NEWSLETTER

NOVEMBER 2020

Making Lives Better Through Fitness & Wellness





Together, we are Peak Strong!

JOHN BOLL | General Manager - PEAK Brands, Great Falls

With a lot of the unknown surrounding the COVID-19 virus, there is one thing we all know - safety and precautionary measures are paramount.

Due to exertion levels when you are working out, we do not require masks in Peak weight rooms or cardio areas while actively working out. Therefore, we have doubled up on our air sanitation efforts in those areas.



This air sanitation process requires no chemicals or liquid additives making it organic and safe.

This process also eliminates those annoying odors associated with fitness centers! You can work out with confidence at the Peak Main and West Bank Landing. We have installed three units at the Peak Main and one unit at West Bank Landing.

We are doing everything we can to keep you safe.



Stay tuned for more progress updates!

For more information on the airPHX system, visit www.airphxsports.com.

#PeakStrongAgainstCovid How We Are Keeping You SAFE



The Peak and The Peak West Bank Landing would like to thank our service men and women, both active duty and retired, by gifting non-member military personnel

FREE 30 DAY MINI VIP MEMBERSHIPS

Contact Membership at your preferred location to claim yours.







WHO: All Myzone users are invited to join.

WHERE: Anywhere - all exercise counts! Just make sure to wear your MyZone belt and upload your data.

WHEN: November 10 - December 18

WHY: Make your workout fun and rally your motivation with a **Holiday Hustle for the Muscle Challenge!**

HOW: To enter, simply follow the prompt to "opt-in" to

the Challenge when presented in the MyZone App,

or when you log into myzone.org.



How to get involved:

Buy a Myzone physical activity belt at the front desk, and receive free entry to the challenge.





Eating Healthy for the Holidays Nutritional Tip of the Month

Kay Daniels - FIT Pro & Certified Personal Trainer

The time of year when we all get together to give thanks is quickly approaching, do not forget to give thanks for your health!

Be sure to continue to treat yourself right; the best way to appreciate yourself, your body, and your health is to model healthy behaviors. That way your children, as well as other family and friends, can see that they can make healthy choices too.

It can be challenging to keep up with healthy behaviors during the holiday season, many of us deal with added holiday stress and tempting overindulgent food choices.

A great tip is to remember they are holi-DAYS, not holi-MONTHS. It is perfectly okay to enjoy an occasional indulgence on the actual holiday only, or even at a holiday party, as long as it does not become a daily occurrence. It is important to find a balance between feeling deprived and making unhealthy choices.

Select foods with awareness. Fill your plate up with vegetables, fruit, and lean proteins before adding in small portions of the more calorie laden foods. It also helps to be aware of what your body is craving to avoid extra calories from foods you don't really want or need.

Remember, there is a big difference between eating and overeating. Take your time and eat slowly, chat with others between bites - that way you can pay

attention to when you feel full.

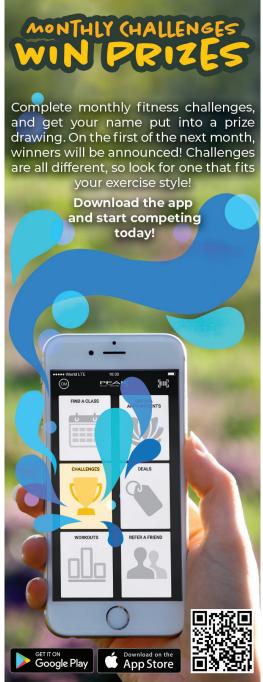
Try this simple cranberry sauce recipe to go along with your holiday meal this year. Fresh or frozen cranberries are used with only natural ingredients, no refined sugar herel

Healthy Holiday Cranberry Sauce

- 12 oz fresh or frozen cranberries, rinsed and drained
- 1/3 cup maple syrup or honey
- · Zest and juice of a large orange
- 1/8 tsp vanilla extract
- 1/8 tsp cinnamon
- 1. Add cranberries, maple syrup, orange zest and juice to a small pot.
- 2. Bring to a boil, cover, and reduce heat to medium. Cook for 6 minutes.
- 3. Remove lid, add cinnamon & vanilla, stir and cook for 3 more minutes until sauce has thickened a bit.
- 4. Mash with a potato masher if you like it chunky or puree in a blender if you prefer it smooth.

Can be served hot or cold. Makes about 8 servings.





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.











