



TICE CREEK FITNESS CENTER



Weekly News - 9/8

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!

Riddle of the Week

I go around all the places, cities, towns, and villages, but I never come inside.

What am I?

(answer at bottom)

Pool Reservations: Usage Restrictions & Cancellations

On Thursday, September 10th the Aquatics Advisory Committee voted to reduce the number of swim reservations allowed per week. Effective 9/10, residents are allowed to reserve a maximum of 3 swim sessions per week (includes all reservations at Dollar and Hillside)

As a reminder, each week starts on Monday and ends on Sunday.

Due to a lack of space and high demand it is vital that all residents

cancel reservations in advance if they are not able to attend a reserved time. This opens the time slot for other residents to take advantage of the opening.

Cancellation Options

1. Online or App - any time of the day
2. Call Aquatics office (925-988-7854) between the hours of 7:00 AM - 2:00 PM Monday - Friday.
3. Call Dollar pool (925-930-8176) and Hillside pool (925-934-4686) on Saturdays and Sundays only during pool operating hours.

Dollar and Hillside phone numbers are for cancellations only, not reservations.

Failure to cancel reservations in advance may result in loss of reservation privileges for a period of time.

In-Person, Outdoor Personal Training

Tice Creek Fitness is now offering in-person, outdoor personal training. We have set up several 10' x 10' tents on the patio behind the fitness center where trainers can meet with clients one-on-one for in-person training.

- Each trainer/client will be assigned to a specific tent to ensure proper social distancing.
- Staff is required to wear a face covering at all times.
- Clients should wear a face covering at all times when not actively working out, and during lower intensity exercise if possible.
- All equipment and surfaces will be cleaned before and after use.
- Trainers will be able to incorporate some fitness center equipment during outdoor sessions, such as bands, dumbbells, medicine balls, mats, and chairs.

If you're interested in connecting with a trainer for the first time or you want to get going with your trainer again, contact the fitness desk at 925-988-7850 or fitnessdesk@rossmoor.com. You can also contact your trainer through their @rossmoor.com email.

Click the link below for our trainer bio webpage, then click the trainer's picture for their bio and contact info.

[CLICK HERE: Personal Trainer Bios](#)

Virtual Personal Training

[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

Have you never participated in a live stream class before and you're not sure if you'll like it?

Do you feel a bit intimidated by the idea of working out with others while on camera?

Are you concerned that you won't be able to keep up with the classes?

Feel free to join any of the live stream classes and observe only. Every participant is automatically muted when class begins. Then simply turn off your device's camera and you'll be able to watch the class without being seen or heard by others. If you decide to participate in future classes, you always have the option to turn your camera off.

During this challenging time when so many are experiencing increased isolation and decreased physical activity, live stream classes are a great way to get moving and engage with others (virtually at least) from the safety of home.

For those currently participating in live stream classes, we invite you reach out to family and friends and encourage them to join as well.

NO REGISTRATION OR RESERVATIONS REQUIRED
NO CLASS CAPACITY LIMITS

Live Stream Class List

[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

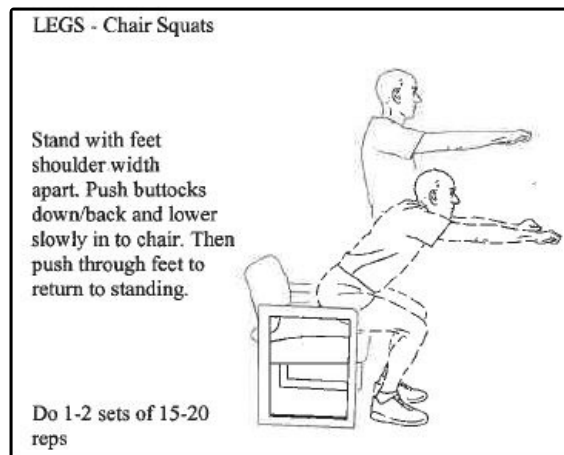
Vinyasa Yoga: Noah Yuzna

Yin Yoga: Noah Yuzna

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

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

Printable Workouts



Yes, we've added even more!

