 		
6:00 am 8:00 am (In Gym)	Circuit City John--in gym 5:30-8:00 *drop in 	Circuit City John--in gym 5:30-8:00 *drop in 	Circuit City John--in gym 5:30-8:00 *drop in 	Circuit City John--in gym 5:30-8:00 *drop in 	Circuit City John--in gym 5:30-8:00 *drop in 		
7:10am 8:10am	20-20-20 Ally 	Pilates Method Level 2 Rena 	20-20-20 Ally 	Pilates Method Level 2 Rena 	20-20-20 Ally 	Power Yoga Alexia 7:15-8:15 	
8:20am 9:25am	Dance, Dance Dance! Linda 	S.P.F. (Boomer Fitness) Linda 8:20-9:40 	Dance, Dance Dance! Paula 	S.P.F. (Boomer Fitness) Linda 8:20-9:40 	Dance, Dance Dance! Paula 	Zumba Kimo 8:30 - 9:30 	
9:35am 10:35am	Boot Camp PLUS Victoria 	Yoga Jim G. 	Boot Camp PLUS Victoria 	Yoga Anna 	Boot Camp PLUS Angela 	Cardio Camp Michael 	Body Blitz Paula 
11:00am 11:55am	Instructor Training	The Time of Your Life  (Boomer Fitness) Anna	Super Fit Gail 	The Time of Your Life  (Boomer Fitness) Anna	Super Fit John  11:00-12:00	Super Fit Gail  11:00-12:00	Dance, Dance, Dance! Paula  10:15 - 11:15
12:05pm 1:00pm	Heavy Metal Gail 	Zumba Kimo 	Heavy Metal Gail 	Zumba Michelle 	Heavy Metal Victoria  12:00 - 1:00	Burn 'n' Firm Laurie 	Boot Camp John  11:30 - 12:30
1:05pm 2:00pm	Pilates Method Anna 	Beginning Tai Chi Kathleen 	Pilates Method Anna 	Advanced Tai Chi Diane 	Pilates Method Danita 	Deep Stretch Yoga Gail  1:10-2:10	Zumba Jasmine  12:45 - 1:45
2:05pm 3:05pm	Yoga Anna 	Silver Streaks Phyllis 	Yoga Anna 	Silver Streaks Phyllis 	<div style="border: 1px dashed black; padding: 5px;">                     Pre Ballet &amp; First Steps in Group Ex Studio  See Youth Programming in Guide. For Details Call 503-823-2850                 </div>	Pop PiYo Rena  2:15 - 3:15	Zumba Gold Robin  2:15 - 3:15
3:10pm 3:55pm	Zumba Gold Kimo  3:15-4:15	Gentle Tai Chi Kathleen 	Zumba Gold Kimo  3:15-4:15	Barre Fusion 3 Rachel 			
4:00pm 4:20pm		Ab Fab Hilary 		Ab Fab Hilary 			Gentle Yoga Kate  4:00 - 5:00
4:25pm 5:25pm	Cardio Core Angela 	BodyBuff Hilary 	Cardio Core Angela 	BodyBuff Hilary 			
5:30PM 6:30PM	Bootybarre Rena 	Heavy Metal Hilary 	Bootybarre Rena 	Heavy Metal Hilary 	Zumba Gold Kimo 		
6:35PM 7:35PM	Triple Threat Chris 	Yoga Luciana 	Triple Threat Chris 	Yoga Luciana 	Zumba Kimo 		
7:45PM 8:45PM	Yoga Nurit 	Zumba Sarah 	Yoga Nurit 	Belly Dance Ahndine 	Hip Hop Kimo 		