

NEWSLETTER

OCTOBER 2020

Making Lives Better Through Fitness & Wellness



 **Wear PINK with us!**
Friday, Oct. 23
Your \$1 donation will support
Breast Cancer Research!
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Active Aging Week

Promoting senior health and fitness with info and fun events!

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NEW Classes

Synrgy, Aquamotion, Les Mills Core and more!

pg 7

Zumba Halloween Dance-A-Thon

Dance it out to a trilling night of 80's music - costumes encouraged!

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Together, we are Peak Strong!

JOHN BOLL | *General Manager - PEAK Brands, Great Falls*

Last month, we introduced the NanoSeptic self-cleaning strips on all of our high traffic door handles. We have received a lot of positive responses from our members on how they feel safe working out knowing that we take our member's health so seriously.

Well...we do. And we are always looking for ways to improve our safety and sanitation standards within our Club.

- Have you noticed the UV Wands that our service desk employees use before handing over your towel? These wands use UV technology that effectively damages the DNA of germs so as to eliminate their presence. We use them to sanitize frequently shared items and surfaces in order to control the spread of infections, including keyboards, goggles, equipment, desktops, chairs and more.

We have deployed another UV Wand to assist in the Yoga Studio - Reformer Area to expedite matt disinfecting. We also encourage members to bring their own matts, however, if you choose to use ours rest assured that they are constantly being sanitized!



Additionally, we are starting to experience a seasonal temperature change and the cold weather is coming in. This change may affect the thermometer readings upon your check-in.

If we are unable to get a valid temp reading via the forehead, we may ask to take a temp reading from

a part of the body that has been covered and not exposed to freezing temperatures such as:

Neckline (under the collar) | Under Mask (cheek area) | Elbow | Wrist | Forearm

Alternatively, you may also choose to stand to the side for a few minutes to allow your forehead temperature to normalize before trying again.

We thank you in advance for your cooperation as we strive to maintain a healthy, safe and clean environment for all members and staff! Stay tuned for more progress updates!

#PeakStrongAgainstCovid



Wear **PINK** with us!

Friday, Oct. 23

Wear pink and donate \$1 to support Breast Cancer Awareness Month with us! All donations will be given to the Sletten Cancer Research Center. Donations can be made at the Service Desk at either the Peak Main or West Bank Landing.



JOIN US FOR OUR **LES MILLS™ LAUNCH A'LOT**

SATURDAY, OCTOBER 3 | OPEN TO THE PUBLIC!

FREE OUTDOOR EVENT AT THE WEST BANK PARKING LOT

LES MILLS™ CLASSES WILL LAUNCH HOT NEW ROUTINES!

10:00 - 10:45 AM	BODYPUMP™	WBL PARKING LOT
11:00 - 11:45 AM	BODYCOMBAT™	WBL PARKING LOT
12 - 12:30 PM	GRIT™	WBL PARKING LOT
12:30 - 1 PM	TURBOKICK™	WBL PARKING LOT





Active Aging Week

October 5 - October 9

Monday, October 5 | 10 AM

Fall Prevention and Balance exercises with Beth in the Gym. Ask about getting a Free Inbody!

Wednesday, October 7 | 11 AM

Health Coach Chat with Jamie in the Gym!

Friday, October 9 | 10 AM

Walk and exercise in the North parking lot at the Peak!

PROMOTING SENIOR HEALTH AND FITNESS BY FOCUSING ON:

1. OVERCOMING THE SILENT CHALLENGE

Incontinence solutions for an active life. Handouts and information on incontinence will be available at the Peak. Visit with a Peak Fit Pro during our floor hours: Mon-Fri, 9-10 am; Mon-Thu, noon-1 pm and 4:30-5:30 pm. Learn about how you can stay active and manage the challenges of incontinence and not let incontinence manage you. Call Beth at 406.468.7368 or email beth@peakgreatfalls.com.

2. GOOD NUTRITION AND HYDRATION SUPPORT OLDER ADULTS' IMMUNE HEALTH

Having a strong Immune System has never been more important for seniors than now. Active Aging Week can get you back on track with healthy eating guides and hydration tips. Peak Health Coach and Fit Pro Jamie Brook will be giving a presentation on Wednesday, October 7 at 11 am to Peak Active Agers and will have handouts and information. To sign up, call Beth at 406.468.7368 or email beth@peakgreatfalls.com.

3. WALK!

The Peak will be offering a Health Walk and Talk Time on Friday, October 9 at 10 am. Walk and exercise in the North parking lot at the Peak!

