



NEWSLETTER

JULY 2020 | *Making Lives Better Through Fitness & Wellness*



MyZone Summer Challenge

Your chance to win \$25,000 for reaching 1300 MEPS in July!

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4th Of July Hours

No Classes | Open 6 am - 2 pm
Tree House & Kids Club Closed

Summer Swim Lessons

Get one-on-one training with private summer swim lessons!

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Together, we are Peak Strong!

JOHN BOLL | General Manager - PEAK Brands, Great Falls

We Are Glad to Be Back!

Valued Members,

It has been a very challenging time for us all as we balance government regulations, safety and social responsibilities of our business for you as our members and our employees.

Our current circumstances call for adaptability, understanding, strength and UNITY! I want to personally thank every single member for sticking with us through thick and thin. Since our reopening, we are now operating at 70% of our original capacity! We are all in this together, and it means the world to us at the Peak that you have continued to depend on us for your wellness and fitness goals. Know that our priority is to keep you and our staff safe today, tomorrow and every day after.

Our Leadership Team has been working around the clock on the best ways to serve our members while following all CDC guidelines and the Governor. We even have worked with the Cascade City County Health Department to ensure that we are in compliance with their health and safety standards as well. After a lengthy vetting and auditing process that we are proud to be a certified "COVID-19 Prevention Partner" with the CCCHD and to continue doing our part to keep our community safe.

Your wellness remains important to us and as the summer continues to unfold, we are counting on your support. And while some things will be different (sadly, we have had to cancel our Member Appreciation Picnic), we hope to continue to gradually phase into opening up more and more amenities as safety allows.

Stay HEALTHY, Stay SAFE, Stay FIT.

Sincerely,

John Boll





Finding Your Fitness Routine Balance

Fit Pro Tip of the Month

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

We often think about the balance of life and get caught up in all the things we do. Life gets too busy and our lives fall out of balance making us compromise the things that really matter; family, nutrition, exercise, recovery and the list goes on. These are all things we continue to work on in our lifestyle journey but what about the time spent at the gym?

Do you get pulled to the same exercises or same machines every time you come to the gym?

Just like life, your fitness routine also needs balance. Here are a few tips to avoid plateaus,

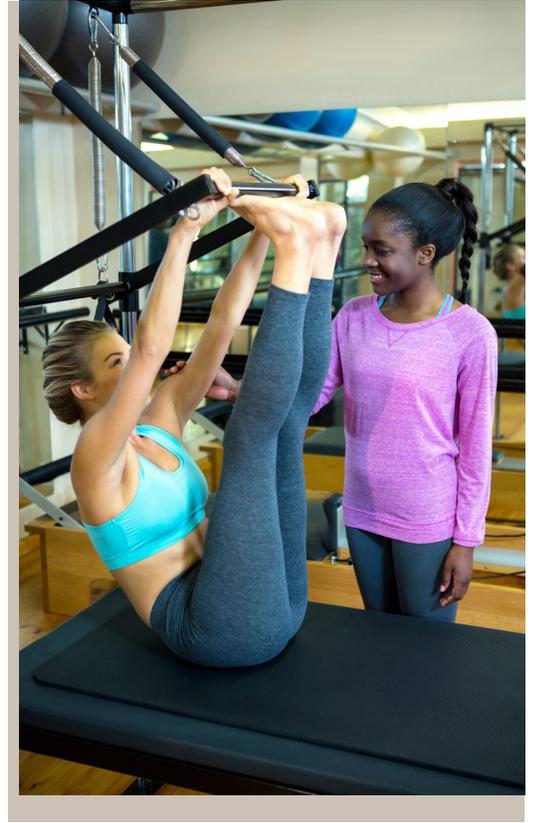
overuse injuries, and to get a more rounded fitness routine.

1 Work in multiple directions: Be sure to use forward, lateral, and backward movement.

2 Change up the elevation: Don't stay flat! Mix it up with an incline or decline.

3 Cross Train: Yoga, Pilates, Resistance Training, Tai Chi, functional movement, or try a new class.

Visit with a Fit Pro and learn how to find balance in your fitness routine.



Thinner Winner Wrap-Up

Congratulations to all our Thinner Winner participants! With COVID restrictions hitting right at the beginning of this program, our 12 amazing teams definitely had their work cut out for them. Their perseverance and positive attitudes were an inspiration to us all and we are truly impressed with the outcome of this year's Thinner Winner Challenge!

TOTAL WEIGHT LOSS: 379.1 lbs

TOTAL FAT LOSS: 353.7 lbs.

TOTAL MUSCLE GAIN: 55.8 lbs.



Groupie Award for most group exercise classes attended: **Lucas Cyr**

Thinner Winner Incentive Award for attending the most thinner winner events: **Jennifer Baker**

Social Media Award: **Mike Bicsak**

Inspiration Award: **Mike Bicsak**

Greatest Personal Fat Loss Award: **Mike Bicsak & Jennifer Baker**

Greatest Personal Muscle Gained Award: **Reece Brown & Jackie Newman**

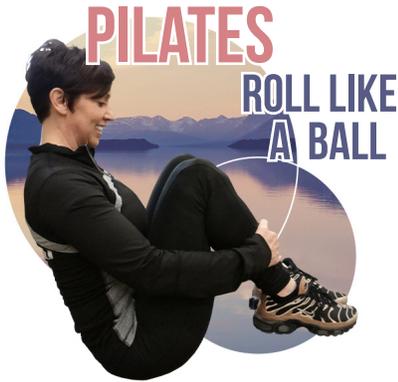
Total Overall Change Award: **Scott Odegard & Abbey Buck**



The Team that won the best overall improvement and the winners of \$1000: **TEAM BOOM: Matt Odegard, Scott Odegard & Abbey Buck**

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.



