



# SWCC Fitlife

May 2015

## The Winning Game

By Linda Hastings

## Gearing up to Finally be Fit

With summer around the corner, it's time to face the facts to finally be fit

## 2 Spring Recipes

A couple new meal ideas to put on rotation!

## Trainer's Corner

Victoria demonstrates a great move that engages the whole body!

[www.portlandoregon.gov/parks/swcc](http://www.portlandoregon.gov/parks/swcc)



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# THE WINNING GAME

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What does winning mean to you? Is it an end to itself? A “finish line” that signals you are done with a specific event or task? Is it a marker that you are ready to go on to the next challenge? Does it give you the feeling that you are superior to others? Momentarily raise your self-esteem to a level of satisfaction that you usually do not enjoy? Does the notion of winning motivate or discourage?

Ultimately, winning is not lasting. It is a fleeting experience. It refines a moment, but does not define it. Winning is not an end.

Winning as an end to itself is not winning at all.

This can be a difficult concept in a culture where outcomes are an obsession. It can be easy to lose sight of the journey. To ascribe less importance to who you are and how you got there. To fail to appreciate the value of the performance of those who didn’t win.

The “winner takes all” mentality would have us believe that competition is the best way to gauge the worth of our individual and collective endeavors. But a recent comparative study of 42 nations around the world published in the Journal of Comparative Social Science actually found that “happiness decreases as the level of competition increases in a given society.”

Having a winning mindset can obviously have some

advantages. It generates determination to plan and reach goals. It spurs on effort to that effect, and the success that may result, can create certain types of positivity in our lives.

But having a competitive mindset can backfire. When the “win” is the be-all end-all, the next one is quickly sought after, because once the initial victory is yours, it’s the only way to regain the high. Unfortunately, with this approach, the second win is never good enough, and neither is the third, or fourth...This attitude can produce the kind of aggression and constant tension that lead to a stressful, angry life, full of dissatisfaction.

It is said that competition builds character. That absorbing how to win and lose can strengthen us, give us confidence, and teach us humility. I believe this to be true to an extent, but I also believe that a competitive culture endures by tearing individuals, and other people’s cultures, down.

Winning does not bring people closer together. It is the shared experience of the personal journey, and the compassion for failure that binds.

Our world today, perhaps now more than ever, needs to rest its hope in cooperation, not competition to heal its scariest wounds and division. It is collaboration that will bring our very small world the best chance for peace.

## GEARING UP TO FINALLY BE FIT

With summer around the corner, it’s time to face the facts to finally be fit.

Let’s start with motivation. This is one of the toughest aspects of any fitness program. Let’s be real. You are not always going to feel like working out. That’s normal. Everyone feels that way at some time or another. The key is to have a backup plan. Try making a list of things you can do other than your regular workout. Stuck in the weight room? Take a class instead. Too tired for Boot Camp? Try Pilates. Bored with the treadmill? Have some fun in a dance based class like Dance, Dance, Dance, or Zumba. Even on days you are just not feeling anything, doing something active will go a long way to make you feel more positive. Something is always more satisfying than nothing.

Remember why you want to be fit. Is it the confidence in being able to move more freely? Better body composition? Overall energy? Keeping the “why” front and foremost will help encourage you to put one foot in front of the other.

Remember that progress is not necessarily linear. On the graph of fitness, the line does not go straight up. There will be dips in the road. This is just the way it is. Accept it. Keep the faith. Realize that your progress will ebb and flow. When it seems to be the slowest, chances are the next burst forward is just around the corner.

Be advised though, that the definition of insanity is doing the same thing over and over and expecting a different result. So if you’re doing the same dang workout weeks and weeks in a row and things stop happening, chances are more changes will not occur until you step it up and/or mix it up.

Just as duration and intensity of your workouts is key, so is rest. Without rest times, you will inevitably slow your progress, burnout, or get injured.

Rest is vital to the fitness equation.

Don’t compare yourself to others. This is one of the worst traps you can buy into. This is your journey. Only you have your specific needs, genetics, limitations and strengths. There is only one of you, and only you are doing your workout. Are you doing your best to do better than you did the day before?

