

NEWSLETTER

Making Lives Better Through Fitness & Wellness

AUGUST 2020

#Quarantine15 Challenge

Attend at least 15 classes in August for a chance to WIN.

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Mind-Body Tribe

Find your tribe and practice yoga with us.

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10 Day Fat Blasting Bootcamp

Lose weight and reduce stress with special workouts!

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Together, we are Peak Strong!

JOHN BOLL | General Manager - PEAK Brands, Great Falls

Valued Peak Members,

As you may be aware, the State of Montana has mandated everyone wear a face covering in a public space. Here are a few items of note for the Peak Health & Wellness Center and West Bank Landing locations:

- **You NEED A MASK (or face covering)** while in the common areas of the facility. This includes checking in, the Lobby, hallways, Concierge Desk, locker rooms and offices where people congregate, the pool deck, moving between areas of the Peak...you get the picture!
- **You do NOT NEED A MASK (or face covering)** if you are working out on any cardio machine for example, a treadmill, bike, elliptical. No mask needed if you are in a aerobic/mind-body/small group training class that results in elevated breathing or heart rate. No mask if you are lifting weights or in the selectorized weight area. Showers, sauna, steam areas are mask free, but you are still required to maintain social distancing!

It's easy and simple, if you are doing something that has an elevated heart rate/breathing or involves water - no mask! Otherwise, PLEASE make sure to wear a face covering! For our part, the Peak is continuing our rigorous cleaning efforts and making sure we follow state and local regulations.

THANK YOU to our members who have been understanding, supportive and compliant. We are all in this together and would like to get back to "normal" just as much as you. Our major concern is your safety and well-being, which is why we are doing everything we can to stay open and sanitized for our members and employees.

Thank you for your understanding and support.

Stay HEALTHY, Stay SAFE, Stay FIT.

Sincerely,

John Boll





New Member Special

MORE THAN
\$200
WORTH OF SAVINGS!

During the month of August, new members can take advantage of our **Stress Relief Package** - a savings of more than \$200!

- **\$15 Enrollment**
- **2 Personal Training Sessions**
- **1 MUV Session at West Bank Landing**
- **Kids (ages 6-13) Join FREE**

REFER A FRIEND TODAY! ASK FOR MEMBERSHIP AT 406.727.7325.



Join us for a Health Coach Chat!

TUESDAY, AUGUST 18 | 12:30 PM

Share your successes, struggles and concerns with us! We will encourage and support each other while learning healthy habits.

The chat time will turn into friendships who will support you in creating healthy lifestyles and new behaviors that are healthy, fun and productive.

Let us renew your outlook on life and lead you on a new path to success!



Pineapple, Basil & Cucumber Salad

Nutritional Tip

Nadine Corda - Certified Trainer, RYT 200 Yoga Instructor

Eat and enjoy your food in a relaxed manner for optimal digestion. Rest and digest mode is the ideal state for your body to be in when you sit down to eat a meal because your body is able to put its energy into digesting the food.

On the contrary, when the body is stressed, and in fight or flight mode, it has put its energy into its extremities, preparing to fight or flee.

To put yourself in rest and digest mode before a meal try this simple breathing exercise called Belly Breaths. It can be done anytime, anywhere. You can even discreetly do it in a restaurant, and no-one will ever notice!

Place one hand on your belly and notice your breathing. Feel your hand rise slightly with each new breath in. Feel it fall with each breath out. Focus on this motion of rising and falling for 12 breaths in and out through the nose.

Serve this simple and easy summertime salad at your next cookout. Then breathe and relax before enjoying your meal.

Pineapple, Basil & Cucumber Salad

- 1/2 of a cored pineapple, cut into 1/2" thick half-moons
- 1 cucumber, halved lengthwise and thinly sliced on the bias
- 1/2 cup fresh basil leaves, torn if large
- 1T extra-virgin olive oil
- 1/2t sea salt
- Fresh ground pepper

Grill pineapple half-moons on medium heat until grill marks appear. About 2 minutes per side. Let cool. Toss with cucumber, basil leaves, olive oil and salt. Sprinkle with freshly ground pepper. (Delicious served with grilled shrimp.)

