



# TICE CREEK FITNESS CENTER



*Weekly News - 5/25*

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**

I speak without a mouth and hear without ears. I have no body but come alive with wind. What am I?

### **Riddle 2**

What English word has three consecutive double letters?

*(answers at bottom of newsletter)*

## Fit Quiz of the Week



### **Question 1**

What is measured using your height and weight?

- A. Fat
- B. Body Mass Index
- C. Daily Calories
- D. A ruler

### **Question 2**

Where are the deltoids located?

*(answers at bottom of newsletter)*

## Fitness Tips



### The Mind-Muscle Connection

*Bob Huff, Fitness Center Trainer*

The term “Mind-Muscle Connection” has been used in body-building circles for a long time and is currently a buzz-phrase in the fitness industry. The basic idea is that by mentally focusing on the muscles being used in an exercise you’ll get a stronger contraction and greater strength increases than you would by just going through the motions of your workout.

Many gym users tend to mindlessly go...

[Read The Full Article Here](#)

## At-Home Exercise of the Week

### Shoulder Rolls

More time at home means we are doing activities that have us in a forward posture position (i.e. using smartphones, laptops, knitting, sewing, gardening, etc.) To combat the shortening of the anterior (front) muscles of the upper body, specifically the pectoralis muscles and the coracobrachialis muscle (flexes the shoulder joint), it is important to stretch and relax every 20-30 minutes. A simple exercise is to perform shoulder rolls. This exercise will increase circulation in the shoulder joint and thereby relieve tension. You can do this exercise seated or standing.

#### **The Movement**

Lift shoulders and slowly rotate shoulders forward in a circular motion. Repeat this in a backward motion as well. Start slowly, doing each direction for 30 seconds. Remember to do this throughout the day.

## At-Home Workout Equipment Tips

### Small Bath Towel Or Kitchen Towel

#### “Towel Rotations”

- Hold one side of the towel in each hand, shoulder width apart, straight out in front of your body, towel in a horizontal position.
- Start rotating the towel clockwise, then counterclockwise, over and over, each time rotating until the towel is in a vertical position, then rotating all the way around in a circular pattern until the other hand is on top and the towel is in a vertical position again.
- Keep tension on the towel between your hands while you’re doing the rotations, by pulling on it with both hands in opposite directions. This will help increase the contraction of the muscles being used.
- Rotate a certain number of repetitions (start with 5-10 full rotations and progress to more), or rotate for a certain amount of time (maybe start with 20 seconds and progress from there)

## Fitness Team Spotlight



### Dennis Shimoko - Personal Trainer

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

June of 2020 will mark the completion of eleven years. What made my connection to Rossmoor interesting is that I although I was born in Berkeley I had always assumed that the freeway sign I saw for Rossmoor was to a town. It wasn't until I learned about an introductory Muscle Activation Techniques workshop that was being hosted by the Fitness Center that I discovered...

[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

#### **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, then click "News and TV", then "TV Guide"

## 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 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:** an echo  
**Answer 2:** bookkeeper

## Fit Quiz Answers

**Answer 1:** B. Body Mass Index  
**Answer 2:** shoulders

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