

# NEWSLETTER

February 2023

Making Lives Better Through Fitness & Wellness



## **MyZone February Challenge**

Learn how to enter our  
prize drawing!  
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## **Wear Red Day**

Visit with our Fit Pros and learn about  
heart health on February 3.  
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## **Spartan SGX**

Train like a Spartan -  
Spartan Small Group Fitness is back!  
pg 5

# 2023

## START STRONG STAY STRONG

myzone®

FEBRUARY CHALLENGE

**February 1-28**

**Earn 1300 MEPs  
to secure your  
place in our  
prize drawing!**

**Speak to a member  
of staff for more  
information.**

\*If you already own a MyZone belt,  
no additional purchase is required  
to participate.



# BE HEART HEALTHY



WEAR RED WITH US



**Friday, February 3**

9 am - 12 pm | Peak Main Lobby

- **Stop by and talk to one of our Fit Pros about Heart Health.**
- **Get information about Heart Health.**
- **Fitness tests available: Blood Pressure Test & Step Test.**

Benefit from spending time with a Health Coach or Trainer!

**Everyone who stops by will be entered into a  
PRIZE DRAWING for a MyZone Belt!**



# DNA Testing & Your Health

## Fit Pro Tip of the Month

Jen Brown - Fit Pro

You've been following the latest diet trends, spent hours in the gym doing cardio, and even went so far as to hire a trainer; still no luck on seeing weight loss, lowering cholesterol levels or improving in performance. YOU'RE NOT ALONE! **The answer to your problem may be in your genes.** Every BODY is unique. Genes can tell a lot about aspects of your physical health related to fitness and nutrition.

In recent years, DNA fitness testing has moved into the mainstream, and is now the future of preventative health. Testing for specific genetic markers helps to identify the body's ability to utilize protein, fats and carbohydrates. Along with determining a person's propensity to utilize macros, it also determines how types of exercise and training affect the body, and how the body's unique metabolic and physiologic functions influence weight loss and athletic performance.

Common traits evaluated for weight loss are:

- Fat loss response to cardio
- Body composition response to strength training
- Macronutrient utilization
- Micronutrient tendencies
- Fitness response to cardio
- HDL, glucose, triglyceride and insulin sensitivity response to cardio
- Impulse control and tasting preference

Common traits evaluated for athletic performance are:

- Body composition response to exercise
- Macronutrient utilization
- Caffeine metabolism
- Fitness response to cardio
- Intrinsic motivation to exercise
- Power and endurance potential
- VO2 Max
- Exercise heart rate response and stroke volume
- Recovery and injury risk

Along with weight loss and athletic performance, these tests also analyze the body's ability to process certain nutrients along with the following:

- Protein, carbohydrate, and fat utilization
- Vitamin and mineral tendencies
- Addictive behavior and stimulus control
- Impulse control and tasting preference
- Injury risk
- Systemic inflammation
- Sleep duration

Are all tests the same? NO. Make sure you do your research. There are many companies out there that offer genetic testing. Visit their website, review some sample reports, and read reviews. Contact the company with any questions before you purchase any testing kits.

For more information on DNA-based fitness solutions or where to get a test, speak with a certified trainer or nutritionist.





# SPARTAN SGX

*TRAIN LIKE A SPARTAN*

**8 WEEKS, 16 SESSIONS**  
**MARCH 6TH - APRIL 27TH**

Mondays & Thursdays, 5:30 - 6:30 pm

Peak Main - 1800 Benefis Court  
Synrgy Area

\$150 per Person

**CALL 406.727.7325 TO SIGN UP**

**WWW.PEAKGREATFALLS.COM**



# Combatting the “Sads”

Wellness Tip of the Month

Travis Lafountain - Fit Pro



It's that time of year... Winter is progressing and we've been cooped up indoors for the past couple of months. Am I the only one that feels extra sad that the sun goes down at 5? Will I be able to step outside longer than 3 minutes to wipe the snow off my car this month? Is the air in this house stuffy, or is it just me?

### I'd like to share a few tips I've learned over the years for combatting the “sads” or seasonal depression as we call it.