Then you are succeeding.

Don’t be afraid to ask a trainer for help. That’s what they get paid for. It is in your best interest to benefit from their expertise. Getting the help you need can make the difference between progress and stagnation.

Finally, do try and have some fun.

There are myriad ways of getting fit. Choose one that you’ll look forward to doing. It is when you enjoy an activity that you will be more likely to actually do it.

Find something that brings you an inner sense of joy. That makes you feel alive.

This is how you form a foundation upon which you can build a fitness centered life.



**Why work so hard in the gym to waste it on a bad diet?!**

Make a nutrition counseling appointment with Gail and make sure you head in to summer feeling the best you can!

Email Gail to get started [Gail.Nelson@portlandoregon.gov](mailto:Gail.Nelson@portlandoregon.gov)





# SILVER STREAKS



Gentle exercise incorporating an active warm-up, chair and standing work, stretching and strengthening to promote flexible joints, stronger muscles, and healthier backs. Special rehabilitative exercises are included to enhance balance.

Join Phyllis Tuesday & Thursday from 2:05-3:05pm

# FRUITY PESTO PICNIC SAMMIES

Serves 2 with 190 kcals for each sandwich

INGRIEDIENTS

- 1 tsp pesto
- 1 Tbs cranberry sauce
- 1 Tbs Greek yogurt
- 2 multi grain sandwich thins
- ½ cup baby spinach
- 2 ounces sliced cooked turkey breast
- 1 small granny smith apple, sliced thinly



INSTRUCTIONS

1. Mix pesto, cranberry sauce, and Greek yogurt to make spread
2. Spread ½ on each sandwich thin bottom
3. Arrange ½ of baby spinach leaves, 1 ounce of turkey and ½ of the apple slices on each sandwich thin bottom, and wrap for the picnic!!

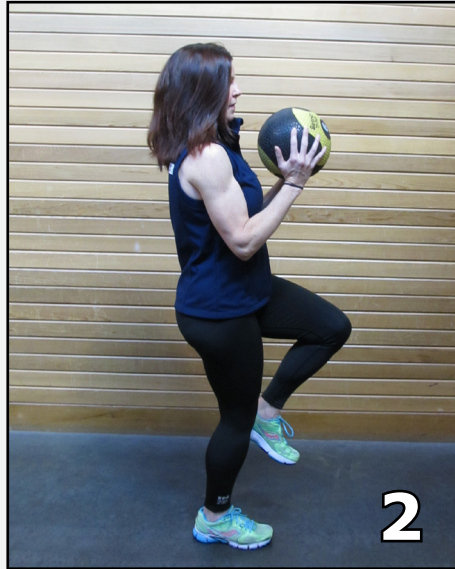
YUM!!

# Trainer’s Corner Medicine Ball Curl to Press

The move works your whole body targeting your glutes, hamstrings, core, biceps, shoulders, and back!

1. Start with left leg back
  2. Slwoly raise left knee up as you curl
  3. Balance on right foot and press ball over head
- (modification: both feet remained placed as you press up)

Victoria’s daughter wanted to help demonstrate. For your own exercise, replace the baby with a medicine ball.



As always, if you are unsure or need any assistance please feel free to ask one of our trainers!

# ORZO PEPPER LEMONY CHEESEY CHICKEN OR TEMPEH SALAD

Serves 4

With about 250 kcals per serving and a whopping 16 grams of protein, this super fresh spring salad makes a fabulous entrée!!

INGRIEDIENTS

- ¾ cup uncooked orzo
- ¼ tsp grated lemon rind
- 3 Tbs fresh lemon juice
- 1 Tbs extra virgin olive oil
- ½ tsp kosher salt
- ½ tsp minced garlic
- ¼ tsp honey
- 1/8 tsp fresh ground black pepper
- 1 cup shredded skinless rotisserie chicken breast or crumbled Tempeh or any meat substitute
- ½ cup diced cucumber
- ½ cup red bell pepper, finely chopped
- 1/3 cup green onion, finely chopped
- 1 Tbs chopped fresh dill
- ½ cup crumbled feta cheese

INSTRUCTIONS

1. Cook orzo according to package directions, but don’t add any salt or oil
2. Drain and rinse with cold water and put in a large bowl
3. Combine lemon rind, and next 5 ingredients (up until the chicken or tempeh), mixing thoroughly with a whisk
4. Drizzle the mix over the orzo, and toss to coat
5. Add the chicken and next 4 ingredients (everything but cheese), and toss
6. Sprinkle the feta on top.

