

NEWSLETTER

March 2023

Making Lives Better Through Fitness & Wellness

March is
**National
Nutrition
Month**



Nutrition Booths & Giveaways

The Peak is here to help you kickstart new healthy habits!
pg 2

Thinner Winner Results

Find out who won our \$1,000 cash prize!
pg 5

St. Patty's Day Specials

Check out sales in our ProShop and discounts on Personal Training!
pg 7



March Madness Exercise

March is often referred to as ‘**crunch month**’ when it comes to obtaining a summer body.

The enthusiasm from the new year resolution may have worn off and the long summer days are just a few months away. It is the month of March that counts - we have made March a game!

HOW TO GET INVOLVED

Buy a MyZone physical activity belt at the service desk and receive free entry to the challenge. Just start exercising and you will earn your MEPs.

THE CHALLENGE

If you earn 1500 MEPs you will gain 1 entry into the prize drawing.

WHO SHOULD PARTICIPATE

Those committed to looking their best for summer, wanting a short focus-boost for summer or needing to make exercise a game.

DATES

STARTS: March 1

ENDS: March 31

BONUS PRIZES

You can earn an entry to an additional prize for every extra 300 MEPs over 1500.

Are you up for the challenge?

Get your belt. Earn the points. Meet the challenge.
See the Front Desk for details.

March is
**National
Nutrition
Month!**



The Peak is here to help you kickstart new, healthy habits!

**Fit Pro
Nutrition Booth**

March 13-16

Stop by for a selection of nutritious food samples and chat with our Fit Pros about healthy recipes to incorporate into your diet. Every member who visits will be entered for a prize giveaway! Speak to a staff member or visit our website for booth times.

**Group X
Gift Card Giveaway**

March 20-24

Groceries are on us- Jump into select Group Fitness classes for a chance to win a gift card for groceries! Work hard, win a gift card! Speak with a staff member or visit our website for class giveaway times.

For more information, see a staff member or visit www.peakgreatfalls.com



Leg Press: Does Foot Placement Matter?

Fit Pro Tip of the Month

Kristin Klapprodt - Fit Pro



The leg press is a go-to exercise for many gym-goers. There are two main variations: one that is cable assisted and has you pressing your chair up as you extend your legs, and the other that is plate loaded and allows you to press a platform up at a 45 degree angle. Here at the Peak, we have both! The leg press is a great tool for strengthening quads, hamstrings, glutes, and even calves to some degree. Can you use it to target and emphasize certain muscles more specifically? Absolutely! Foot position can change everything. **There are 5 main foot placements on the leg press:** regular, wide, narrow, high, and low. Additionally, you can perform single leg presses and calf raises. So which position does what?

Regular: feet are on the sled about shoulder width and in the center of the platform. It's primary focus is on the quads, but also does a good job activating hamstrings and glutes. This is a well-rounded option.

Wide: still center of the plate but wider than shoulder width and near the edge of the platform; toes turned out. This position will have more glute and hip abduction activation.

Narrow: feet are placed hip width apart and toes point straight forward. This position is as quad focused as you can get. Be sure to keep your feet flat and push through the heels.

High: has your toes coming near the top of the sled, so your feet are in the upper half of the sled, shoulder width apart. This placement requires additional hip extension, so the glutes and hamstrings will have more activation.

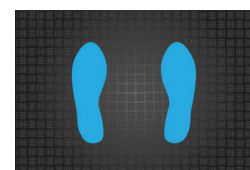
Low: has your heels near the bottom of the sled and shoulder width apart. This placement is quad-focused but because your knees can travel beyond your toes, you will increase the range of motion at the knee and increase the tension of the quads. This stance requires good ankle mobility or the range of motion will be limited.

Based on the results you want, remember:

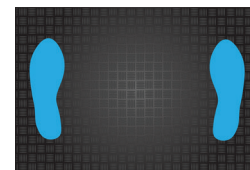
Quads: Standard, Narrow, and Low

Hamstrings: Standard, Wide, and High

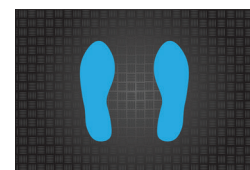
Glutes: Standard, Wide, High, and Single Leg



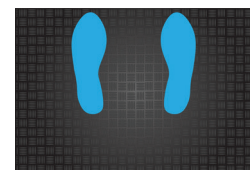
REGULAR



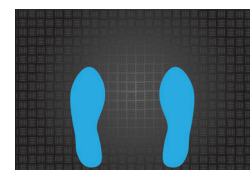
WIDE



NARROW



HIGH



LOW

Happy lifting!

THINNER WINNER

A NEW YEAR...A NEW YOU!

2023 RESULTS

Congratulations to the 71 participants who completed the challenge!

Weight Loss = 517.5 lbs. | Muscle Gain = 63 lbs. | Fat Loss = 392.5 lbs.