Full Body Cardio Blast

Cardiovascular Workout of the Month

Kaylee Harris, Fit Pro - Certified Personal Trainer, RN, BSN



Equipment: Concept 2 Rowing Machine **Focus**: Stroke Rate and Power Output Stroke Rate (SPM) is displayed in the upper right corner. Power Rate (WATTS, Cal/HR) is displayed in the middle.

Workout: 30 minutes

- 3 minutes warm up stretch
- 3 minutes at 20 SPM, comfortable effort; 1 minute rest
- 3 minutes at 22 SPM, harder effort; 1 minute rest
- 3 minutes at 24 SPM, comfortable effort; 1 minute rest
- 3 minutes at 24 SPM, harder effort;
 1 minute rest
- 10 minutes steady state rowing at your pace rate; at the 5 minute mark

do 1 POWER 10. (POWER 10 is 10 pulls as fast and as hard as you can with good form. Finish the remainder 10 minutes at your pace rate.)

• 5 minute cool down

If you aren't sure about the biomechanics of proper rowing technique, come **Friday, November 20, at 10:00 am** for a demonstration on the rowing machines!



#PeakStrongAgainstCovid How We Are Keeping You SAFE

Since re-opening in April, we instituted a whole new division of employees dedicated to your safety the **Health Guards**. You will see them every day in both Peak locations, sanitizing fitness equipment, refilling the Health Guard Sanitation Carts and running our advanced disinfecting equipment.

The Health Guards are trained in the proper way to sanitize equipment and are more than willing to show you how to do so as well.

What you don't see is the extensive cleaning and sanitation that takes place every night. Hospital-grade cleaning systems and chemicals are used in the showers, steam, sauna and hot tub areas, along with the bathrooms and locker areas.

Between the Health Guard Staff and our nightly cleaners, the Peak is clean and sanitized for your health and well-being.



3 WEEK

FITNESS CHALLENGE

KICK OFF NOVEMBER & TRANSFORM YOUR **BODY & MIND**.

Join us November 1-21

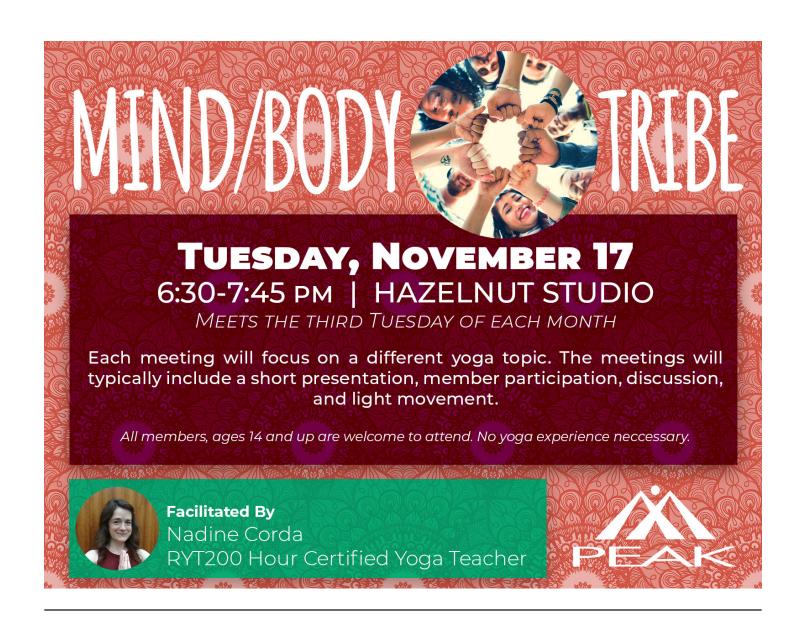
- · NO ALCOHOL 3 DAYS A WEEK
- DON'T EAT PAST 8 PM
- DRINK 64 OZ. OF WATER EVERY DAY
- GET 6-8 HOURS OF SLEEP EVERY NIGHT
- EXERCISE AT LEAST 20 MINUTES PER DAY
- CONNECT WITH A FAMILY MEMBER OR FRIEND 2 TIMES A WEEK

NO SIGN UP NECESSARY!

Participate in the Challenge and share your photos
and resuts with us on Facebook!

#ThePeakMain #ThePeakWBL

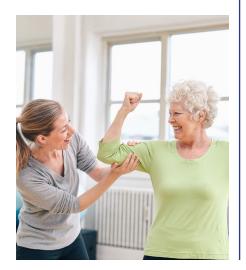
#ChallengeYourself



NEW Classes Starting in November

Bone Dense Heart Smart Fridays | 9 AM

Hazelnut Studio with Gina



COMING SOON IN NOVEMBER Stand Up Paddle Board (SUP) CLASSES!