Peak Fit Pros will lead the walk and talk about being able to do active daily living skills safely.



For more information on Active Aging Week at the Peak call 406.727.7325 or email Beth@peakgreatfalls.com



Healthy Habits for High Risk People

Nutritional Tip of the Month

Kaylee Harris - FIT Pro & Certified Personal Trainer

October is Cancer Awareness Month and personally being high risk for cancer and seeing my mother, sisters, and husband experience the health challenges and difficulties of cancer, I would like to share some quick top ten foods that can cause cancer and top ten foods that can prevent cancer.

Time to STOP consuming these cancer causing foods!

1. GMO's genetically modified organisms and the chemicals used to grow them
2. Processed meats with sodium Nitrates to cure them
3. Microwave popcorn with bags lined with chemicals that cause liver, testicular, and pancreatic cancer
4. Soda Pop all kinds diet or not; soda acidifies the body and literally feeds cancer cells
5. Artificial sweeteners sucralose(Splenda) Saccharin, Aspartame
6. Refined flour
7. Refined sugar
8. Non pesticide-free fruits ie apples and grapes

9. Farmed salmon
10. Hydrated oils

Cancer fighting foods or any fruit or vegetable that is consumed in it's entirety (skin and all) should be organic and pesticide free.

1. Berries
2. Grapes
3. Tomatoes
4. Cruciferous (broccoli, kale, cabbage, cauliflower, brussels sprouts, bok choy)
5. Garlic
6. Tea
7. Flaxseed
8. Legumes(peas,beans lentils)
9. Whole grains
10. Dark green leafy vegetables

Time to re-evaluate your grocery list, clean out the pantry and explore new healthier choices!



MONTHLY CHALLENGES WIN PRIZES

Complete monthly fitness challenges, and get your name put into a prize drawing. On the first of the next month, winners will be announced! Challenges are all different, so look for one that fits your exercise style!

Download the app and start competing today!



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.

YOGA UPWARD PLANK



GENERAL INCLINE FLY



PILATES SPINE TWIST





Full Body Cardio Blast

Cardiovascular Workout of the Month

Katie Brooks, Fit Pro - Certified Personal Trainer



Tabata Style Workout

1. Squat jump
2. Sprint forward jog back
3. Speed Skaters
4. Burpees
5. High knee run
6. Jumping jacks
7. Mountain Climbers
8. Push-ups

Perform the first exercise for 20 seconds followed by 10 seconds of rest.

Repeat for all exercises and then take a 1-2 minute break.

Repeat Tabata 4 times.

THE GYM IS A SAFE PLACE FOR FITNESS

2,873 GYMS

across the industry took part in providing their data

SOURCES:



49.4 MILLION MEMBER CHECK-INS

over three months

NO EVIDENCE THAT THE POSITIVE CASES ORIGINATED IN GYMS

Infection Rate **.0023%**



FITNESS IS ESSENTIAL IN KEEPING AMERICA HEALTHY

Source: After analyzing millions of member check-in data across 2,873 gyms, sports clubs and boutique fitness centers over the course of three months, The International Health, Racquet & Sports Club Association (IHRSA) and MXM, a technology and knowledge transfer company specializing in member tracking within the fitness industry, conclusively found that fitness facilities are safe and are not contributing to the spread of COVID-19.

MIND/BODY TRIBE



TUESDAY, OCTOBER 20
6:30-7:45 PM | HAZELNUT STUDIO
MEETS THE THIRD TUESDAY OF EACH MONTH

Each meeting will focus on a different yoga topic. The meetings will typically include a short presentation, member participation, discussion, and light movement.

All members, ages 14 and up are welcome to attend. No yoga experience necessary.



Facilitated By
Nadine Corda
RYT200 Hour Certified Yoga Teacher



NEW Classes Starting in October

Beginning the week of October 5...join us for these NEW classes!



Multi-Level Synrgy
Mondays & Fridays | 8:00 AM
Synrgy Studio with Anita

Aquamotion
Mondays | 10:10 AM
Rec Pool with Lori

BODYPUMP
Mondays | 12:10 PM
GX Studio with Katie B.

Max Burn
Wednesdays | 12:15 PM
GX Studio with Katie F.

TURBOKICK
Thursdays | 12:15 PM
GX Studio with Katie F.

BODYFLOW
Fridays | 11:00 AM
GX Studio with Meredith.