Strawberry Avocado Salad

Nutritional Tip

Mustapha "Jaoui" Ainjaoui, Fit Pro - NASM Certified Personal Trainer

Carbohydrates, fats, and proteins are necessary to function optimally and the focus should be on selecting the best choice from each group - not eliminating or severely limiting any single one.

Carbohydrates (45-65%)

Fat (25-35%)

Protein (10-35%)

Strawberry Avocado Salad

Ingredients

- 2 tablespoons olive oil
- 4 teaspoons honey
- 1 tablespoon cider vinegar
- 1 teaspoon lemon juice
- 2 cups torn salad greens
- 1 avocado - peeled, pitted and sliced
- 10 strawberries, sliced
- 1/2 cup chopped pecans

Directions

1. In a small bowl, whisk together the olive oil, honey, vinegar, and lemon juice. Set aside.
2. Place the salad greens in a pretty bowl, and top with sliced avocado and strawberries. Drizzle dressing over everything, then sprinkle with pecans. Refrigerate for up to 2 hours before serving, or serve immediately.



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



MYZONE

\$25,000 USD

JULY CHALLENGE

MEP FOR A GOOD CAUSE



The PEAK is holding an INTERNAL DRAWING for anyone who reaches 1300 MEPS in July!

WIN \$500 FOR CHARITY, WIN \$500 FOR YOURSELF, WIN \$1,500 MYZONE MZ-3 BELTS FOR YOUR FACILITY

SPEAK TO A MEMBER OF STAFF FOR MORE INFORMATION

NO PURCHASE NECESSARY, VISIT WWW.MYZONE.ORG/LEGAL FOR TERMS AND CONDITIONS





Part 1: Inflammation & Its Role In Our Body

Health Coach Tip

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

As COVID-19 continues to spread across the nation (including Montana!), it is more important than ever to understand the important role that inflammation plays in keeping you healthy.

Inflammation in your body can reduce your immune system. Science is now showing us that there is a link to the coronavirus and inflammation thus making the immune system weakened. Now is a good time to learn about how you can strengthen your immune system. Reducing inflammation is a key component to your health far beyond this virus as well.

Here are the main areas that contribute to inflammation in your body:

- Nutrition and Diet
- Sleep
- Stress
- Exercise and Movement

Over the month of July, we will explore each of these areas to help you make simple adjustments.

For now, rate these 4 areas of your life on the following scale 1-10:

- 1 the lower part of the scale
- 10 the upper part of the scale

Don't judge yourself for where you are. Simply observe and mark where you are. At the end of the month, you will reassess these same areas and note your improvement.

Next week, we will look at nutrition and diet to make improvements. Keep a look out for Part 2 on our website (peakgreatfalls.com) and our Facebook page!

If you feel like you need personal attention to this area or any other, please consider working with a health coach.

Source: www.cdc.gov



**START YOUR
PERSONALIZED
HEALTH & FITNESS
JOURNEY HERE
TODAY!**

PERSONAL TRAINING PROMO

June 22, 2020 - July 9, 2020
\$26 OFF 4-pack
\$36 OFF 8-pack

- SOME RESTRICTIONS MAY APPLY -
- CANNOT BE COMBINED WITH ANY OTHER OFFERS - NO CASH VALUE -

**CALL SHANDA LERITZ AT
727-7325 EXT. 240 TO FIND A TRAINER**



**UNFORTUNATELY, THE
MEMBER APPRECIATION
PICNIC
IS CANCELLED**

**DUE TO COVID-19 RELATED SAFETY AND
HEALTH GUIDELINES.**

**WE APPRECIATE OUR MEMBERS
EVERY DAY & THANK YOU FOR BEING
A PART OF OUR PEAK FAMILY.**

THANK YOU FOR YOUR UNDERSTANDING!



SUMMER SWIM LESSONS

Due to COVID-19 restrictions and safety guidelines, we are offering **PRIVATE SWIM LESSONS** as a great option to help get your kids ready for some Summer swimming!

Private swim lessons put your child at the center of attention!

Personalized, one-on-one attention from one of our instructors makes the learning process quick, easy and fun. Any weaknesses can be worked on for longer periods of time and strengths can be built upon.

When you opt for private swimming lessons for kids, there's more flexibility in finding a time that's convenient for you and your child.

We recommend starting with 8 half hour sessions.

Cost: \$155 - Members | \$175 - Non-Members

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

...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!



CONTINUOUS IMPROVEMENT: WHAT HAVE WE BEEN DOING?

1. FRESH Paint in the Hallways
2. NEW Locker Room Flooring
3. NEW Carpet In Entryway and Lounge
4. NEW Lighting in Entryway
5. NEW Fireplace in the Lounge
6. NEW Furniture in the Lounge
7. Additional Soft Finishes

PEAK HEALTH & WELLNESS CENTER

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

HOLIDAY: SAT, JULY 4: 6AM - 2 PM (NO CLASSES)