



# TICE CREEK FITNESS CENTER



*Weekly News - 5/11*

Hello Rossmoor Residents,

The team at Tice Creek Fitness Center welcomes you to another edition of 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!

## ***Happy Mother's Day!***

Happy belated Mother's Day to all the amazing moms out there. We appreciate you and hope you had a wonderful day!

## **Riddles of the Week**



### **Riddle 1**

What moves faster, heat or cold?

### **Riddle 2**

What two words in combination hold the most letters?

*(answers at bottom of newsletter)*

## Fitness Tip

### The Wonders of Gardening

*Kaleen Lamport, Fitness Center Trainer*



Spring is here, let's boost our mental health with plants. At this time where we are mostly cooped up in our homes, a little gardening can really lift our spirits and help us stay in the present. Growing a few of your favorite vegetables or flowers is a very rewarding and satisfying feeling. It is wonderful to watch something grow, it helps us feel connected to...

[Read The Full Article Here](#)

## Fitness Tip

### Vocal Aerobics

*Julie Hughes, Fitness Center Trainer*



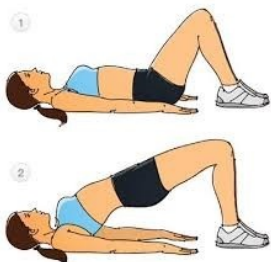
During this time of sheltering and isolation, you might not be talking as much as you are used to. It is important that you keep your vocal cords in good shape, especially because you need them for swallowing!

Your vocal cords consist of two bands of elastic muscle tissue called vocal folds. The sound of your voice is produced by the vibration of the vocal folds. The variety within your voice results from tensing and relaxing the....

[Read the Full Article Here](#)

## At-Home Exercise of the Week

### Bridge with Neutral Spine



Push heels into floor and tighten glutes and abs as you slowly lift hips off the floor.

Hold for 3-5 seconds and gently lower hips down to floor for 1 rep. Work up to 2-3 sets of 6-10 reps.

## At-Home Exercise Kit

[CLICK HERE: 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, Stroops.*

## At-Home Workout Equipment Tips

### Vacuum Cleaner

Your house may not need to be vacuumed every day, or even 3 times per week, but pushing and pulling a vacuum around the house is a great way to move your body, burn calories, and use muscles in a functional way.

Don't want to run the vacuum on your carpet or floors too much? Ok, pretend to vacuum but don't turn it on :)

Make sure you try to use both hands equally to push and pull.

If you're pushing the vacuum with your Right hand, step forward and backward with your Right foot each time. This can help reduce the twisting movement in your torso/back.

## Fitness Team Spotlight



### Jo Nash - Personal Trainer

#### How long have you been working at Rossmoor?

I started working as a personal trainer and Pilates instructor in June of 2016. I started at the fitness center 15 years ago as an independent contractor, teaching Zumba 3 times/week.

#### Why does working at Rossmoor resonate with you?

When I was hired, I immediately felt like I fit in with the wonderfully professional staff. It was only a short...

[Read the Full Spotlight Article Here](#)

## Walking Trails of Rossmoor

[CLICK HERE: Rossmoor Walking Trails 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](#)

**Video List** - a few more were added this week!

### **Jo Nash**

Wake Up Routine, Abs and Back, Pilates w/ Band, Zumba, Mat Stretch and Relax

### **Becky Beckelman**

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

TRX @ Home, Resistance Band Workout

### **Bob Huff**

Frame Isometrics, Beginner Pilates, Intermediate Pilates, Forearm/Wrist/Hand Exercises

### **Spencer Hino**

Home Workout 101, Walking and Running Warm Up, Functional Balance

### **Dino Giannakis**

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

### **Emm Yee**

Standing Stretches, Beginning Barre

### **Julie Hughes**

Muscle Movers, Chair Challenge

### **Dennis Shimoko**

Breathwork for Relaxation, Meditation Techniques, Lounge Chair Fitness

[CLICK HERE: Channel 28 TV Guide](#)

Channel 28 is playing previously recorded exercise classes from the fitness team. For a schedule and class descriptions for the week, click the link above to go to Rossmoor.com, then click "News &TV", then "TV Guide"

## Rossmoor Recreation Live

[CLICK HERE: Recreation Live on YouTube](#)

[CLICK HERE: Recreation Live Schedule](#)

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 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

[CLICK HERE - Golf Reopening Procedures](#)

**Rossmoor Golf reopened on Tuesday, May 5th. Please click the link above for important "REOPENING PROCEDURES".**

**Golf course will no longer be available for non-golfing walkers during golf course open hours. Walkers will be allowed on Creekside course after 6pm.**

Golf Contact Info

Mark Heptig  
mheptig@rossmoor.com  
925-988-786

[CLICK HERE - Golf videos on Rossoor.com](#)



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*  
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*925-988-7750*

## Riddle Answers

**Answer 1:** Heat moves faster, because you can always catch a cold.

**Answer 2:** Post Office

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