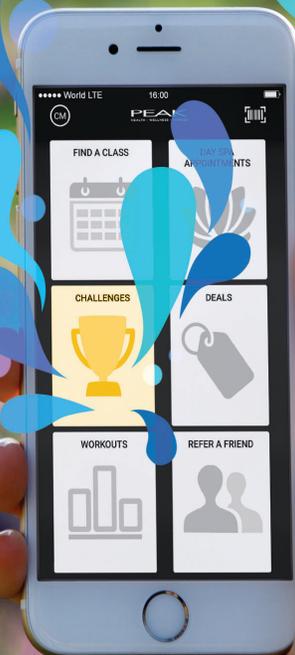
Serves 4



WEEKLY CHALLENGES WIN PRIZES

Complete weekly fitness challenges, and get your name put into a prize drawing. On the Monday of the next week, winners will be announced! Challenges are all different, so look for one that fits your exercise style!

Download the app and start competing today!



GET IT ON
Google Play

Download on the
App Store





GET BACK ON **TRACK** #QUARANTINE15 CLASS CHALLENGE



ATTEND AT LEAST 15 GROUP CLASSES
IN AUGUST FOR A CHANCE TO WIN PRIZES!

SIGN UP AT THE FRONT DESK OF EITHER LOCATION

www.PEAKGREATFALLS.com

PEAK MAIN: 406.727.7325 | WEST BANK LANDING: 406.604.4334

EXERCISES OF THE MONTH

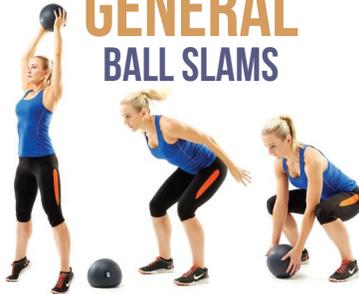
If you are a new member, don't forget to schedule your two new member Smart Start Orientation Sessions. For questions regarding any of the workouts, tips, or nutritional information, please visit with one of our Fit Pros.

YOGA CROCODILE POSE



Crocodile Pose is a beginner yoga pose that relaxes the whole body and helps relieve pain. By lying on your stomach with your chest and shoulders at rest, you let go of tension in the lower back and open up your chest and shoulders.

GENERAL BALL SLAMS



Stand with your feet shoulder width apart, knees slightly bent and a non-bounce ball held overhead. Throw the ball down to the ground in front of your feet with as much force as possible. Exhale during the movement and contract the abs.

PILATES ARTICULATING BRIDGE



Posteriorly tilt pelvis. Press into all edges of feet. Roll hips up into bridge, moving vertebrae by vertebrae. At the top of the bridge, you should have a slight C-curve shape through spine so not to over extend lower back. Pause at the top. Slowly articulate down until you are back to neutral spine.



Tips for Exercising During Stressful Times

Fit Pro Tip

Katie Brooks - B.S. Health and Human Performance, NASM-CPT

Are you familiar with the character Elle Woods from the movie Legally Blonde? Elle famously says, "Exercise gives you endorphins. Endorphins make you happy. Happy people just don't kill their husbands!" Research backs this statement up – at least the first part.

Exercise stimulates the production of endorphins and other hormones that reduce stress and boost your mood. Just 30 minutes 5 days a week (or 150 minutes per week) of moderate aerobic activity improves cognitive function and quality of life while reducing anxiety and depressed moods. That sounds easy enough, but when life is stressful often the exercise is easiest to cut out.

Try these tips to keep exercising.

1. Have fun!

Find something that is fun for you to do! This is different for everyone. Some people love running, some love lifting weights, others love pickleball, and on and on. If you haven't found what is fun for you yet, think back to your childhood –

what activities did you enjoy then? Did you love riding your bike? Try a simulated cycle ride. Were you into music? A music-based class might be a great fit. Ask a Fit Pro to show you how to use a new piece of equipment. Check www.peakgreatfalls.com for current class offerings and the schedule for the court and pool. Finding the thing you love that is fun might take a little time and effort, but it is 100% worth it.

