



## Fit For Sisters

Andrew Luscutoff  
Columnist

### Holiday fitness gift ideas

The holidays are here and it's time to get creative with gift ideas for the loved ones. For the fitness enthusiast, there are plenty of great ideas at any price-point.

#### Less than \$25:

A pair of merino blend socks will be a hit with anyone who is active. They are warm, wick moisture, and allow the foot to breathe. Merino wool socks are well worth the extra cost. It may sound like a cliché to get someone socks for a holiday gift, but these will be a definite upgrade for anyone.

#### \$25-50:

Bluetooth headphones. Wires can be frustrating, especially when you're trying to exercise and move dynamically. A bluetooth set takes away the wire that

tethers one to their device, providing freedom of movement. Running and cycling without catching the wires and pulling the earphones out is so much more enjoyable. Not only this, but gym exercise is improved because one can set their phone away and workout while still listening to music.

#### \$50-\$100:

Fitness tracking devices. These have grown tremendously in the past few years. In fact, they are one of the biggest growing trends in the fitness industry. A fitness tracker can be as basic as tracking how much someone moves to as intricate as measuring heart rate, calories, and other metrics. They often have an app for a smart phone which pairs with the device to upload, analyze and illustrate the data the device is collecting. It is an interesting piece of equipment, which can be useful to someone who is actively engaged with their data.

#### Over \$100:

Performance analysis, testing, etc.

This is a great gift as often the recipients will be reluctant to buy something so selfish to their own health and wellbeing.

Testing fitness is important for anyone; beginner to elite athlete. A vO2 max, body fat analysis, or even genetic testing will be very useful, not only for fitness but health in general. There are many options, and they can be done at many places. Central Oregon Community College has a lab where they do testing. To get even more in-depth, a saliva sample can be sent to a service for complete genetic testing. What can the data provide? A general idea of body composition, cardiorespiratory health and fitness, and will give the person a point of reference when beginning an

exercise program. Genetic testing can provide knowledge of personal characteristics. Is someone prone to heart conditions, diabetes, Alzheimer's? What type of diet might be better, should they avoid certain types of food? All these can be revealed with a genetic test. These are usually around \$200.

#### Other ideas:

Giving the gift of an experience may be a better option for someone who has it all. There are many outfitters who offer gift certificates for their services. A mountain bike shuttle to McKenzie River trail, a ski

pass to Mt. Hood, or lessons for golf are all just some ideas. No matter what the activity the person is interested in, there is an option out there. It just might take a little research or a few phone calls.

This holiday season, get a little more creative with the gifts for the fitness enthusiast on the list. If they're spending a lot of time doing their activity, a creative gift will be enjoyed again and again all year long. The above are just some ideas, for more help with these products contact me via email at Andrew@sistersathleticclub.com.

# SISTERS

## Entertainment Arts Special Events

### Wed.~Dec. 14

**Sisters Community Church "Miracle on 34th Street" with Sisters Classic Old-Time Radio Experience**

2 p.m. \$12 for adults, \$10 for students and over 65 at bendticket.com (\$15 & \$12 cash at door). For more information call 541-480-1843.

**Sisters Saloon Texas Hold 'Em Tournament!** 7 p.m. Now a weekly event, every Wednesday! For more information call 541-549-7427 or go to sistersaloon.net.

**352 E. Hood Ave. Three Sisters Lions Club Holiday Faire** 10 a.m. to 5 p.m. Find locally made gift items & handmade treasures! For more information call 206-850-5352.

### Thurs.~Dec. 15

**The Belfry Live Music with The Good Time Travelers** 7 p.m. Brad Tisdell and Brent Alan will open. \$15 to \$20 sliding scale. Pub opens one hour before the show for refreshments. For more info go to belfryevents.com.

**Sisters Area Chamber of Commerce Mix-n-Mingle Christmas Party** 5:30 to 7:30 p.m. For Chamber members & prospectives! Come celebrate the season with food, refreshments, and door prizes! 541-549-0251.

**352 E. Hood Ave. Three Sisters Lions Club Holiday Faire** 10 a.m. to 5 p.m. Find locally made gift items & handmade treasures! For more information call 206-850-5352.

### Friday~Dec. 16

**Sisters High School Holiday Showcase** 7 p.m. A schools-and-community variety show! Sponsored by the SHS Jazz Choir. \$5 suggested donation helps fund the choir's annual performing trip. Info: Rick Johnson, 541-549-4045 x1015.

**Sisters Community Church Sisters High Desert Chorale Christmas Concert** 7 p.m. It's the annual performance! With refreshments. Free (with donations gladly accepted at the door). For info go to sistershighdesertchorale.com.

**Aspen Lounge at Black Butte Ranch Live Music!** 6:30 to 8:30 p.m. For more information call 541-595-1260.

### 352 E. Hood Ave. Three Sisters Lions Club Holiday Faire

10 a.m. to 5 p.m. Find locally made gift items & handmade treasures! For more information call 206-850-5352.

### Saturday~Dec. 17

**Sisters Saloon Live Music with the Bobby Lindstrom Band** 8 to 11 p.m. Blues and rock, no cover! 541-549-7427 or go to sistersaloon.net.

**Cork Cellars Live Music with Joe Leonardi, Ed Fitzjarrell & Fiddler Bob** 7 to 9 p.m. No cover! For additional information call 541-549-2675 or go to corkcellars.com.

**The Lodge Restaurant at Black Butte Ranch Breakfast with Santa** 9 a.m. and 11 a.m. seatings. \$17 for adults, \$14 for kids (under 4 free). Reservations required by calling 541-595-1260.

