



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

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

NNNN NME

^HE^A^RT^BE^AT

Pool Reservations: No-Shows & Cancelling Your Reservation

GRF recognizes that the closure of the Tice Pools places increased demand on the outdoor pools at Dollar and Hillside. 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.

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

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

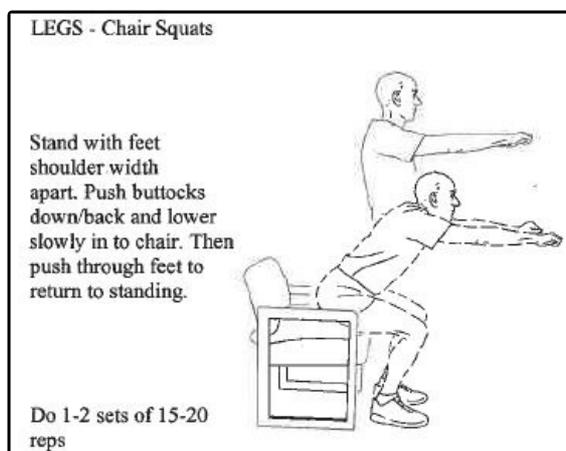
Vinyasa Yoga: Noah Yuzna

Yin Yoga: Noah Yuzna

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

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

Printable Workouts



We've Added 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



Tips For Sitting Posture

by: Katleen Lamport, Tice Fitness Trainer

In today's life, we are all spending a lot of time sitting, especially now with covid-19, we are sitting at our desk, using the computer to play games, read emails, zooming with friends, playing bridge, ect. So, let's take the time to set up our play or work area properly to help us sit with better posture. Once we make the necessary changes, it will enable us to start changing poor habits, and in time assist in avoiding problems with neck and back pain. Remember, it's what we do every day that impacts our posture and overall health.

- Chairs where you're sitting for long periods of time, like a desk chair, should be adjustable in height so that your feet are flat on the floor, knees and hips bent at 90 degrees. Some chairs have lumbar support to assist your low back with proper curvature, keeping the spine neutral. If your chair does not provide lumbar support, you may need to buy a lumbar cushion or roll up a towel and place it behind your low back.
- Monitors or laptops should be raised to eye level. Many gadgets are sold nowadays to help you bring your computer, books if you like to read, up to eye level. This is very important, because if you're looking down at the screen, you'll end up slouching down and dropping the head forward and allowing the spine to curve into a C shape, which is not recommended.
- Now that you have the monitor up to eye level and feet flat on the floor, it will be easier to stretch your spine up and keep the

chest up while sitting. This will also strengthen the muscle around the spine providing you with better posture.

- For your head and neck position, retract your head back and tuck the chin in slightly. This will help keep your head in the right position. Your head weighs about 10 lbs., so if you allow the head to go forward or down, the neck and shoulder muscles are holding that 10 lbs. for a long period of time. Being mindful of your head position can help reduce lots of unwanted pain and problems in the neck and shoulders.
- Finally, try not to sit for long periods of time, make sure you're getting up and moving around at least every half hour.

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

[Puzzle 1: Foreign Enemy](#)

[Puzzle 2: Irregular Heartbeat](#)

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