



TICE CREEK FITNESS CENTER



Weekly News - 8/31

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!

Virtual Personal Training

Effective September 8th, Virtual Personal Training is transitioning to a fee-based service.

[CLICK HERE: Virtual Training Webpage](#)

[CLICK HERE: Virtual Training FAQ](#)

Tice Creek Fitness is offering remote, virtual personal training, where you meet with your trainer from the comfort and safety of your home via Zoom, Facetime (or other virtual platform). Your trainer will guide you through workouts, using the space and items you have in your home. This is a great alternative to in-person training to help stay active during these difficult times of social distancing and facility closure. This is also an option for anyone who may not feel comfortable coming back to the fitness center right away after we reopen, or for those who don't have the means to travel to the fitness center.

If you're interested in connecting with a trainer for help developing and maintaining an exercise routine please contact the fitness desk at 925-988-7850 or fitnessdesk@rossmoor.com. You can also contact your trainer through their @rossmoor.com email if you have that contact info.

The list of benefits of exercise is endless. Here are just a few of the important benefits during this time when people are more isolated, more sedentary, and at higher risk.

- **Improved immune function to combat illness and disease**
- **Improved mental health to combat stress and anxiety**
- **Improved cognitive function**
- **Decrease risk of falls**
- **Improved confidence and independence**
- **Improved strength and ability to perform activities of daily living**

Live Stream Zoom Fitness Classes

Click the blue buttons below to get all the information about how and when to participate in live stream classes. You can also find some helpful tips for using Zoom by clicking the first link below.

We look forward to seeing you online! Encourage your Rossmoor friends and family to join in! As a reminder, any Zoom class cancellations or changes will be posted on the Live Stream class schedule on the Tice Fitness website. (second link below)

[Pilates Mat:](#) Bob Huff

[Beginner Pilates Mat:](#) Bob Huff

[Light Strength & Balance:](#) Katleen Lamport

[Triple S - Stand, Sit, Strength:](#) Becky Beckelman

[Abs & Back:](#) Jo Nash

[Stretch:](#) Jo Nash

[Barre:](#) Emm Yee

[Abs & Hips:](#) Dino Giannakis

[Vinyasa Yoga:](#) Noah Yuzna

[Yin Yoga:](#) Noah Yuzna

NO REGISTRATION OR RESERVATIONS REQUIRED


CLICK HERE: [Join Live Stream Zoom Fitness Classes](#)

CLICK HERE: [Up to Date Live Stream Class Schedule](#)

Printable Workouts

LEGS - Chair Squats

Stand with feet shoulder width apart. Push buttocks down/back and lower slowly in to chair. Then push through feet to return to standing.



Do 1-2 sets of 15-20 reps

We've Added More Workouts Again!

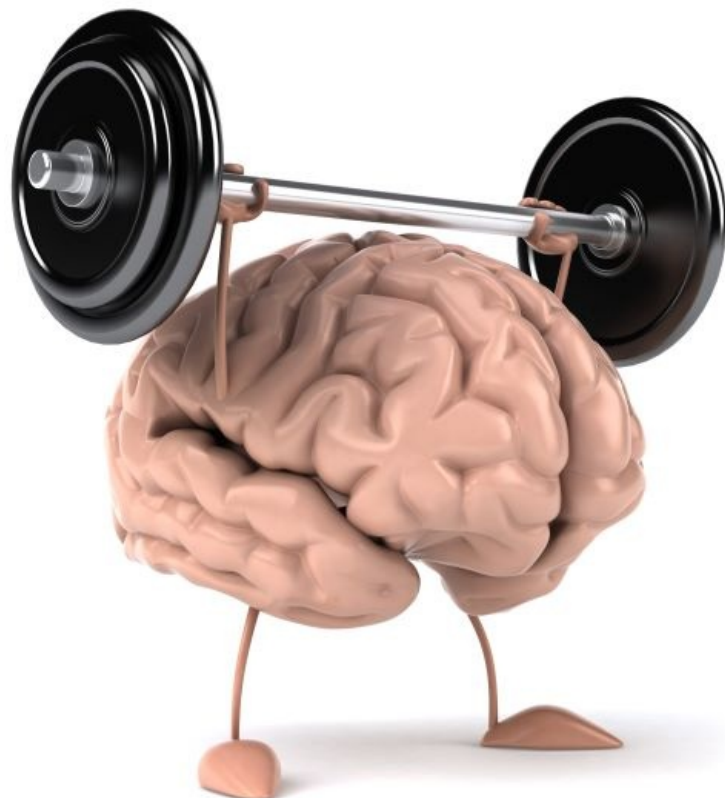
24 Workouts to Choose From!

