

**RAPRD  
SPRING 2021  
FITNESS  
CHALLENGE**

MARCH 1 - MAY 31, 2021

**WEEK 10 - May 3<sup>rd</sup> to May 9<sup>th</sup>  
Dunes City, Oregon to Elkton, Oregon  
51 Miles to travel!**



Elkton, Oregon

**This week you will be traveling west heading back home to Central Oregon, this might just be the smallest town we have traveled to. You will pass thru Green Acres so be sure to say howdy to Oliver Wendell Douglas and Lisa Douglas (Eddie Albert and Ava Gabor).**

Elkton is a small, historical town on the Umpqua River and nestled in the Coastal Mountains. Approximately 200 folks call this city home with pastured valleys, rolling hills, vineyards and Douglas fir forests. This cute little town - .26 square miles – is less than 50 miles away from the pacific beaches, Eugene and Roseburg where there are plenty of services. Elkton is becoming the “Bass Capitol of Oregon”, and boasts great fishing for shad, steelhead and salmon. Fort Umpqua also calls this community home and there is plenty to see and do or just relax.

**HEALTH TIP:** Since Elkton seems like such a peaceful place (I think I’m going to visit) maybe introducing mindfulness into your wellness routine would fit here. How do you go about your *daily grind*? For me, sometimes it is so routine that I arrive home and say, “Wow, how did I get here? What did I observe on my drive? Did I see the mountains?” Being in touch: feelings about life, job, health, family; feeling *present*: meaning you are focused, and not scattered or chaotic, are examples of mindfulness. Before you stop reading thinking it’s too ‘woo-woo’ for you, consider these simple suggestions that help manage energy and be fully engaged.

In *7 Essential Attitudes for a Mindfulness Practice* by Jon Kabat-Zinn, suggests the following: be patient with yourself; be non-judging; trust yourself and your feelings; accept what shows up; be willing to let go of your attachments physically and personally; let go of any expectations and practice with a beginner’s mind.

Here are a few ideas to stimulate you to take some time to spend with yourself and practice mindfulness.

*Change your routine.* Reverse the order of your normal morning activity or drive a different way to work. Pay more attention to your surroundings. When stopped at a light notice, signs, people, colors and smells. Change your environment; find a peaceful lunch spot, dine alone. Decide to experience quietness; don’t listen to the radio or TV, sit outside and listen to the surroundings and your breath. Stop and smile! Smile at nothing or everything. Smile at the thought of family. Smile at yourself.

*Mindfulness* has been linked to benefits including; lower stress, improved cognitive function and a decreased risk of developing some chronic illnesses and boosts creativity and empathy.

You can’t lose! This is an ongoing practice that you can’t fail at! Changes won’t occur overnight but practice will leave you energized, inspired and focused.