In Pilates, Yoga, HIIT & Strength Formats





Stay tuned for an upcoming class schedule!





GIVE YOURSELF THE GIFT OF FITNESS WHILE GIVING BACK TO THOSE IN NEED!



MONDAY, NOVEMBER 9 - FRIDAY, DECEMBER 18

1. FORM A TEAM. 2. PICK YOUR CHARITY. 3. START ROCKING GroupX

COST: \$5 Per Person

Sign-up at the Front Desk (starting November 2).

Teams can be 3 to 4 people - individuals welcome! We will place you on a team.

Attend any Group Fitness Class to earn points!

The team with the highest average will win CASH for a charity of their choice.

PRIZES to the top 3 teams.







SIGN UP AT EITHER LOCATION

406.727.7325 | www.peakgreatfalls.com | 406.604.4334

RACQUETBALL TOURNAMENT

WEDNESDAY, NOVEMBER 11 | 5:30 - 8:30 PM REGISTER BY MONDAY, NOVEMBER 9

SQUASH

WEDNESDAY, NOVEMBER 18 | 5:30 - 8:30 PM REGISTER BY MONDAY, NOVEMBER 16



PLAY AND WIN PRIZES! WINNER WALKS AWAY WITH CASH! FOR AGES 14+

COST: \$15 PER MEMBER | \$25 PER NON-MEMBER

AFTER REGISTRATION DEADLINE: \$20 PER MEMBER | \$30 PER NON-MEMBER

SIGN UP AT THE SERVICE DESK



In honor of our Military, this month we challenge you to complete the following workout that was designed in dedication to fallen Navy Seal Lt. Michael Murphy.

The "WOD" consists of:

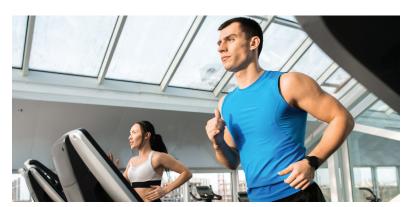


- 100 pull ups
- 200 push ups
- 300 squats
- 1 mile run

Complete this challenge individually or with a friend or two.

Visit our Facebook page to enter in the challenge competition **#PeakMurph**.

We have a challenge board at either Peak location, complete the challenge and write down your time then post a photo by the board with **#PeakMurph** to win PRIZES!









#PeakStrongAgainstCovidHow We Are Keeping You SAFE

What is the one thing everyone touches coming in and out? Door handles! They are everywhere throughout the facility. Then you have other touch points, such as water fountains, handles and the like. NanoSeptic continuously self-cleaning patches are used in schools, hospitals, transportation hubs - the Skins and Mats turn dirty, high-traffic touch points into

continuously self-cleaning surfaces.

Powered by light, NanoSeptic surfaces utilize mineral nano-crystals which create a powerful oxidation reaction. These work 24/7, as the surface continually oxidizes organic contaminants.





Vitamin D Deficiency and How to Beat It

FIT Pro Tip of the Month

Jen Brown - Fit Pro - Certified Personal Trainer

Feeling tired? Sluggish? Achy? Noticing mood changes?

Vitamin D deficiency may be the reason. Surprisingly, more that 40% of Americans suffer from Vitamin D deficiency, and many are unaware.

WHAT DOES VITAMIN D DEFICIENCY LOOK LIKE

In years past, when people heard vitamin D deficiency, they assumed it caused rickets, and although they weren't wrong, rickets is one of the most extreme symptoms. Studies are finding that more commonly, people with vitamin D deficiency are experiencing common, less severe effects. Most of which can be explained away with their busy lifestyles or gloomy weather.

15 of the most common signs for vitamin D deficiency are:

- 1. Muscle Weakness
- 2. Bone Pain
- 3. Constant Respiratory Problems
- 4. Sweaty Head
- 5. Depression
- 6. Infertility
- 7. Chronic Infections (Weak Immune Systems)
- 8. Cardiovascular Disease
- 9. Psoriasis
- 10. Chronic Pain
- 11. Tiredness
- 12. Hypertension
- 13. Crankiness
- 14. Chronic Kidney Disease
- 15 Reduced Endurance



WHAT CAUSES VITAMIN D DEFICIENCY

Vitamin D is referred to the sunshine vitamin, and for good reason...vitamin D is activated in your skin by the sunlight. It is recommended to get 20-30 minutes of sunlight per day. As the days get shorter & cooler, people are outdoors for shorter periods of time. This doesn't allow the body to produce vitamin D.