DOUBLE YUM!!



# Weekly Fitness Schedule

## SOUTHWEST COMMUNITY CENTER

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am 7:00am	Morning Blast Gail	Power Yoga Rae	Morning Blast Gail	Power Yoga Rae	Morning Blast Gail		
(In Gym) 6:00 am 8:00 am	Circuit City John--in gym 6:00-8:00 *drop in	other programs in gym	Circuit City John--in gym 6:00-8:00 *drop in	other programs in gym	Circuit City John--in gym 6:00-8:00 *drop in		
7:10am 8:10am	20-20-20 Ally	Pilates Method Level 2 Maya	20-20-20 Ally	Pilates Method Level 2 Maya	20-20-20 Ally	Power Yoga Alesha 7:15-8:15	
8:20am 9:25am	Dance, Dance Dance! Bonnie	Power Barre Maya 8:20-9:40	Dance, Dance Dance! Paula	Super Fit Gail 8:20-9:40	Dance, Dance Dance! Paula	Zumba Kimo 8:30 - 9:30	
9:35am 10:35am	Boot Camp Victoria	Yoga Jim G. 9:50-10:50	Boot Camp Victoria	Yoga Anna 9:50-10:50	Boot Camp Victoria	Cardio Camp Michael	Body Blitz Paula 9:10 - 10:00
11:00am 11:55am	Instructor Play Pen Linda 11:00-12:00	The Time of Your Life (Boomer Fitness) Anna	Instructor Play Pen Linda 11:00-12:00	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 Kimo	S.L.E.E.K. Barre Maya	Burn 'n' Firm Laurie	Boot Camp John 11:30 - 12:30
1:05pm 2:00pm	Pilates Method Anna 1:10-2:05	Tai Chi for Health (Beginning) Diane	Pilates Method Anna 1:10-2:05	Tai Chi for Health (Advanced) Diane	Pilates Method Danita		Zumba Sarah 12:45 - 1:45
2:05pm 3:05pm	Yoga Anna 2:10-3:10	Silver Streaks Phyllis	Yoga Anna 2:10-3:10	Silver Streaks Phyllis	Pre Ballet & First Steps in Group Ex Studio  See Youth Programming in Guide. For Details Call 503-823-2850		
3:10pm 3:55pm	Zumba Gold Kimo 3:15-4:15	Gentle Tai Chi for better balance Diane	Zumba Gold Kimo 3:15-4:15	L.I.F.T. Emily 3:25-3:55			Prenatal Yoga Kate 3:00 - 4:00
4:00pm 4:20pm		Ab Fab Tawnya		Ab Fab Tawnya			Gentle Yoga Kate 4:00 - 5:00
4:25pm 5:25pm	Low Impact Phyllis	BodyBuff Tawnya	Low Impact Phyllis	BodyBuff Tawnya			
5:30PM 6:30PM	Cardio Kickboxing Eric	Heavy Metal	Cardio Kickboxing Eric	Heavy Metal	Zumba Gold Kimo		
6:35PM 7:35PM	Triple Threat Tawnya	Yoga Kate	Triple Threat Tawnya	Yoga Kate	Zumba Kimo		
7:45PM 8:45PM	Yoga Alesha 8:00-9:00	Zumba Sarah	Yoga Laura 7:45-9:00	Global Belly Grooves Ahndine 7:45-9:15	Hip Hop Kimo		

Blue = Mind/Body, Yellow = Beginning, Yellow/Green = Intermediate, Green = Intermediate, Green/Red = Intermediate/Advanced, Red = Advanced