2. Schedule a workout time

Look at your schedule and find a time you can consistently exercise. Once you find the time, put it in your calendar as a reoccurring appointment. If you aren't currently in a good routine, 5 days a week might be too much of a time commitment for you. Instead try to pick one day to exercise for an hour. Once you have that habit established, add another day. Add more days until you're exercising at least 150 minutes per week.

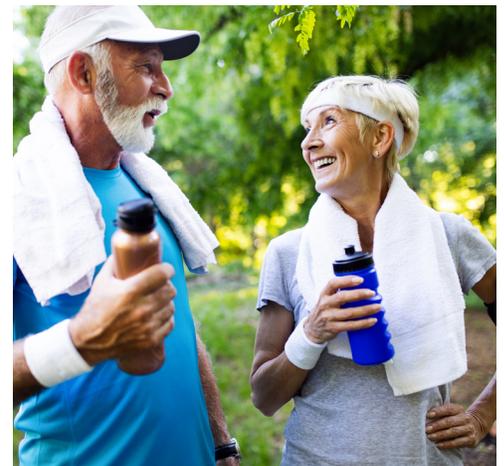
3. Set a goal

Setting a goal gives your workout purpose and keeps you motivated. Goals can be as simple as

X-minutes of exercise per week or do 1 pull up. Make sure your goal is specific, attainable, and measurable. Pick a reasonable time frame to accomplish your goal. Set up rewards for yourself along the way.

4. Get others involved

While the weather is nice, spend time as a family and go on a hike together or take advantage of the River's Edge trail. Find a friend who also wants more accountability to exercise and text each other when you work out. Join a challenge through your favorite fitness tracker app.



MIND/BODY TRIBE



TUESDAY, AUGUST 18

6:30-7:45 PM | HAZELNUT STUDIO

MEETS THE THIRD TUESDAY OF EACH MONTH

Each meeting will focus on a different yoga topic. The meetings will typically include a short presentation, member participation, discussion, and light movement.

All members, ages 14 and up are welcome to attend. No yoga experience necessary.



Facilitated By
Nadine Corda
RYT200 Hour Certified Yoga Teacher



Why Hire A Personal Trainer?

*Shanda Leritz, Fit Pro
Personal Training Coordinator, B.S. in Exercise Science, Cert. Strength and Conditioning Specialist*

In these unsure times hiring a personal trainer to get in better shape and live a healthier lifestyle is the smart thing to do. Our trainers make sure your workout environment is as clean as it can be. We also have our private training studio that is only open to our clients, creating a more controlled environment.

Some other benefits of working with a trainer are:

- Personal plan prepared for your body needs and your own personal health goals.
- Motivation and accountability
- Nutritional education
- Physical testing to ensure results
- Injury prevention
- Recovery
- Mobility and Stability

Our trainers are all certified by NCCA (National Commission for Certifying Agencies) accredited companies and have many years of experience to help you achieve your health and wellness goals.

For more information on how you can hire a personal trainer contact Shanda Leritz at shanda@peakgreatfalls.com or 406-727-7325 ext. 240.



10 DAY FAT BLASTING BOOTCAMP!

AUGUST 10th - 20th



Lose weight and reduce stress with our specialized



HIIT Style and Mind-Body Workouts!

CLASS SCHEDULE

MONDAY, AUGUST 10	6 PM	HIIT CARDIO	JAQUE PERES
TUESDAY, AUGUST 11	6 PM	HIIT STRENGTH	KATIE BROOKS
WEDNESDAY, AUGUST 12	6 PM	POWER PLYOS	HANNAH MCENTEE
THURSDAY, AUGUST 13	6 PM	MOBILITY & STABILITY	KAY DANIELS
FRIDAY, AUGUST 14	6 PM	TAI CHI STRENGTH	KIA MATHEWS
SATURDAY, AUGUST 15	10 AM	KETTLE BELLS	KATIE BROOKS
MONDAY, AUGUST 17	6 PM	TABATA	LORI LOUKS
TUESDAY, AUGUST 18	6 PM	CIRCUIT TRAINING	HANNAH MCENTEE
WEDNESDAY, AUGUST 19	6 PM	HIIT TONING	HANNAH MCENTEE
THURSDAY, AUGUST 20	6 PM	HIIT CARDIO & MOBILITY	KAY DANIELS

SIGN UP TODAY - ONLY 20 SPOTS AVAILABLE!

