

NEWSLETTER

January 2023

Making Lives Better Through Fitness & Wellness



Thinner Winner Challenge

New year, new you... new mindset!
Join for a chance to win \$1,000!
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Break the Cycle Cyclethon

Register or donate to benefit youth at the
Great Falls Children's Receiving Home.
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Group Swim Lessons

It's never too late to learn how to swim!
Check out our 2023 session schedule.
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THINNER WINNER

**A NEW YEAR...A NEW YOU..
A NEW MINDSET!**

JANUARY 15 - FEBRUARY 24
Help Great Falls Lose 2,000 POUNDS!!
Join for the chance to win \$1000!!!

Tired of being tired? Sick of being
unmotivated? Unhappy with your size or
shape? Do you want to get fit and lean?
Do you desire to live happier and healthier?

THE SOLUTION?

THE THINNER WINNER CONTEST!

TAKE THE MONEY & RUN!!!!

For full details, visit peakgreatfalls.com, email
shanda@peakgreatfalls.com or call 727.7325.

THINNER WINNER

A NEW YEAR...A NEW YOU!

Contest Details

Who can enter?

Teams of 4-6 people age 14 or older interested in shedding weight, losing inches, and having fun! Each team must have at least one teammate who is not currently a member of the Peak.

How does it work?

Each team member will receive 6-week access to the Peak and all classes as well as six exclusive Thinner Winner workouts, health coaching sessions, and a personalized food plan. Participants will also receive support from Peak coaches and access to our private Facebook group for accountability and motivation!

Why should I enter?

This contest is constructed to ensure that hard-working participants see the results they desire. Participants are also competing to win CASH. The team that shows the highest percentage of change will win \$1,000! Individual prizes will also be given to men and women who show the greatest percentage of body fat lost, muscle gained, and pounds shed.

What is the contest timeline?

- Friday, January 13:** All participants will complete a body composition assessment using InBody between 6am-12pm or 3-7pm.
- Sunday, January 15:** The contest officially kicks off at 5pm at The Peak!
- Thursday, February 23:** Final InBody assessments will take place between 6am-12pm or 3-7pm.
- Friday, February 24:** Participants will get to celebrate their hard work with a party from 5-7pm! We will share results, reveal winners, and give away prizes!

Where will this take place?

Kickoff and group workouts will take place at both of our Peak locations. But you can workout anytime, anywhere!

Sign me up! How do I enter?

Visit www.peakgreatfalls.com to view the rules and download an application! The cost to enter is \$74 for members and \$134 for non-members.



Barefoot Fitness

Fit Pro Tip of the Month

Leslie Osterman - Fit Pro

In being a personal trainer, our profession is centered around helping our clients in their fitness journeys. This could be a variety of things to include fat loss, muscle gain, increasing strength and mobility, establishing better health habits, developing a healthy relationship with the gym and honestly, so much more.

One thing that I think is often over looked in the fitness world is our feet. We focus on strengthening our glutes, working our quadriceps and doing bicep curls, but why don't we focus on our feet with the same attention?

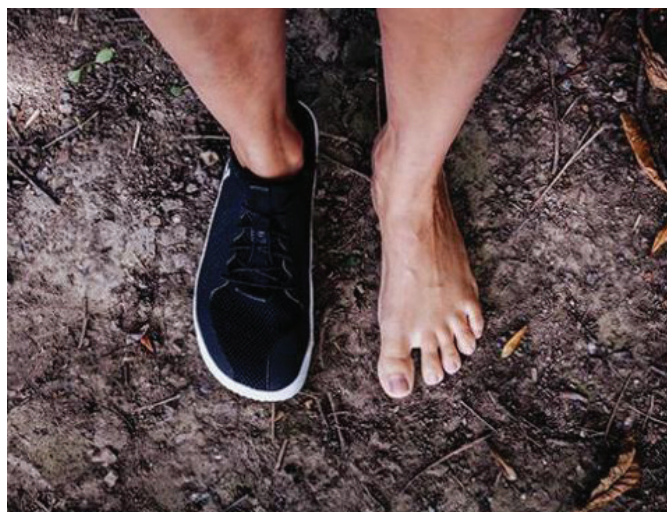
Our feet are our base and just like any other structure in our body, they have muscles! If you ask me, that's just resistance training waiting to happen. When you have strong connective tissues and muscles in your feet, that is ultimately going to play a vital role in your balance and stability, stabilizing your posterior chain and is crucial to any exercise you do.

Ways to make your feet stronger:

1. Be barefoot as often as possible

Being barefoot not only serves as a grounding benefit, but allowing your feet to naturally recruit the proper muscles is a great way to strengthen your feet. Allowing yourself to be barefoot more often on a variety of different surfaces creates muscle effort and tissue movement which helps improve your range of motion.

There are also various feet strengthening exercises that are out there to help improve the strength of your feet.



