



TICE CREEK FITNESS CENTER



Weekly News - 5/4

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!

Rossmoor Golf

[CLICK HERE - Golf Reopening Procedures](#)

Rossmoor Golf is scheduled to reopen 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

Riddles of the Week

Riddle 1

What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?

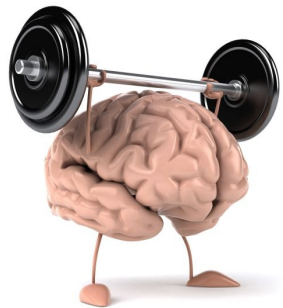


Riddle 2

I'm not clothes but I cover your body; The more I'm used, the thinner I grow. What am I?

(answers at bottom of newsletter)

Fitness Motivation



Mental Fitness

Dennis Shimoko, Tice Creek Fitness Trainer

As we continue to navigate in this COVID-19 period, it's so important to manage our mental health by Staying Positive, Staying Creative and Staying Motivated. They say it takes 21 days to break a habit or create a new one. Challenge yourself to discover new things or do everyday things differently for 21 days! Challenge yourself and you will come out of this more...

[Read The Full Article Here](#)

Fitness Tip



What is Meditation

Spencer Hino, Tice Creek Fitness Trainer

Meditation is a term for a practice that involves focusing our mind and the ability to be mindful. Mindfulness refers to being present in the current moment, avoiding attention on the past or the future. You do not have to sit on a yoga mat, with legs crossed burning candles in order to meditate. I frequently meditate in my car, on BART, in bed, or even at work.

It is my belief that as we go throughout our day, when thoughts pop up in...

[Read the Full Article Here](#)

At-Home Exercise of the Week

Wall Stretch - Hamstrings

- Lie on your back in a doorway, with one leg through the open door
- Side your other leg up the wall to straighten your knee.
- You should feel a gentle stretch down the back of your leg
- Do not arch your back or allow the other knee to bend
- Keep both heels down (the one on the floor and the other on the wall)
- Toes should be pointing up not down
- Hold this position for 1-2 minutes
- Repeat with other leg

Other Tips

- You can also do this stretch using a band, yoga strap or towel by placing them around the bottom of the foot that's in the air.
- Remember to only go as far as feeling a gentle stretch and hold the position for at least 30 seconds.

What is the Stretch Reflex?

- Easing into and holding stretches for at least 30 seconds is important. Why? When you first initiate a muscle stretch, your body will automatically cause that muscle to contract as a neurological protective mechanism. The force of the muscle contraction depends on how far and how quickly the muscle goes into the stretched position. This is called the "stretch reflex" and it helps protect against muscles from being overstretched and injured. By easing into stretches you reduce the amount of initial muscle contraction (stretch reflex) that occurs. By holding stretches for at least 30 seconds, and as long as your holding a gentle stretch, you're allowing the stretch reflex/muscle contraction time to dissapate. The result is a more beneficial stretch.

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

<p style="text-align: center;">Door Frame</p>	<p style="text-align: center;">Great for upper body stretches OR Click the link under “Other Fitness Resources” below in the newsletter and follow along with Bob Huff through his “Door Frame Isometrics” workout video.</p>
<p style="text-align: center;">Laundry Detergent Bottle w/ handle</p>	<p style="text-align: center;"><u>Movement Example</u></p> <p>Place the bottle on the ground between your feet. Perform a squat and pick the bottle up with one hand, squat back down and put the bottle back on the ground, Repeat with other hand. If you're range of motion is limited, place the bottle on an elevated platform, like a kitchen step stool, or a stack of books.</p>

Fitness Team Spotlight



Bob Huff - Personal Trainer

How long have you been working at Rossmoor?

Coming up on 19 years. I started in June of 2001.

Why does working at Rossmoor resonate with you?

It seems like I have always been very comfortable around older people. Even in high school, one of the people I enjoyed being around the most was an elderly man in my hometown. Before Rossmoor, I spent 14 years as an athletic trainer, working with college athletes. While rewarding, I found I didn't always relate well to people in that age group. Working in Rossmoor fits my....

[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

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, 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 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: NOON

Answer 2: A bar of soap

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