COST: \$34 - Regular Pricing | \$29 - Early Bird Special
(through August 5)



www.PEAKGREATFALLS.com
406.727.7325 • 1800 Benefis Court, Great Falls



Full Body Cardio Blast

Cardiovascular Workout of the Month

Jen Brown, Fit Pro - Certified Personal Trainer



EMOM (Every Minute on the Minute)

1. 6 Man Makers
2. 20 Kettlebell Swings
3. 20 Plate – Ground to Overhead Lifts
4. 30 Weighted Russian Twists
5. 15 Push-ups
6. 20 Jumping Lunges
7. 20 Jumping Squats
8. 12 Dumbbell Burpees

9. 40 Sec. Plank

Complete the designated number of reps for each exercise in 1 minute, then do the designated number of reps of the next exercise, starting the next minute. Continue until you complete each exercise, then rest for 1 minute.

Complete 3-5 times.



How to Deal with Everyday Stress

Health Coach Tip

Devorah Werner, Health Coach, PA-C, RD, MSW

Stress is a major problem for many of us. In addition to everyday stress, we as a nation have dealt with COVID19 for months including financial issues, social issues, childcare issues just to name a few.

We all react to stress differently' however, we can all benefit from stress reduction.

Here is a list to help you reduce your stress this month.

- Meditation
- Yoga
- Journal writing
- Gratitude lists
- Regular exercise
- Petting an animal
- Spending time in nature

Please choose one of these activities this month and see if it makes a difference in your life. Try to do the activity a few times a week to see the benefit.

**Overhauling
Workplaces.**

**CORPORATE
FIT
CHALLENGE**

**Transforming
Lives.**



TEAMWORK
Leading to
Group Fitness
and Health



TRAINERS
Guiding and
Teaching about
Exercise and
Nutrition



TRANSFORM
Your Life with
Health and
Wellness



Join us in helping you build a healthier workplace!

For More Information, Ask At The Service Desk



SWIM LESSONS

Summer might be almost over...**but swim lesson season never ends!** Occupancy is limited, so get signed up sooner rather than later.

Upcomming Session Dates:

September 1-24 | October 6-29 | November 3-24 | December 1-22

Cost: \$45 - Members | \$58 - Non-Members

There are more packages available, contact our Swim Lesson Coordinator at charli@peakgreatfalls.com or 406-468-7366 for more information.

GRAB & GO SNACKS ARE NOW AVAILABLE



Stop by the Service Desk and Concierge for a pick-me-up after your workout.

- Muscle Milk Pro
- Isagenix Shake Mix
- Energy Bars
- Trail Mix
- P3 Nut and Jerky Mix
- Baked Chips

...Treehouse & Kids Club...



DUE TO SOCIAL DISTANCING GUIDELINES, WE ARE LIMITED IN SPACE AND RESERVATIONS ARE REQUIRED.

- Treehouse is limited to 10 children at a time
- Kid's Club is limited to 6 children at a time
- Reservation can be made for 2-hr time slots

Make your reservations through the Peak App or www.PEAKGREATFALLS.com!



WHAT'S HAPPENING AT WEST BANK LANDING?



Welcome Hannah McEntee to the Fit Pro Team at WBL!

BIO: B.S. Degree in Kinesiology from MSU Bozemen, MT. NCCPT-CPT.

"I like personal training because I enjoy sharing my knowledge of health and fitness to help others reach their goals."



The Wide-Stance Squat

Also called the Sumo Squat, this exercise puts additional stress on the vastus medialis (most medial quad muscle). This type of squat puts emphasis on your inner thighs.

How: position your feet slightly wider than hip-width apart and turn your feet out, externally rotating hips. Push your hips back and squat down, keeping your spin neutral and your upper body lifted.

1800 Benefis Court - Great Falls, MT | (406) 727-7325 | www.peakgreatfalls.com

Club Hours: **Mon-Thu:** 5 AM-10 PM, **Fri:** 5 AM - 9 PM, **Sat-Sun:** 6 AM - 7 PM