**Aspen Lounge at Black Butte Ranch Live Music!** 6:30 to 8:30 p.m. For more information call 541-595-1260.

**The Belfry Live Music with Dry Canyon Stampede** 7 to 10 p.m. \$10 cover. Pub opens one hour before the show. For info go to belfryevents.com.

**352 E. Hood Ave. Three Sisters Lions Club Holiday Faire** 10 a.m. to 6 p.m. Find locally made gift items & handmade treasures! For more information call 206-850-5352.

### Sunday~Dec. 18

**Sisters Community Church Sisters High Desert Chorale Christmas Concert** 2:30 p.m. It's the annual performance! With refreshments. Free (with donations gladly accepted at the door). Info: sistershighdesertchorale.com.

**The Lodge Restaurant at Black Butte Ranch Breakfast with Santa** 9 a.m. and 11 a.m. seatings. \$17 for adults, \$14 for kids (under 4 free). Reservations required by calling 541-595-1260.

**352 E. Hood Ave. Three Sisters Lions Club Holiday Faire** 11 a.m. to 4 p.m. It's the final day of the yearly faire offering locally made gift items & handmade treasures! For additional information please call 206-850-5352.

Events calendar schedule is subject to change. Submit items by 5 p.m. Fridays to [teresa@nuggetnews.com](mailto:teresa@nuggetnews.com)

### Wed.~Dec. 21

**Sisters Saloon Texas Hold 'Em Tournament!** 7 p.m. Every Wednesday! For more information call 541-549-7427 or go to sistersaloon.net.

**The Lodge Restaurant at Black Butte Ranch Live Music with Sisters High Desert Bell Choir** 6 to 7 p.m. For dinner reservations at The Lodge call 541-595-1260.

**Aspen Lounge at Black Butte Ranch Live Music!** 6:30 to 8:30 p.m. For more information call 541-595-1260.

### Thurs.~Dec. 22

**Black Butte Ranch Snowshoe & Bonfire Adventure** 2 to 4 p.m. or 5 to 7 p.m. For ages 10 and older. \$10 (\$5 ages 10-12). With s'mores and hot cocoa at the fire. Reservations required at 541-595-5879. Must bring snowshoes (rentals available at Glaze Meadow Rec Center, 541-595-5877).

### Friday~Dec. 23

**Downtown Sisters 4th Friday Art Stroll** 4 to 7 p.m. Galleries & shops feature live entertainment & refreshments! [sistersartsassociation.org](http://sistersartsassociation.org).

**Aspen Lounge at Black Butte Ranch Live Music!** 6:30 to 8:30 p.m. For more information call 541-595-1260.

### Saturday~Dec. 24

**Black Butte Ranch Horse Drawn Carriage Rides** 11 a.m. to 3 p.m. with cocoa, hot cider or coffee after. \$10 (kids under 5 free). Reservations and prepayment are required by calling 541-595-1252.

### Sunday~Dec. 25

## Merry Christmas!

### Monday~Dec. 26

**Black Butte Ranch Snowshoe & Bonfire Adventure** 2 to 4 p.m. or 5 to 7 p.m. For ages 10 and older. \$10 (\$5 ages 10-12). With s'mores and hot cocoa at the fire. Reservations required at 541-595-5879. Must bring snowshoes (rentals available at Glaze Meadow Rec Center, 541-595-5877).

## Sisters MOVIE HOUSE

### STARTS FRIDAY

FRI., DEC. 16 - THURS., DEC. 22

**Rogue One (PG-13)**  
Fri-Sat 1:00, 1:30, 4:00, 4:30, 7:00, 7:30  
Sun 1:30, 4:30, 5:00, 7:30, 8:00  
Mon 1:00, 1:30, 4:00, 4:30, 7:00, 7:30  
Tues 1:30, 3:00, 4:30, 7:30  
Wed-Thurs 1:30, 4:30, 7:30

**Nocturnal Animals (R)**  
Fri-Tues 2:00, 4:45, 7:15  
Wed-Thurs 2:15, 7:45

**Loving (PG-13)**  
Fri-Sat 1:45, 4:15, 6:45  
Sun 1:45, 4:15, 7:00  
Mon 1:00, 3:30  
Tues 1:45, 4:15, 6:45  
Wed-Thurs 5:00

**Passengers (PG-13)**  
Tues 8:15  
Wed-Thurs 2:00, 4:45, 7:45

**Sing (PG)**  
Tues 6:00  
Wed-Thurs 2:45, 5:15, 7:15

**Royal Ballet Live: The Nutcracker (NR)**  
Sun 2:00; Mon 6:00

Movie times and titles are subject to change. Visit website or call for latest information.

WWW.SISTERSMOVIEHOUSE.COM  
541-549-8800



## The Belfry

**Dec 15 / Thurs / 7 PM**  
**The Good Time Travelers**  
+ Brad Tisdell & Brent Alan opening  
Songwriting and pickin' duo present original songs with a guitar, a mandolin and two microphones. \$15-\$20

**Dec 17 / Sat / 8-11 PM**  
**Dry Canyon Stampede**  
Talented 7-piece Country Western dance band perform classics to contemporary with a blend of rockin' rhythms and moving ballads.

**Feb 17 / Fri / 8-11 PM**  
**Sassparilla**  
They are pungent, not subtle. Dirty bluegrass band from Portland.

**Mar 1 / Wed / 7-10:30 PM**  
**Tommy Castro & the Painkillers**  
Playing music guaranteed to fire up fans.

PUB OPENS 1 HR PRIOR TO SHOWS  
[BelfryEvents.com](http://BelfryEvents.com)  
541-815-9122