



TICE CREEK FITNESS CENTER



Weekly News - 7/6

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!

Pool Reservation Instructions

Important Tips For Using The App To Make Reservations

- You must be logged in to the App by using your email and a password in order to make a reservation. Simply downloading the App and clicking the "add class to calendar" button does not reserve your spot.
- After you log in and select an available reservation time, you will see a "Book Class" button. When you have the "book class" button, you know you're logged in and can reserve that time. Do not use "Book Multiple" button.
- Tap the three bars/lines on the top left of the App, then tap the "My Classes" menu item. If you reserved a time correctly, you will see you're specific reservations here.
- Residents will need a "package" added to their Mindbody account before reservations can be made. Contact the fitness desk 925-988-7850 or fitnessdesk@rossmoor.com to have the package added. (please do not call fitness desk to make pool reservations)
- If you see a blank screen while using the App, swipe down gently to refresh that App page. This "page refresh" is necessary to ensure you have up to the second info in the App. You may need to refresh pages often.

[CLICK HERE - Video Instructions](#)

[CLICK HERE - Written Instructions For Using a Computer](#)

[CLICK HERE - Written Instructions For Using the App](#)

Pool Reservations & Questions

Phone: 925-988-7854

Email: aquatics@rossmoor.com

Fitness Team Member Resigning



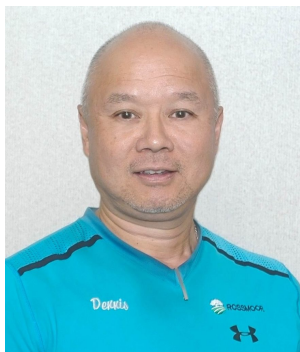
Dennis Shimoko - Personal Trainer

Dennis will be resigning, effective July 9th, 2020.

Dennis has been a valued member of the Rossmoor Fitness Center team for 11 years. One of his strongest attributes has been his focus on corrective exercise. His approach to fitness centered around applying his knowledge of anatomy and the mechanics of the body to address movement issues and muscle imbalances. He enjoyed teaching people how to address those issues before or in conjunction with a general fitness routine.

Dennis - thank you for your dedication to the Rossmoor residents and staff for the past 11 years. The positive impact you have had is immeasurable, helping countless people live fuller, happier lives, and being a great colleague. We will miss you and wish you and your family all the best!!

Fitness Trainer 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...

[CLICK HERE for the full spotlight article](#)

Riddles of the Week

Riddle 1

If you throw a blue stone into the Red Sea what will it become?

Riddle 2

Every time you stand up you lose this, what is it?



(answers at bottom of newsletter)

Fit Quiz of the Week



Question 1

Which of these body parts plays a key role in balance?

- A. Lungs
- B. Labyrinth
- C. Pituitary Gland
- D. Liver

Question 2

True or False - You should avoid exercise if you develop arthritis?

(answers at bottom of newsletter)

Fitness Tips

Calorie Burn - What does it mean?

Becky Beckelman, Tice Fitness Trainer

I'm sure we have all heard the term 'burning calories' in reference to exercise, but what exactly does it mean to "burn" a calorie.

Let's start with the definition of a calorie - 'A calorie is a unit of energy widely used in nutrition.' (Wikipedia) Energy is commonly measured in kilocalories (kcal). A kilocalorie is a measure of energy that...

[Read The Full Article Here](#)

At-Home Exercises of the Week

Gentle Exercises For the Knees

Katleen Lamport, Tice Fitness Trainer

If you have troubled knees, the exercises below help strengthen the thigh muscle (quadriceps), providing better support around the knee and improving overall function. It is important to note that if you have acute pain or swelling in any joint, you should consider seeking advice from your healthcare providers.

QUAD SET

- This exercise can be done sitting or lying down.
- Lie down with one knee bent and the other leg straight, with the straight leg lying flat on the ground and toes pointing up.
- Tighten the muscles of your thigh on the straight leg by pressing the back of your knee down and hold for 5 sec, relax and repeat.
- Start with 5 to 10 repetitions, goal is 3 sets.

SINGLE LEG RAISE

- Lie down with one knee bent and the other leg straight, with the straight leg lying flat on the ground and toes pointing up.
- Tighten your thigh muscles and lift your straight leg up to the top of the

opposite knee and lower back down slowly.

- Start with 5 - 10 repetitions, goal is 3 sets.

SHORT ARC QUAD

- This exercise can be done sitting or lying down.
- Lie down with one knee bent and the other leg straight, lying flat on the ground.
- Place a rolled-up beach towel or pillow folded in half under your straight leg.
- Tighten your thigh muscles, while keeping the back of your knee on the rolled-up towel, lift the heel off the ground, hold 3-5 seconds and lower slowly.
- Start with 5-10 repetitions, goal is 3 sets.

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, Abs - Back - Glutes

Becky Beckelman

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

TRX @ Home, Resistance Band Workout, Beginner Step Sculpt, Chair Active Stretch

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.

Riddle Answers

Answer 1: Wet

Answer 2: Your Lap

Fit Quiz Answers

Answer 1: Labyrinth - The labyrinth is an organ in the inner ear and works with other body parts and the nervous system to help maintain balance.

Answer 2: False - Exercise, such as walking and swimming, helps keep joints moving, can reduce pain, and strengthens muscles.

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