Les Mills Core
Fridays | 12:15 PM
GX Studio with Kristin

Description: Les Mills Core focuses on muscles around the core to provide the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together.

All the moves in LM Core have options, so it's challenging but achievable for your own level of fitness. You will work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, glute and lower back exercises.

RACQUETBALL TOURNAMENT

SATURDAY, OCTOBER 17 | 9 AM
REGISTER BY THURSDAY, OCTOBER 15

SQUASH TOURNAMENT

WEDNESDAY, OCTOBER 21 | 5:30 - 8:30 PM
REGISTER BY MONDAY, OCTOBER 19



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

SIGN UP FOR JUNIOR RACQUETBALL LESSONS!

Starting October 15: THURSDAYS | 4:30-5:30 PM

For Ages 8+ · 9-Week Program · \$60 Per Member / \$75 Per Non-Member

BUY 8 SESSIONS GET 9TH FREE!

MEPS FOR MAMS

MYZONE CHALLENGE



OCTOBER IS **BREAST CANCER AWARENESS MONTH**
...JOIN US IN SUPPORT FOR YOUR CHANCE TO WIN \$25,000!

WHO: All Myzone Users

WHAT: Myzone 'Work Out To Help Out' \$25,000 USD Challenge. Simply earn 1300 MEPS throughout the month of October to be entered into a prize drawing to win a FREE gym membership for a year, for yourself and a friend (up to the combined value of \$1,000*) and 10 Myzone MZ-3 belts for your facility with an RRP of \$1,500. There will be ten winners, with a combined total value of \$10,000 prize fund for the winners and \$15,000 Myzone MZ-3 belts for their facilities.

WHERE: Exercise anywhere. You just need to wear your Myzone belt and upload the data.

WHEN: 1st – 31st October 2020.

HOW: To enter, simply follow the prompt to 'opt-in' to the Challenge when this is presented within the Myzone app.

WHY: In these times of uncertainty, exercise makes us feel happy, it reduces anxiety and it keeps us connected.

Covid-19 has shaken the world. The more we work out, the more resilience we build and the more physically and mentally able we are to cope with this and future threats from infection and disease.

In addition, forced closures are creating huge financial challenges for fitness facilities around the world. Facilities are in need of your help to keep their doors open to continue to provide everyone with the opportunity to protect themselves.

Let's join together to celebrate the power of exercise and help fight Covid.

#WorkOutToHelpOut

EXERCISE ANYWHERE. PRIZE DRAWING
ENTRY FOR EVERY 1300 MEPS COMPLETED.
AWARDS FOR 1ST, 2ND & 3RD PLACE!



www.peakgreatfalls.com

| myzone.org

*No purchase necessary, visit www.myzone.org/legal for Terms and Conditions.



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.

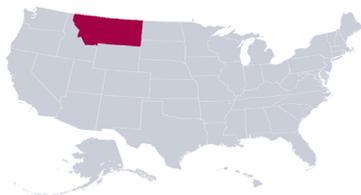
Only \$69.00 / month! Sign up at the Service Desk.



PHYSICALLY AND FISCALLY FIT

The health club industry—including health clubs, fitness centers, gyms, sports clubs, studios, boutiques, and more—continues to grow and offer a variety of programming that would help encourage all people to be physically active. In the U.S., more than 71.5 million people belong to or regularly visit a health club—a testament to the community support and encouragement found within a health club environment.

Montana



HEALTH CLUBS



164



HEALTH CLUB CONSUMERS

202,900

PHYSICALLY ACTIVE PEOPLE ARE

HEALTHIER, HAPPIER, AND MORE PRODUCTIVE

TAKE **27% FEWER SICK DAYS AND 14-25% FEWER DISABILITY DAYS**

AND HAVE LOWER HEALTHCARE COSTS



Creating Jobs

7,544 health club employees; more than \$48.4 million in total payroll benefits



Driving Growth

More than \$127 million in revenue; more than \$3.9 million paid in payroll taxes



Fighting Obesity

26.9% of adults are obese; 6th healthiest state in the nation



Saving Money

86% of healthcare costs are spent on chronic diseases

Sources: IHRSA Health Club Consumer Report Study, IHRSA Profiles of Success, www.taxfoundation.org, payroll-taxes.com, The State of Obesity: Better Policies for a Healthier America, cdc.gov, census.gov





Here at the Peak, our staff cleans EVERY hour...you may have heard the announcements on the overhead speakers.