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

Lack of Motivation? You are not alone.

by: Katleen Lamport, Tice Fitness Trainer

We all know that when it comes to exercising, a lot of us have a hard time to find consistency. Well, you are not alone. So many of us have a really hard time starting or sticking to a program. One of the best things to do is explore all of the options the fitness center offers to get help and get started on a healthier path.

Research has proven that alone, we as humans do not function well. We need each other to live fuller and healthier lives. When it comes to things that are harder to accomplish such as a regular workout routine, take a look around you for support and motivation. Look for friends, family members, the fitness center trainers, anybody that can help you or gladly join you for some exercise.

- Ask a friend to take a walk once or twice a week, respecting physical distance as we should nowadays.

- Partner with a friend, or several friends, and join each other for regular workouts over the phone, Zoom, Facetime, etc. Take turns calling each other before the session starts for reminders and to help everyone stay committed.
- Use Zoom or another virtual platform for a weekly routine of exercise or dance with your kids or grandkids.
- Get help from a trainer from the fitness center. You don't need to participate in full personal training sessions. We can help by providing you with an individual program to do at home and call you every so often just to check in, answer questions, and help keep you on track. You can also join friends to go through PDF workouts, exercise videos on our website, live stream group classes. Or, try virtual or in-person personal training.

The key is that you don't have to do it alone. Find opportunities to engage with other people, even if it's virtual, to help stay motivated and engaged. Buddy systems are a great way to develop new exercise habits.

Fitness Article



Hand Exercises

by: Becky Beckelman, Tice Fitness Trainer

Many of us, myself included, wake up with tired, sore and sometimes painful hands. Any hand ailment can make these symptoms more common. The question is what to do about this discomfort. There are some key exercises that can help to strengthen hands and fingers and thereby, increase range of motion as well as strength in your hands. If necessary, warming up your hands before you exercise can help alleviate discomfort, which will subsequently have the potential to make your stretching and movement become easier. Suggested treatments include, soaking them in warm water, wrapping them in a heated towel or using a heating pad for approximately five to 10 minutes. To gain an even deeper warming effect for your hands, you can rub some oil into your hands, put on a pair of rubber gloves and soak them in warm water, or use a heated towel or heating pad. This method may help your hands feel better, especially if you regularly experience pain or stiffness in your hands and fingers. (Keck Medicine at USC, 2020)

Let's take a look at some relatively easy exercises for your hands:

- **Make a Fist** – Gently ball hand into a fist with thumb across finger joints, apply soft squeeze, holding 3 seconds and then release hand, spreading fingers wide. If you have ever taken an aqua class with me, this is one ending stretch I do at my class. Repeat 5-8 times per hand or more if preferred.
- **Finger Stretch and Lifts** – Place palm down on a flat surface and gently straighten fingers as flat as possible, holding for 30-60 seconds. After the initial stretch, lift each finger up and down until you have lifted each digit - this completes 1 rep. Repeat for 5-8 reps per hand or more if preferred. It can be hard to just lift one finger at a time, for example, sometimes both the ring finger and pinkie may lift together as if they are one unit and that's okay, just do what you can.
- **Thumb Touch** – hold fingers out wide in front of your body and gently squeeze/tap each digit to your thumb, as if you are pinching something together. Hold for 3-5 seconds on each “pinch” and repeat the process 5-8 times per hand or more.
- **Palm/Fingers Pushups** – Place palms together, keeping fingers slightly apart and press palms out to sides and lift fingers so just the finger pads are touching – fingers and thumbs make a steeple (anyone starting to remember their childhood hand games?) This exercise feels wonderful and stretches the palms nicely. Repeat for 5-8 times or more if preferred.

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, then scroll down to the videos on the webpage.

[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.

Rossmoor Recreation

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

Riddle Answer

[Riddle Answer: A street](#)

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