



# TICE CREEK FITNESS CENTER



*Weekly News - 5/18*

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!

## Riddles of the Week



### **Riddle 1**

What has a base but no room, a key but no lock, you can enter but you can't get into it?

### **Riddle 2**

What bird is the best weight lifter?

*(answers at bottom of newsletter)*

## Fit Quiz of the Week



### **Question 1**

What is the largest muscle in the human body?

### **Question 2**

What is the largest organ in the human body?

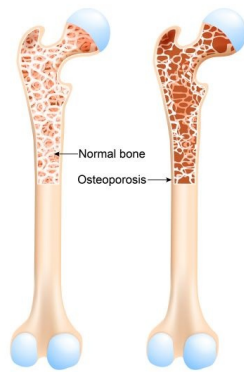
*(answers at bottom of newsletter)*

## Fitness Tips

**What is Osteoporosis?**

*Emm Yee, Fitness Center Trainer*

## Osteoporosis



Osteoporosis is a common disease that makes bones thinner, which makes them likely to break. These fractures can lead to different health problems, like pain, stooped posture, or trouble moving around. Many people lose gradually over many years. There are no symptoms that tell you it's happening. But it is possible to treat osteoporosis with medications and healthy lifestyle choices. If you make those...

[Read The Full Article Here](#)

## Fitness Tips

### Eye Exercises For Balance

*Katleen Lampert, Fitness Center Trainer*

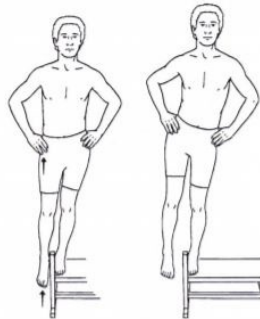


Vision plays a big role in our balance system. The three systems in our body that help us feel balanced are: The Vestibular System, Vision and Proprioception. All these systems work together to provide the brain with information needed to help us navigate in our environment.

Here are some eye exercise recommendations to help improve balance and limit ...

[Read the Full Article Here](#)

## At-Home Exercise of the Week



### Hip Hike

This exercise strengthens the gluteus medius muscle on the lateral side of the hip, along with the lateral oblique muscles of the opposite side of the trunk. These muscles are important in stabilizing the pelvis and the knee during walking and other activities.

#### To perform the Hip Hike:

- Stand sideways on a step or small stool with one foot on and one foot off. If balance is a problem, hold on to something stable like a chair or stair rail.
- Keeping your support leg straight, allow the foot hanging off the step to slowly lower toward the floor (it should not touch); do this by allowing the pelvis to tilt sideways and lower on the side opposite the support leg.
- When your pelvis has lowered as far as possible, pause briefly, then complete the repetition by using the hip muscles in the support leg and trunk muscles on the opposite side to raise the pelvis up toward the ribs (the unsupported foot should raise slightly higher than the stance foot).

#### Other tips:

- Be sure to keep both legs completely straight throughout the exercise. Many people bend the knee on the support leg. Movement should occur at the pelvis, not the knee.
- An easier version is to start with both feet on

the floor; raise the pelvis on the unsupported side so the foot comes slightly higher than the stance foot.

## At-Home Workout Equipment Tips

### Floor Mop

- Your house may not need to be mopped every day, or even 3 times per week, but moving a mop from side to side around the house is a great way to move your body, burn calories, and use muscles in a functional way.
- Make sure you try to use both hands equally by changing which hand is on top.
- Use a “string deck mop” that you can “swing” left to right in front of you, or use a sponge mop to push forward and pull back.
- Maintain good posture, bend your knees, focus on consistent breathing
- Don't want to wet mop your floors too much? Ok, pretend to mop with a dry mop :)

## Fitness Team Spotlight



### Becky Beckelman - Personal Trainer

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

I have been working at Rossmoor for 5 ½ years.

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

I enjoy working at Rossmoor with the senior population because they are so committed to their classes and to their trainers. Group training at Rossmoor is...

[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.

## Farmer's Market Returns!

**The Rossmoor Farmers Market returned on Friday, May 15th to the Gateway Parking lot.**

In order to keep everyone safe the Farmer's Market will have some guidelines for everyone to follow:

- Masks/Face Coverings are required at the market.
- Social Distancing guidelines must be adhered to. Booths will be wider and will limit how many people can be in a booth at one time to ensure safety.
- Reusable bags are not permitted. Market vendors will bag your produce/goods.
- The hours of the market are 9:30am-1:00pm every Friday now thru October.

For information please call 988-7700

## 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](#)

The Golf Course has adjusted the hours available for non-golfing walkers. Walkers will not be allowed on the Creekside course after 4pm.

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*

*preed@rossmoor.com*

*925-988-7750*

## Riddle Answers

**Answer 1:** A Keyboard

**Answer 2:** Crane

## Fit Quiz Answers

**Answer 1:** Gluteus Maximus (muscle located in the buttocks)

**Answer 2:** Your Skin

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