



# TICE CREEK FITNESS CENTER



*Weekly News - 6/1*

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!

At this time there is no set date for the reopening of the fitness center or pools due to county and state health orders. Rossmoor is closely monitoring changes to these orders and is ready to serve the community as soon as these facilities are permitted to reopen.

## Riddles of the Week



### **Riddle 1**

If you lose me you cause people around me to lose me too? What am I?

### **Riddle 2**

Think IT Think

*(answers at bottom of newsletter)*

## Fit Quiz of the Week

### **Question 1**

Does muscle burn calories even when the body is at rest?

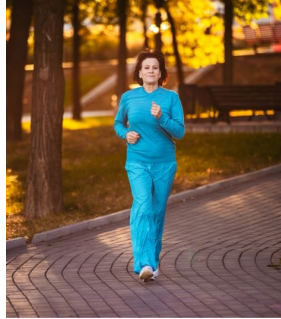
### **Question 2**



Muscle weighs more than fat.  
True or False

*(answers at bottom of newsletter)*

## Fitness Tips



### Walking with Stride

*Jo Nash, Fitness Center Trainer*

We love to walk but we have forgotten what's important about how we walk. Some walk with dog leashes in one hand and are able to swing their other arm. Some have a cell phone in one hand and maybe a water bottle in the other. No matter what the situation is, going back to swinging your arms and..

[Read The Full Article Here](#)

## Fitness Funnybone

*by: Julie Hughes, Tice Fitness Trainer*

How about a hint of helpful humor for hard times? Just the act of smiling can engage facial muscles that connect to the neurons that, in turn, send signals to the brain that say "Hey, I think we're feeling better now!" A little endorphin release can go a long way. Think of how much better we can feel with exercising the funny bone on a regular basis? It's worth a try. Just as a food for thought, can you think of clichés that, if taken literally, could increase the heart rate, fitness level, caloric expenditure?

Think of all the extra calories burned per hour if you could:  
Jump to conclusions, drag your heels, push your luck, toot your own horn, beat around the bush, climb the walls, swallow your pride, pass the buck, throw your weight around, make mountains out of molehills, hit the nail on the head, bend over backwards, pull out the stops, pull a fast one, add fuel to the fire, start the ball rolling, go over the edge and open a can of worms!

Hope that you find reasons to smile today!

## At-Home Exercise of the Week

### Scapular Wall Row

This exercise simulates a rowing motion, requires no equipment, will help you develop better posture. It focuses on the rhomboids, middle & lower traps, and posterior deltoid.

To Perform the Scapular Wall Row:

- Stand with your upper back and head against the wall and your heels 6-8 inches away.
- Bend your arms and place your elbows against the wall.
- Keep your body in a straight line and drive off the wall with your elbows, pressing your chest out and drawing your shoulder blades down and back. Brace your core and squeeze your glutes so your body moves as

one unit.

- Hold 1-2 seconds, then return to the starting position.
- Repeat 8-12 times.

Other Tips:

- Throughout the exercise, keep your body in a straight line from your head to your heels.
- Avoid arching your back.
- To make the exercise harder, walk your feet out farther from the wall.
- You can also do this from the floor (it will be harder). Lying face up, drive your elbows in to the floor, raising your head and upper back as one unit. Avoid using your abdominals; lift your chest up and draw your shoulder blades down and back.

## At-Home Workout Equipment Tips

<p style="text-align: center;"><b>Towel or Fleece Blanket</b></p> <p style="text-align: center;"><b><u>“Towel Taz”</u></b></p>	<ul style="list-style-type: none"><li>• This is a great exercise for overall body conditioning.</li><li>• Grab a towel, fleece blanket, or whatever you have available. The bigger and heavier it is, the harder this move will be.</li><li>• Stand with your feet at least shoulder width apart and knees slightly bent.</li><li>• Hold a corner of the towel in each hand and start shaking the towel up and down as quickly and powerfully as you can. At the same time, move quickly around from side-to-side, forwards/backwards, or a diagonal or circle. Move quickly, taking only a few steps in each direction, being careful to maintain balance.</li><li>• Keep your chest up and avoid rounding your back. You can shake the towel up &amp; down or from side-to-side. The quicker you move, the harder this will be.</li><li>• Do 30 seconds to 1 minute on, and 30 seconds to 1 minute off (rest) for 4-6 rounds.</li></ul>
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## Fitness Team Spotlight



### **Katleen Lamport - Personal Trainer**

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

It will be 27 years in October of this year, yikes!! Those years just flew by, can't believe it myself.

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

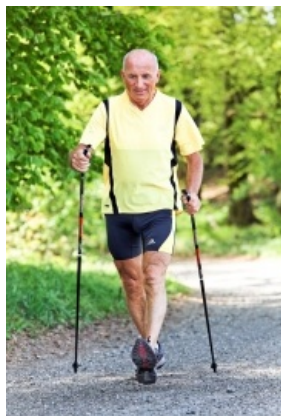
Beside doing a job that is very rewarding, it is for

the most part the friendship, camaraderie and...

[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, Hands and Feet Exercises

#### **Becky Beckelman**

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

TRX @ Home, Resistance Band Workout, Beginner Step Sculpt

#### **Bob Huff**

Frame Isometrics, Beginner Pilates, Intermediate Pilates, Forearm/Wrist/Hand Exercises, Resistance Core Training

#### **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, Bus Stop 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.

**Transportation**

Starting June 1st 2020 the Transportation department in accordance with the Contra County social distancing requirements and adhering to the opening of business and other community activities throughout the city of Walnut Creek will be adding more buses to our current Dial-A-Bus service. The buses will support the community with a limited seating capacity of 4 riders total at a time on each bus to allow continued social distancing.

The department and services will be running Sunday through Saturday. Dial -A-Bus is a same day service and requires a minimum of one-hour advance notice prior to your pickup request time.

A special downtown service will be offered to specific downtown areas previously supported by the Green Line bus with modifications to the schedule along with pick up and drop off requirements, meaning the bus will pick up at resident entry instead of the standard Gateway Clubhouse pick up location.

Phone hours are 8:00am - 4:00pm

Bus service is available from 9:30am - 5:00pm.

To Schedule a Ride please call 925-988-7676

## 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 as well. Contact the Counseling Office for information on additional support groups.

- **On-going Caregiver Support Group: Wednesdays @ 10:00am**
- **Additional support groups via Zoom, contact the Counseling Office for details**

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  
counseling@rossmoor.com  
925-988-7750

## Riddle Answers

**Answer 1:** your temper  
**Answer 2:** think twice about it

## Fit Quiz Answers

**Answer 1:** Yes, and muscle burns calories at more than 2x the rate compared to fat while at rest.

**Answer 2:** False: A pound of fat is the same weight as a pound of muscle. However, muscle is more dense than fat, so a pound of muscle takes up less space than a pound of fat.

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Tice Creek Fitness Center  
1751 Tice Creek Drive  
Walnut Creek, CA 94595  
[ticefitnesscenter.com](http://ticefitnesscenter.com)  
925-988-7850  
fitnessdesk@rossmoor.com

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