Incentive Awards

Groupie Award (most classes attended)

Deborah Hancock

Social Media Award (most social media posts)

Jen Baker

Thinner Winner Incentive Award (most exclusive workouts & coaching meetings attended)

Heather Broecker & Heidi LePard

Special thanks to **Total Nutrition and Tanning** for providing our Incentive Award prizes!



Most Fat Loss

Lucas Cyr & Sarah Carroll

Most Muscle Gain

Devin Vaughan & Rochelle Brokl

Best Overall Change

Devin Vaughan & Stephanie Folgman

Special thanks to **Bravera Bank** for providing our Most Fat Loss, Muscle Gain, and Overall Change prizes!

Winning Team (for the \$1,000 CASH PRIZE)

Keister Kickers = +18.58% overall change

Mike Bicsak, Lucas Cyr, Melissa Cyr & Joseph Yeisley



Eat the Cabbage

Wellness Tip of the Month

Jamie Brook - Fit Pro

Cabbage isn't just for Saint Patrick's Day. Cabbage is a low calorie vegetable that is packed with nutrients, such as vitamin C, vitamin K and fiber. Regularly eating cabbage may help improve digestion and ease inflammation. It can be eaten raw or cooked and added to a wide variety of dishes like salads, soups, stews, and slaws. Add this simple slaw recipe to your next dinner to take advantage of the health benefits from cabbage.



Mixed Cabbage Slaw Recipe

Ingredients

Slaw

- ¼ head of red cabbage
- ⅛ head green cabbage
- ¼ head of white cabbage or additional green cabbage
- 3 carrots, shredded
- 1 onion, finely sliced
- 2 Gala or Red Delicious apples, cored and chopped
- ¼ cup orange juice
- 2 celery stalks, finely sliced
- 1 cup canned corn kernels
- 2 tablespoons raisins

Dressing

- ¼ cup plain Greek yogurt
- 1 tablespoon chopped fresh flat-leaf parsley
- pepper, to taste

Instructions

1. Discard the outer leaves and hard central core from the cabbages and shred finely. Wash well in plenty of cold water and drain thoroughly.
2. Put the cabbages in a bowl and stir in the carrots and onion.
3. Toss the apples in the orange juice and add to the cabbages together with any remaining orange juice, and the celery, corn, and raisins. Mix well.
4. For the dressing, put the yogurt and parsley in a bowl, season with pepper, and mix well, then pour the dressing over the vegetables.
5. Stir and serve.

St. Patty's Day Specials!

PROSHOP SALE

**10% off
GREEN
clothing
items!**

**All month
long!**

March 1 - 31

**Personal Training
ONE DAY SALE:**

**🍀 \$10 OFF 🍀
PERSONAL TRAINING
PACKAGES!**

Only on March 17, 2023!

Talk to a staff member to claim
your coupon.





Hit Your Target Heart Rate on the Treadmill

Cardiovascular Workout of the Month

John Proud - Fit Pro

Walk on the treadmill at a speed of 3.5 or more for 3 minutes.

Raise the treadmill incline to 10% and do that for 3 minutes.

Continue raising the incline or keep it at 10% until your heart rate reaches the Target Heart Rate (THR) you set for yourself and do that for 3 minutes.

Lower the incline back to level and walk for 3 minutes.

Raise the incline back to 10% and walk for 3 minutes.

Keep repeating the process as long as you feel comfortable.



EXERCISES OF THE MONTH

GENERAL LEG PRESS



Demonstrated by Carley Knudson.

YOGA EAGLE POSE



Demonstrated by Sage Guinn.

PILATES SWAN POSE



Demonstrated by Jamie Brook.

Still unsure of where to start in your fitness journey?
New members get TWO complimentary Smart Start Orientation sessions! Talk to our front desk to get started.



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

April 4 - 27 • **May 2 - 25** • **June 6 - 29**

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!

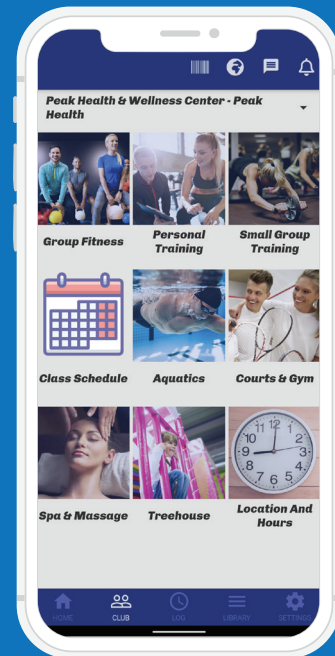
Starting March 13:



**GET A FREE
TIGER BALM SAMPLE**

**WHEN YOU DOWNLOAD
THE PEAK APP**

- Barcode for Check-In
- Class Schedules
- Court and Pool Schedules
- Track Workouts
- Connect With Others
-and much more!



Show the front desk that you've downloaded the app to claim your FREE sample! Supply is limited!

**Scan the QR code
and download the
app today!**



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

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