



# TICE CREEK FITNESS CENTER



*Weekly News - 4/27*

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



### **Riddle 1**

How far can a rabbit run into the woods?

### **Riddle 2**

What do an island and the letter "T" have in common?

*(answers at bottom of newsletter)*

## Fitness Motivation



### **Make A Change**

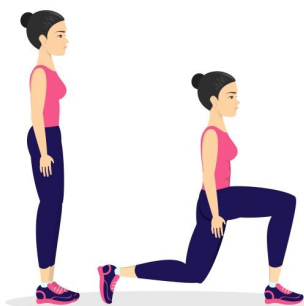
*Julie Hughes, Tice Creek Fitness Trainer*

The world is our gymnasium! During this time of "shelter in place" our personal gymnasium just got a bit smaller, but you can be creative with your in-home workout. Under the wide umbrella of exercise, all of our activities count. How about trying on all the clothes in your closet and giving yourself an impromptu style show? As a former Ballroom Dance performer with only about 45 seconds between dance numbers, I can tell you

that changing costumes....

[Read the Full Article Here](#)

## At-Home Exercise of the Week



### Stationary Lunges

**STEP 1**- Stand tall with your feet hip distance apart, then take a large step forward; your weight should be on your whole front foot, and on the ball of your back foot. You can put on hand on a stable support for balance. This is your start position.

**STEP 2** - Keeping your trunk erect, lower straight down until both knees are at about a 90-degree angle; the back knee should be directly under the hip, and the front shin as vertical as possible.

**STEP 3** - Press back up to the start position and repeat. Start with one set of 8-12 reps. Work up to 2-3 sets of 15-20.

**STEP 4**- Repeat exercise on the other leg.

#### **OTHER TIPS:**

Keep your chest lifted, head up, and abs contracted to keep your trunk erect. Also, keep your front knee aligned with your toes. Finally, try to contract your glutes through both the lowering and rising phase of the exercise.

## At-Home Exercise Kit

[CLICK HERE](#)



Click the link above to go to the Stroops.com website and the exclusive **Stroops Deluxe Exercise Kit**.

At-home exercise equipment can be hard to come by these days as more and more exercisers are purchasing this type of equipment online. Fortunately, Rossmoor is able to offer this exclusive Stroops Deluxe Exercise Kit at a discounted price. The kit consists of two anchor options, 3 exercise bands with various tensions, and a bar attachment.

Exercise bands offer a simple, at-home solution for many of the exercises you normally would do at the gym. It can be used by all age groups and just about all fitness levels.

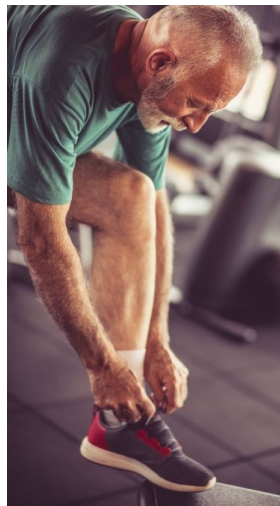
If you decide to purchase this at-home kit and you need some instruction on how to use it, we can connect you to a tice creek fitness center trainer for a virtual training session, or by phone or email if you prefer. The Stroops.com website also offers a few short video clips about the product.

*\* Rossmoor is not involved in the purchasing, shipping, or delivery of these products. Rossmoor will not collect any portion of the revenue for purchases. All payments, returns, exchanges or other inquiries about the sale of these products should be directed to the seller,*

## At-Home Workout Equipment Tips

<p><b>Golf Club or Broom</b></p>	<p><u>Movement Example</u></p> <p>Hold horizontally in front of body with both hands, feet shoulder width, knees slightly bent. Move object back and forth across body to do torso rotations.</p>
<p><b>A Wall</b></p>	<p><u>Movement Example</u></p> <p>Lean back against the wall with your feet about 12-20 inches away from the wall and shoulder width apart. Slide your back down the wall to perform a "wall sit". Drop as low as you can so you can get back up, but don't let your knees drop further than 90 degrees. Hold for 5-30 seconds and repeat for a few sets.</p>
<p><b>Wooden Spoons or Chopsticks and A Non-Breakable Cooking Pan</b></p>	<p>Put these together and you've got yourself a percussion instrument. Create your own drum music, or go to YouTube for basic drum lesson videos. Great for exercising your brain and working on hand-eye coordination.</p>

## Fitness Tip



### Is It Time For New Sneakers?

*Becky Beckelman, Tice Creek Fitness Trainer*

Replace fitness shoes every 6 - 8 months if you are walking 30 mins or more 5-7 times per week. With many of us now getting our exercise with walking outside, it is important to take note of how your feet and knees feel after your daily walk. Signs you may need to invest in new shoes:

- Is the tread on bottom of shoe showing wear?
- Is back of shoe worn out where it wraps around your heel?
- Do you have any heel pain after your daily walk?
- Do you notice weak ankles or any blisters after your daily walk?
- Do your knees have noticeable aches and pains after your walk?
- Are your shoes worn out on the top or sides of the shoes?

If you answered yes to one or more of these questions, consider purchasing a new pair of fitness shoes. Many retailers offer online shopping options. Let's keep our feet happy and healthy!

# Walking Trails of Rossmoor

[CLICK HERE](#)



Click the link above to view or download **Rossmoor Walking Trail Maps**

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.

***NOTE:** As of Wednesday, April 22nd Contra Costa County is recommending that anyone who is outdoors should wear a mask. Specifically, the recommendation is for people who are in a public area where social distancing is not possible should wear a mask.*

## 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, Zumba

### **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

[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 Recreation Live

[CLICK HERE](#)

Click the link above for a schedule of Recreation LIVE episodes and to watch previous episodes.

The Recreation LIVE! channel features live streaming interactive content produced by the Recreation Department. It includes tours around the world, trivia games, classes, cooking demonstrations and choose your own adventures. Each episode will be hosted by a Recreation Department staff member so be sure to check the live stream schedule below and tune in! Rossmoor residents are encouraged to interact via the Chat Box during the live episodes.

*Recreation Contact Info*  
*Kelly Berto*  
*kberto@rossmoor.com*  
*925-988-7780*

## Rossmoor Golf Tips

[CLICK HERE](#)



Click the link above for a library of short videos that will give you an opportunity to review the basics of the swing, go over golf course strategy, look at the mental side of the game and give you some ideas on how to stay in good shape and create a better fitness and stretching routine for golf.

The videos at this time concentrate on improving or maintaining your game while we are in the shelter-in-place. That way, when the golf facilities are re-opened, you will be ready to enjoy this great game again.

Click the button below to see the full playlist of golf tips videos.

*Golf Contact Info*  
*Mark Heptig*  
*mheptig@rossmoor.com*  
*925-988-7861*

## 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**.

*Counseling Contact Info*  
*Penny Reed*  
*preed@rossmoor.com*  
*925-988-7750*

## Riddle Answers

[Answer 1:](#) Halfway, after that the rabbit is running out of the woods

[Answer 2:](#) They are both in the middle of water

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