2. What shoe do you have?

Do you know how conventional shoes can affect your health? Prolonged use of such shoes can cause many ailments such as foot fatigue, toe deformities, back pain and even headaches to name a few.

Over the last few hundred years, shoes have not been designed for feet. They have high cushion, narrow toe boxes and heels that shorten our calves for an overextended period of time. Having shoes that don't allow your feet to splay naturally takes away the reliance on the foot and puts it on the shoe. What you don't use, you lose. In this case, if you aren't allowing your feet to get stronger, they get weaker and that could affect your balance and result in bunions and other various foot problems.

There are a variety of barefoot shoe companies out there that have zero drop, wide toe box, and flexible soles that allow the foot to move more naturally. Some of my favorites are Be Lenka, VivoBarefoot, FeelGrounds, and Wildling.

Allow your feet to do that they were naturally meant to do! **Free your feet!**

BREAK THE CYCLE CYCLETHON

Join us on
January 7th 8am-1pm
@ Great Falls Peak
\$25 Registration
20 teams
5 people/team

ALL PROCEEDS GO TO THE GREAT FALLS
CHILDRENS RECEIVING HOME

 SCAN ME





Wellness Tips

New Articles in 2023

Beth Munsterteiger - FIT Pro



The Peak has updated its Health Coaching articles to Wellness articles, starting with this first newsletter of the new year.

Wellness has always been a key interest of mine in my life and career. I have learned through the years that Wellness is dynamic and different depending on the person. "Dr. Bill Hettler, cofounder of the National Wellness Institute, first described wellness as a six-sided model in 1976. The dimensions originally included were emotional, occupational, physical, social, intellectual and spiritual." (ACE contributor Dr. Erin Nitschke 2-2022.)

When these six in the model are balanced life can be much easier and stress is managed. The trails come when one or two are out of balance and impact the other dimensions in a negative manner and life can then start to feel challenging. We hope sharing our experiences, professionalism, tools, and advice will assist and guide you into the new year. Learning what your strengths and weakness are in all these wellness dimensions will help you achieve success in 2023. The Peak trainers are looking forward to sharing key elements of wellness with you in the monthly newsletter. You are reading this now, so you are off to a great start for 2023.

The wellness dimensions are dynamic and do change, but they can be positive changes. Becoming more physically active and having a regular exercise routine is a great way to start the new year. Improving your physical wellbeing can often positively impact your wellness wheel and improve the other dimensions.

Start with physical wellness now and have a Happy New Year!

EXERCISES OF THE MONTH

GENERAL STAR JACKS



YOGA RABBIT POSE



PILATES SPINE STRETCH



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



Swim Lessons at the Peak

It's never too late to learn how to swim! Our group swim classes are for students of all skill levels, ages 2 years and up. Our program teaches the skills needed to ensure personal water safety while teaching the correct techniques for recreational, athletic and competitive swimming.

Upcoming Sessions

January 3 - 26 • **January 31 - Feb. 23** • **March 7 - 30**

Lessons are held on Tuesdays and Thursdays throughout each session. Morning and afternoon times are available.

Members: \$45 per session • **Non-Members: \$58 per session**
Sibling discounts available!

TO REGISTER:

Visit www.peakgreatfalls.com and download a registration form!



StairMaster

Cardiovascular Workout of the Month

Starr Fuller - Fit Pro



Before starting your workout, be sure to **warm up!**

When your muscles are ready, try this **StairMaster** workout:

- Step on Level 7 for 20 seconds
- Step on Level 12 for 20 second
- Step on Level 15 for 10 seconds

Repeat this sequence for **15 minutes** to complete your workout!



MONDAY
10-10:30 AM
Peak Little Movers
 (ages 3-5) - Haley

4:30-5:15 PM
Peak Fit Kids
 (ages 6-12) - Travis

WEDNESDAY
10-10:55 AM
Zumbini
 (ages 0-4) - Leslie

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

10:30-11 AM
Peak Little Movers
 (ages 3-5) - Haley

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.

ZUMBINI

What: Created by Zumba and BabyFirst, Zumbini is an early childhood education program that uses original music and movement to promote cognitive, social, fine/gross motor skill, and emotional development for children ages 0-4, all while creating the ultimate bonding experience for you and your child. Kids must have at least one adult family member participating in the class with them.

Get the Gift of Guidance on your Fitness Journey!

\$36 OFF 8/PACK **\$26 OFF 4/PACK**
 PERSONAL TRAINING PACKAGE PERSONAL TRAINING PACKAGE

CANNOT BE COMBINED WITH OTHER OFFERS - SOME RESTRICTIONS MAY APPLY - NO CASH VALUE
 LIMIT 2 PER PERSON - COUPON VALID 12/23/22 - 1/9/23

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

2023 Holiday Hours

New Year's Day | January 1 | 6 AM - 2 PM
 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