Check out the printable/PDF at-home workouts the fitness team is putting together. Each workout includes images of the exercises to help show proper technique. We're in the process of adding more workouts to the list.

Click the link below to go to our "stay-at-home fitness" webpage, then scroll down to the "printable workouts" section.

[CLICK HERE: Printable Workouts](#)

Fitness Article



BRAIN EXERCISE

by: Becky Beckleman, Tice Fitness Trainer

Like our bodies, our brains also age as we get older. Frequent and severe memory loss may be a sign of Alzheimer's disease, however some forgetfulness is normal and happens to all of us at one time or another. To help

combat these memory losses, it's important to keep our brain active and actually exercise our brains to reduce brain age.

Here are a few fun ways to increase memory:

- Crosswords and Word Search Puzzles
- Jigsaw Puzzles
- Sudoku
- Dancing
- Playing a musical instrument
- Card Games - Solitaire, Hearts, Bridge are good examples
- Online brain teaser games (often free to start but then payment is required)
- Board Games - Scrabble, Connect4, Chess are good examples

Many of these puzzles can be found on-line as well as in the Rossmoor News. In addition to memory games/puzzles, our brains benefit from a diet low in fat and cholesterol but high in antioxidants. Along with a nutritious diet the cognitive function of the brain can be helped by changes to our daily activities. Try brushing your teeth with your opposite hand, reversing the path of your daily walk, going a different route to your favorite restaurant or park; the brain works through associations. (Wu Tsai Neurosciences Institute at Stanford, 2018). Keep your brain healthy along with your body for optimal wellness.

Other Fitness Resources

CLICK HERE: [Stay-At-Home Exercise Videos](#)

Check out the library of exercise videos from the Tice Fitness staff. Click the link above.

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.

Pool Reservations: New Reservation Window!

Effective August 24th, the online and App pool reservation window changed to the following:

**Starts Daily @ 7:00 AM
Ends Daily @ 11:50 PM**

Reservations made via phone by calling Aquatics @ 925-988-7854 will remain available on Monday - Friday from 7:00 AM - 2:00 PM.

** Each day, online and App pool reservations will close at 11:50pm and will reopen at 7am the next morning.*

CLICK HERE: [Updated Pool Rules](#)

Riddle of the Week

Solve the two puzzles below
(answers at bottom of newsletter)

Rossmoor Counseling

Sleep is an important component in one's physical and emotional health. If you are having difficulty with sleep due to emotional concerns and would like to talk to a supportive counselor, call Rossmoor Counseling Services at 925-988-7750 to be connected to a counselor.



 <p>Go to bed and get up at the same times each day</p>	 <p>Don't eat or drink too much when it is close to bedtime</p>	 <p>If you take naps, keep them short and before 5PM</p>	 <p>Exercise Regularly</p>
 <p>Develop rituals to wind down before going to bed</p>	 <p>Keep the bedroom a relaxing place—avoid working or paying bills in bed</p>	 <p>Go to bed in a dark, quiet room that isn't too hot or too cold</p>	 <p>Don't lie in bed awake</p>

Rossmoor Recreation

[CLICK HERE: Recreation Live YouTube Channel](#)

Riddle Answer

- Puzzle 1: Tunafish
- Puzzle 2: Scrambled Eggs

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