



# TICE CREEK FITNESS CENTER



*Weekly News - 4/20*

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!

## Riddles of the Week



**Back By Popular Demand**  
*- from the front desk team*

### **Riddle #1**

I am an odd number. Take away a letter and I become even. What number am I?

### **Riddle #2**

I'm tall when I'm young and short when I'm old. What am I?

*(answers at bottom of newsletter)*

## Motivation Tip of the Week

### **Turn Household Tasks and Chores Into Exercise**

*Becky Beckelman, Tice Creek Fitness Trainer*

I think we can all agree that staying home this past month has changed our daily lives. A big impact

DON'T Let  
age STOP  
you  
FROM KEEPING  
PHYSICALLY  
active

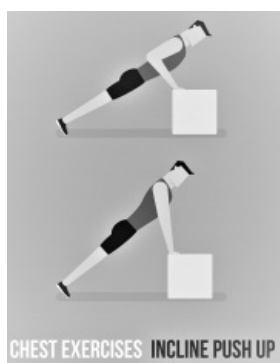
has been felt by those who were regular attendees at the Tice Creek Fitness Center. Whether you preferred to work-out on your own or join one of the many classes offered, exercise was a part of your daily or weekly routine.

Being at home requires a bit more motivation as well as some creativity when it comes to exercise. One way to get some exercise is to incorporate household tasks/chores into an exercise. For example, add some squats as you wait for your coffee to brew, do deep forward lunges anytime you vacuum or if you only sweep floors, hold the broom up horizontally and do some front raises. Even cooking can incite some form of exercise. Next time you grab a can from the pantry, why not do a few biceps curls utilizing the can? Each time you open the fridge, do 5-8 leg abductions per side. This could really add up.

Sure, your dog may look at you funny but just explain you are making the best of the situation and if the dog agrees, take him/her out for a walk - -- your dog will understand! Everyone wins.

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## At-Home Exercise of the Week



### Incline Push Ups

Push ups are a great exercise to help gain or maintain upper body and core strength. Many people can't do flat push ups on the ground because of the difficulty of not only lifting a large % of your body weight, but getting all the way to the ground and back up. An alternative is **incline push ups** using a sturdy elevated surface such as a countertop, park bench, the wall, your stairs, or the back of your couch. The higher the surface and the more upright your body gets, the less body weight you're using and the easier it gets.

**Step 1** - Face the surface you're using and place your hands on the edge of it about shoulder-width apart. Take a few steps backward and lift your heels up so that your body forms a plank. Avoid letting your back round or arch.

**Step 2** - Lower your chest down close to the surface while keeping your elbows in. Then press your body back to starting position. If you can't lower all the way down, you can start by going half way down and build up, OR you can find a surface that's a bit higher and easier, allowing you to move through the full range of motion.

**Step 3** - Start with 1 set of 8-12 reps. Work up to 2-3 sets of 15-20.

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# Using Household Items For Your At-Home Workout

<p><b>Water Bottles</b></p>	<p>For bicep curls, lateral shoulder raises, extra weight for squats/lunges</p> <p>Add or remove water to adjust the weight.</p>
<p><b>Stair(s) or Step Stool</b></p>	<p>March up and down on the step or stool, alternating legs, to get your heart rate up and maintain and build leg strength.</p> <p>Make sure the step/stool is sturdy and will not slide.</p>
<p><b>Balloon or Plastic Bag</b></p> <p>(most plastic bags can be filled with air and tied off to hold the air)</p>	<p>You can play catch with someone or play a sort of badminton game with the baggie-made ball and a couple of plastic spatulas for the paddles. If you're alone, just try to keep the baggie ball up in the air by hitting it with the spatula.</p>

## Nutrition Tip of the Week

### Healthy Food Shifts

You can move toward a healthier eating pattern by making shifts in food choices over time. Here are some ideas:

<p><b>SHIFT FROM:</b></p> <p><b>High-Calorie Snacks</b></p> 		<p><b>SHIFT TO:</b></p> <p><b>Nutrient-Dense Snacks</b></p> 
<p><b>Fruit Products with Added Sugars</b></p> 		<p><b>Fresh Fruit</b></p> 
<p><b>Refined Grains</b></p> 		<p><b>Whole Grains</b></p> 
<p><b>Snacks with Added Salt or Sugars</b></p> 		<p><b>Snacks Without Added Salt or Sugars</b></p> 
<p><b>Solid Fats</b></p> 		<p><b>Oils</b></p> 

## Mindfulness Tip of the Week



### Posture

Bob Huff, Tice Creek Fitness Trainer

**Step 1** - Stand with your feet hip distance apart, toes pointing forward. Imagine that each foot is a tripod. Balance your weight between the ball of the foot behind the big toe, the ball of the foot behind the little toe, and the heel.

**Step 2** - Imagine that your pelvis is a bucket full of water. Keeping your upper torso and shoulders still, slowly rock the pelvis forward and backward several times (as if pouring water from your belly and lower back). Then, try to position the bucket as if it's balanced (keeping the water in).

**Step 3** - Imagine a light switch on your breastbone. The switch can be on (chest up and slightly forward) or off (chest caved down and in). Focus on keeping the switch on.

**Step 4** - Think about reaching the crown up your head upward (chin level) towards the ceiling.

Doing all these at once may be hard at first, but with practice you will get better.

## Walking Trails of Rossmoor



A few important benefits of walking include: balance improvement, cardiovascular conditioning, lowering blood pressure, and building muscle endurance. During this challenging time, outdoor walks can be a helpful routine to boost immune function to help fight illness, improve mood to help fight depression and/or anxiety, and to reduce other negative affects of isolation and sedentarism.

[CLICK HERE](#) for Rossmoor Walking Trail Maps

**NOTE:** As of Wednesday, April 22nd Contra Costa County is *requiring* anyone who is outdoors to wear a mask. Specifically, the directive is for people in a public area where social distancing is not possible must wear a mask. As always, make sure you're practicing social distancing!

## Other Fitness Resources

### [CLICK HERE](#)

Stay-At-Home exercise videos on the Tice Fitness website  
*We've added more videos since last week's newsletter!*

#### **Jo Nash**

Wake Up Routine, Abs and Back, Pilates w/ Band

#### **Becky Beckelman**

Pickleball Balance Core, Pickleball Warm Up, Home Chair Workout, Balance Exercises  
TRX @ Home

#### **Bob Huff**

Frame Isometrics, Beginner Pilates, Intermediate Pilates

#### **Spencer Hino**

Home Workout 101, Walking and Running Warm Up

#### **Dino Giannakis**

Circuit Training Level 1, Circuit Training Level 2, Circuit Training Level 3

#### **Emm Yee**

Standing Stretches

#### **Julie Hughes**

Muscle Movers, Chair Challenge

#### **Dennis Shimoko**

Breathwork for Relaxation, Meditation Techniques

**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.

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## Rossmoor Recreation

[CLICK HERE](#) - Quarantine Quisine" with Kelly Berto on Recreation Live!

**When:** On Air - **Monday @ 2:00pm - TODAY!**

**What:** Easy Frittata

**Where:** Click the link above to join the event on YouTube

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## Rossmoor Counseling

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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Riddle Answer 1: Seven

Riddle Answer 2: Candle

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