



TICE CREEK FITNESS CENTER



Weekly News - 4/13

Hello Rossmoor Residents,

The team at tice creek fitness center would like to introduce you to our weekly newsletter, designed to provide you with a few helpful tips and resources during this challenging time. If you do not want to receive the newsletter, please click the unsubscribe link at the bottom.

We miss you and hope you're staying safe and active!

Motivation Tip of the Week

Fight Back with Fitness

- Julie Hughes, Tice Creek Fitness Trainer

As we fight the invisible enemy, Covid-19, it is important to keep our immune systems fired up through exercise. There are many systems in our bodies that rely upon physical activity in order to function optimally. Take, for instance, the lymphatic system. The lymphatic system is a network of tissues and organs that help rid the body of toxins, waste and other unwanted materials. The primary function of the lymphatic system is to transport lymph, a fluid containing infection-fighting white blood cells, throughout the body. Muscle movement becomes the pump that helps the lymphatic system flow more effectively. This increase in circulation can help prevent infections and other diseases. So, keep moving and stay strong!



At-Home Exercise of the Week

Chair Sit and Stand

- 1 - Find a stable chair that puts your knees at no less than a 90 degree angle when seated
- 2 - Sit in the middle of the chair.
- 3 - Place each hand on the opposite shoulder crossed at the wrists.
- 4 - Place your feet flat on the floor.
- 5 - Keep your back straight and keep your arms against your chest.
- 6 - Stand up, then slowly sit back down.
- 7 - Repeat for 1-3 sets, 10-20 repetitions each set.
- 8 - Beginners should start with one set and the minimum # of reps based on ability
- 9 - Gradually build up to more sets and reps



Nutrition Tip of the Week

6 Ways to Eat Well As You Get Older

Know what a healthy plate looks like

See how to build a healthy plate at ChooseMyPlate.gov

1

Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

2

Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

3

Use recommended servings

Learn the recommended daily servings for adults aged 60+ at heart.org

4

Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.

5

Stretch your food budget

Get help paying for healthy food at BenefitsCheckUp.org/getSNAP

6

Mindfulness Tip of the Week

Deep Breathing

- 1 - Get comfortable. You can lie on your back in bed or on the floor with a pillow under your head

and knees. Or you can sit in a chair with your shoulders, head, and neck supported against the back of the chair. Find a quiet area with limited distractions.



2 - Breathe in through your nose. Let your belly fill with air.

3 - Breathe out through your nose.

4 - Place one hand on your belly. Place the other hand on your chest. As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one that's on your chest.

5 - Take six (6) more full, deep breaths. Breathe fully into your belly as it rises and falls with your breath.

Resource: WebMD

Other Fitness Resources

[CLICK HERE](#)

Stay-At-Home exercise videos on the Tice Fitness website

- [Jo Nash](#): Wake Up Routine, Abs and Back
- [Becky Beckelman](#): Balance and Core, Pickleball Warm Up, Home Chair Workout
- [Bob Huff](#): Door Frame Isometrics, Beginner Pilates
- [Spencer Hino](#): Home Workout 101
- [Dino Giannakis](#): Circuit Training, Circuit Training 2

Stay Tuned! More Videos To Come!

[CLICK HERE](#)

Channel 28 Exercise Class Schedule and Descriptions

- Channel 28 is playing previously recorded exercise classes from our team. Go to our website using the link above to see a schedule and description of the classes.

Rossmoor Counseling Dept.

Rossmoor Counseling continues to offer counseling sessions by phone and Zoom meetings. We're currently providing two support groups via Zoom:

- **Caregiver Support Group: Wednesdays @ 10:00am**
- **Shelter In Place Support Group: Fridays @ 1:30 PM**

Counseling is also available by phone to discuss community resources that could help during the shelter in place or other unrelated issues as they come up. If you would like to schedule a session, join a support group, or speak to a clinician for resource information please contact the Counseling Office at

925-988-7750.

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