Can't get enough sun? Make sure you're still getting enough vitamin D by getting levels checked and taking a supplement if necessary. This vitamin is VITAL for many aspects of your health and equilibrium. I've noticed that full spectrum lights or lamps are a great alternative to make sure we get enough light in our days. They even make bulbs or lamps that emit full spectrum light minus the ultra violet!

Fresh air can make all the difference in your day. Most houses are so efficient that almost no air exchanges from indoors to outdoors. Indoor air has been known to become toxic enough to cause health problems if no air is circulated from the outside in. Try to get outside or take a trip daily. Opening the window for a small period of time can be worth the extra few dollars it may equate to in the heating bill.

Finally, if the weather is a little too “weathery” to walk outside (which I recommend doing as often as possible) take a trip to the gym and have a walk on the treadmill or around the gymnasium. I've never met someone who was upset that they made it to the gym today. I'll see you here!

## EXERCISES OF THE MONTH

### GENERAL PUSH UPS



Demonstrated by Travis Lafountain.

### YOGA TRIANGLE POSE



Demonstrated by Bree Dunlap.

### PILATES SWAN POSE



Demonstrated by Jen Brown.

If you are a new member, don't forget to schedule your two new member Smart Start Orientation Sessions!



Please  
help us  
keep our  
gym in  
*Peak* condition!

It is always exciting seeing our members return to the gym after the holidays, as well as welcoming new faces into our facility. Here are a few reminders for our members, both new and returning, to ensure that we all stay **safe and healthy!**

- **Wipe down equipment** when you are done with it. We want to keep all of our members Flu-Free this season!
- Help keep our equipment in great working order. **Bring a clean pair of workout shoes!**
- Remember, **food and beverages are only allowed in the common area, lounge and at the juice bar.**

Does your 12 or 13 year-old want to workout with you?

- Please **sign up for an Early Smart Start Orientation** at the front desk!

***Thank You! - Peak Management & Staff***



# 40:20 Interval Training for Heart Health

Cardiovascular Workout of the Month

Beth Munsterteiger - Fit Pro

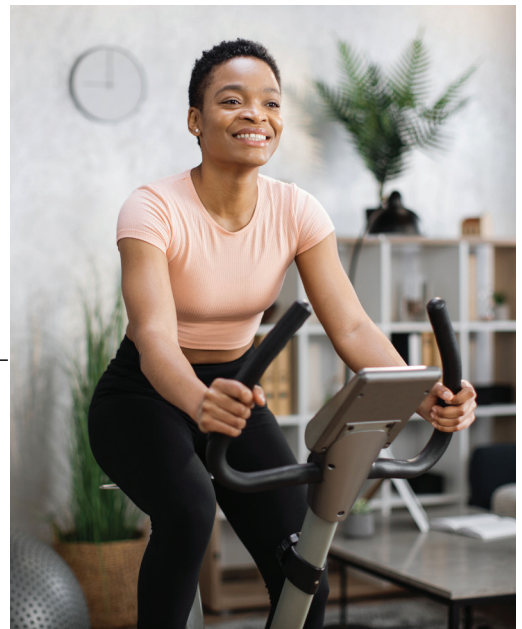
The cardiovascular workout for *Heart Healthy Month* is a very fun, easy, and effective interval workout that most anyone can do in five minutes. You may ask, "Is it worth it if it's only five minutes?" Yes! "Is it really good for my heart?" Yes!

The **40:20 interval** was designed for cardiac rehab patients who were recovering from a heart incident. Our hearts are a muscle and we need to do aerobic work to heal and condition them.

Pick a cardio machine, or activity such as a bike, rower, treadmill, elliptical, or walking. Start with a regular pace for 1 minute to warm up and then start your interval workout.

You will do a regular pace for 40 seconds and then speed it up for 20 seconds. Do this for 4-8 more minutes. You will then cool down for 2 minutes.

Remember- you always want to be able to have a talking voice while you are working out!



# UNLIMITED CHILDCARE!

Primary child only \$20 per month!

Second child add-on only \$15 per month | all additional children only \$10 per month

**TALK TO MEMBERSHIP TODAY**



## KIDS Fitness CLASSES

### PEAK LITTLE MOVERS

**What:** Focus on getting younger kids excited about fitness and movement while they experience fun activities that include balance, social interaction, motor skills and sensory fun.