Lack of sunlight isn't the only cause of vitamin D deficiency though. Things like high body mass index, darker skin & past gastric bypass surgery, along with other things, can present a challenge for the body to produce vitamin D.

HOW TO KNOW IF YOU ARE VITAMIN D DEFICIENT

If you are experiencing any of the above symptoms, or any other health related issues, see your doctor or a medical professional. Vitamin D deficiency is simple to test for, and simple to treat. Whether you are trying to improve your athletic performance, daily workouts, or maintain your independence, it could prove to be a game changer for you!

#PeakStrongAgainstCovidHow We Are Keeping You SAFE

Mat Sanitation...Exercise mats in fitness centers can be harbingers of viruses and bacteria, but not at the Peak Health & Wellness Center!

Matsana makes a system that guides your mat through a high-intensity UV-C light chamber, exposing both sides to concentrated germicidal light that kills microorganisms by destroying their DNA.

In fact, the UV Mat Sanitizer kills greater than 99.9% of organisms on one pass through the machine. Not only that, but Matsana eliminates mat-odor! This unit can be used for both yoga and exercise mats.

Imagine the relief of knowing the mat you are using is completely sanitized before and after your workout!

The Peak has 1 Matsana available for your convenience - with more coming soon! By running your mat through the Matsana, the corona virus has no chance!

Matsana use is FREE at the Peak! For more information, visit www. matsana.net.



November 16 | 5 PM | Conf. Room | \$65

Classes include adult, child, and infant certifications. Participants can take any or all modules.

Adult only certification usually lasts $1\frac{1}{2}$ hours. Adult/Child lasts 2 hours and Adult/Child/Infant lasts $2\frac{1}{2}$ to 3 hours.

We teach and test skills on how well students use an AED, how well they perform compressions and give breaths. Participants practice compressions and breaths with and without a mask. If participants cannot kneel on the floor we will set up tables.

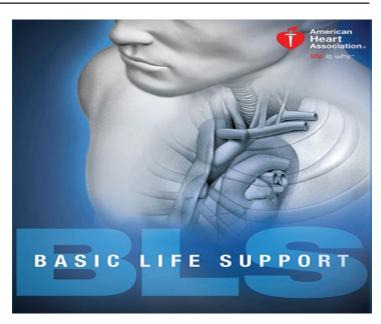
HeartSaver FIRST AID Certification

November 17 | 3:30 PM | Conf. Room | \$65

Basic First Aid is taught and some skills are assessed.

\$100 if both CPR & First Aid are taken in the same month. Pre-registration is required and fees must be paid at time of registration. Register at the Service Desk.





American Heart Association BLS (Basic Life Support) Health Care Provider Renewal Certification Classes

November 18 | 1 PM | Conf. Room | \$45

These renewal classes are for those who have BLS certifications and have taken the initial health care classes before and need to renew. Please get a BLS manual prior to class. Contact Beth Munsterteiger if you would like to purchase one at the Peak.

For more information please email beth@peakgreatfalls.com or call 468-7368.



Giving Back to Others AND Yourself

Health Coach Tip of the Month

Beth Munsterteiger - Certified Strength & Conditioning Specialist

The Peak wants to give back to our members and to encourage our members to give back to others and themselves.

As an ACE (American Council on Exercise) Certified Health coach I love to give time, guidance, encouragement and support to others, and I truly get so much back from my clients.

I receive the gift of seeing a person I care about gain more confidence, strength, energy, age. The Peak has started Health Coach and joy. Watching a person accomplish self-efficacy and belief in themselves and that they can do this task is very rewarding in so many ways. I enjoy coaching someone in developing and implementing healthy lifestyles and behaviors.

"Health coaches guide their clients to make weight-related behavioral changes through goalsetting, education, motivation, programming, support appropriate progressions, and referral when necessary."

- ACE Health Coach Manual (page 1)

Wellness is also an important component of Health coaching to all individuals of any Chats and I would like to invite everyone to this fun support group. You will learn about developing healthy lifestyles and how to establish new, healthy behaviors that will become a part of who you are, not just who you wish to be.



Mark November 23, 3:30 pm in your calendar and do this one thing for you so you can give to yourself and others!



Join us for a Health Coach Chat!