“Attention Peak Members! Please help us to stay open by wearing a face covering in all areas of the Peak including to and from as well as in the locker rooms and on all of the pool decks. Please wipe down all equipment before and after each use. Staff, it is now time to clean your zone.”

We are always trying to keep members and staff healthy and we appreciate everyone's cooperation!



Meditation & Mobility to Help Boost our Immune System

FIT Pro Tip of the Month

Kia Mathews - Fit Pro - Certified Personal Trainer

We all have stress, right?

Especially in the current world of the pandemic. When we are stressed, we don't eat right, we don't sleep well and we definitely don't work out like we should.

The problem is that all of these things spiral together and make it all worse. This is when it starts to affect our immune system.

How do we get out of this cycle?
Meditation and mobility work.

Meditation helps to soothe us, mind and body. When we meditate, our blood pressure and heart rate can go down, our digestion can smooth out and our circulatory and nervous systems can regulate and balance themselves.

Aside from what happens in the moment during meditation, there are long term effects. It is like anything else - if you practice calming down, your "calm baseline" will be lower, so when something stressful happens, you are starting calmer, your stress level does not go as high, and it comes back down



more quickly.

When we are overall calmer, we can face the stresses of the day better, we feel better, we sleep better, we are more motivated to work out, etc. All of this helps us to swing back the other way to a stronger immune system.

Mobility work goes hand in hand with this. When we are

stressed, we tend to move less, and old aches and pains rear their ugly heads, or things just tighten up because our blood flow is off. When we do mobility work, this again gets the blood flowing, loosens the muscles, releases overall tension in the body, etc. When this happens, we reduce our stress, and other exercises may become easier or just possible in general.

What are some meditation and mobility options for you? We have many at the Peak. We offer Tai Chi, Yoga, and Pilates. Give a class a try!

80'S
zumba halloween
dance-a-thon!

wednesday
october 28
 80's attire suggested!

join us for a thrilling
 night of 80's music!
5:30 - 6:30 pm
 in the gym!

HeartSaver CPR/AED Certification

October 12 | 5 PM | Conf. Room | \$65

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

Adult only certification usually lasts 1½ hours. Adult/Child lasts 2 hours and Adult/Child/Infant lasts 2½ 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

October 13 | 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

October 14 | 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.



Breast Cancer Awareness & the Role of Food

Health Coach Tip of the Month

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



There are many factors of diet that plays a role in keeping you healthy and that can help prevent illnesses. Things like increasing fiber, avoiding certain nitrates in your food and increasing antioxidant foods can help in many ways.

As always, I like to give you a few simple ways to choose from. Pick one of the suggestions to the right to focus on each week during October.

Remember to build each week upon the last positive step you added!

- **dark, green, leafy vegetables, such as kale and broccoli**
- **fruits, especially berries and peaches**
- **beans, fish and eggs**
- **healthy fats including avocado and nuts**
- **use healthy spices such as cinnamon and turmeric**

CLASSES FOR A CAUSE

GET A TEAM OF 3 OR 4. PICK YOUR CHARITY.
BE READY TO START ROCKING **GroupX**

starting Monday, November 9!

**Overhauling
Workplaces.**

**CORPORATE
FIT
CHALLENGE**

**Transforming
Lives.**



TEAMWORK
Leading to
Group Fitness
and Health



TRAINERS
Guiding and
Teaching about
Exercise and
Nutrition



TRANSFORM
Your Life with
Health and
Wellness



**Join us in helping you build a
healthier workplace!**

For More Information, Ask At The Service Desk

...Treehouse...



**DUE TO SOCIAL DISTANCING
GUIDELINES, WE ARE LIMITED IN
SPACE AND RESERVATIONS
ARE REQUIRED.**

- Treehouse is limited to 10 children at a time
- Reservation can be made for 2-hr time slots

**Make your reservations through the
Peak App or www.PEAKGREATFALLS.com!**



Inspiring you to live a healthier lifestyle.
Health Coach Chat



Join us for a Health Coach Chat!
**MONDAY, OCTOBER 19
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!**



WEARING IS CARING

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



SWIM LESSONS

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

Upcoming Session Dates:

October 6-29

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.



Introducing...

UNLIMITED CHILDCARE!

Starting October 1

Primary child only \$20 per month!

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

Looking for hourly care? Effective October 1, hourly childcare is only \$5/hr!

TALK TO MEMBERSHIP TODAY

www.peakgreatfalls.com/october-childcare-2020

1800 Benefis Court - Great Falls, MT | (406) 727-7325 | www.peakgreatfalls.com

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