### PEAK FIT KIDS

**What:** Every class is different and has a focus on age-appropriate high-energy cardio, flexibility, endurance and strength building. Motivating each child to achieve a love of fitness, while having fun and building friendships.

### MONDAY

10-10:30 AM

Peak Little Movers

(ages 3-5) - Haley

4:30-5:15 PM

Peak Fit Kids

(ages 6-12) - Travis

### THURSDAY

4:30-5:15 PM

Peak Fit Kids

(ages 6-12) - Travis

### FRIDAY

10-10:30 AM

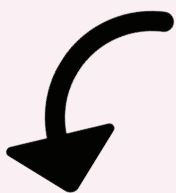
Peak Little Movers

(ages 3-5) - Haley



# Take the Heart Health Group Fitness Challenge this month!

Print the calendar below or pick one up from the Front Desk. Check off each box as you try new classes and healthy habits!



After completing 8 items on the calendar, see the Front Desk to claim your *free guest passes!*

## Heart Health Challenge

February 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <b>Make a monthly goal to better your heart health!</b>	2 <b>1:15 PM AQUA GENTLE JOINTS</b>	3 <b>9 AM - 1 PM WEAR RED DAY (Stop by the Trainer Table today!)</b>	4 <b>Drink 32 ounces of water or more!</b>
5 <b>Take ANY group class today!</b>	6 <b>10:00 AM BONE DENSE HEART SMART</b>	7 <b>11:00 AM FOUNDATION PILATES</b>	8 <b>12:00 PM CYCLE 30</b>	9 <b>9:00 AM LES MILLS RPM</b>	10 <b>10:00 AM AQUA FIT &amp; FUN</b>	11 <b>Attend any Saturday Class!</b>
12 <b>Get 30 minutes of movement in before the big game!</b>	13 <b>5:00 AM FLEXIBILITY</b>	14 <b>Take a 20 minute walk OR take class with a friend/ significant other!</b>	15 <b>5:30 PM ZUMBA</b>	16 <b>Get 8 hours of sleep!</b>	17 <b>10:00 AM SILVER SNEAKERS CIRCUIT</b>	18 <b>List 3 things you are thankful for!</b>
19 <b>Avoid processed foods!</b>	20 <b>Meatless Monday!</b>	21 <b>11:00 AM BODYBALANCE</b>	22 <b>5:30 AM GRIT</b>	23 <b>10:00 AM VINYASA LEVEL 1-2 YOGA</b>	24 <b>1:00 PM BASIC SYNRGY</b>	25 <b>Salt-Free Day: Use herbs to add flavor instead!</b>
26 <b>Take a break from social media!</b>	27 <b>8:00 AM SYNRGY MULTI-LEVEL</b>	28 <b>5:30 PM BODYPUMP</b>	<b>Mark off 8 Boxes to Redeem for Guest Passes for your Friends &amp; Family!</b> Maximum of two (2) passes per participant.			

# myzone<sup>®</sup> December Challenge Prize Winners!

## Holiday Hustle for the Muscle Challenge Winners:

Free 1-Month Membership – Kyle Farago

Free 1-Month Conquer Your Peak – Cindy Wojciechowski

Free MyZone T-Shirt – Deb Linn

Free InBody – Shelly Hargis

## Bonus Bingo Challenge Winners:

Free 1-Month Membership – Hayle Lafountain

Free InBody – Deb Linn



*Talk to a staff member to learn about our current fitness challenges!*

## 2023 Holiday Hours

Easter | April 9 | Closed  
Memorial Day | May 29 | 5 AM - 2 PM  
Independence Day | July 4 | 6 AM - 2 PM  
Labor Day | September 4 | 5 AM - 2 PM  
Thanksgiving | November 23 | Closed  
Christmas Eve | December 24 | 5 AM - 2 PM  
Christmas Day | December 25 | Closed  
New Year's Eve | December 31 | 5 AM - 2 PM



1800 Benefis Court - Great Falls, MT | (406) 727-7325

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

401 3rd Ave NW - Great Falls, MT | (406) 604-4334

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