MONDAY, NOVEMBER 23 3:30 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 that 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!



SWIM LESSONS

Summer might be over....but swim lesson season never ends! Occupancy is limited, so signed up soon!

Upcoming Session Dates: 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.



THANKSGIVING

CLASS SCHEDULE

WEDNESDAY, NOVEMBER 26

BURN IT TO EARN IT CLASS

5:30 - 6:30 PM

NO REGULAR SCHEDULED CLASSES AFTER 1 PM
NO AFTERNOON TREEHOUSE

THURSDAY, NOVEMBER 27
CLOSED

FRIDAY, NOVEMBER 28

TURKEY WORKOFF SCHEDULE*

9 AM - BODYPUMP - GYM

9 AM - TABAQUA - WARM POOL

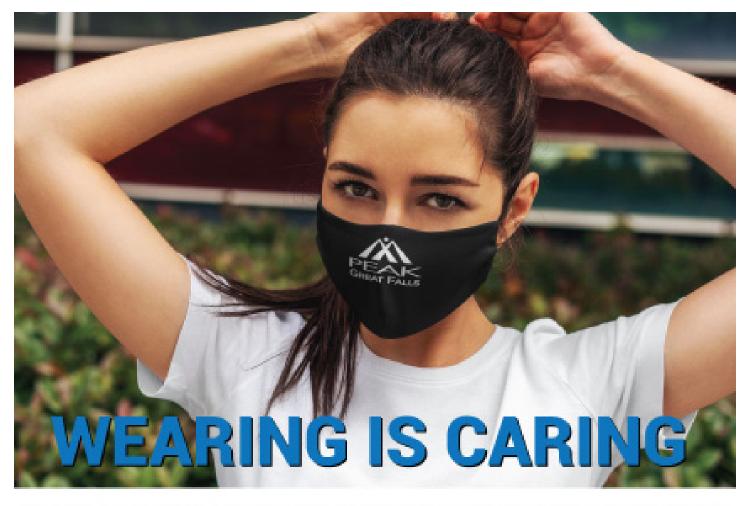
10 AM - BODYCOMBAT - GYM

10 AM - STAND UP PADDLE BOARD - REC POOL

11-11:30 AM - LES MILLS CORE - GX STUDIO

*Will require Sign-Ups - can sign up 48 hours in advance; 22 limit for Gym, 15 limit for Warm Pool, 11 limit for GX Studio;

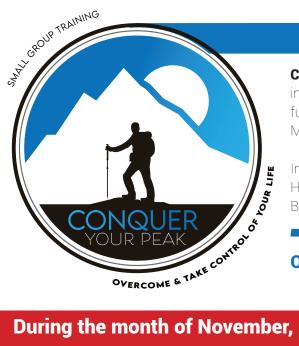
FREE FOR MEMBERS & NON-MEMBERS!



MEMBERS ARE REQUIRED TO BE WEARING A MASK AT ALL TIMES UNLESS ACTIVELY EXERCISING.

THANK YOU FOR HELPING US KEEP OUR CLUB CLEAN & SAFE.

#PEAKSTRONGAGAINSTCOVID



Conquer Your Peak Small Group Training is specialized to living in Montana. Through different training philosophies you will gain full body strength and body awareness allowing you to explore Montana and do your day to day activities with more confidence.

Includes TRX Functional Training, Primal, Metabolic Training aka HIIT, Springboard, Dynamic Yoga, Tai Chi, Praying Mantis, TRX Barre and Joint Stability & Strength.

Only \$79.00 / month! Sign up at the Service Desk.

During the month of November, military can attend Conquer classes FREE!*must sign up*



NOW OFFERING UNLIMITED CHILDCARE!

Pricing: Primary = \$20 per Month Second Add-on = \$15 per Month All Other Add-Ons + \$10 per Month

Child care is limited to 2 hours a day Hourly child care is available \$5 per Hour Reservations are required.

TALK TO MEMBERSHIP TODAY

HOLIDAY SCHEDULE:

Wednesday, November 26 - CLOSED at 2 PM Thursday, November 27 - CLOSED Friday, November 28 - Normal Hours







United Way Charity Online Auction

Join us as we raise funds for the local United Way and shop our online auction! www.charityauction.bid/PeakUnitedWay

NOVEMBER 2 - 13







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) 604-4428 Club Hours: **Mon-Fri**: 5 AM-9 PM, **Sat-Sun**: 7 AM - 7 PM

www.peakgreatfalls.com