



# NEWSLETTER

JANUARY 2020

*Making Lives Better Through Fitness & Wellness*

**MAKE YOUR  
FITNESS VISION**

**20/20**

**DURING THE  
YEAR OF  
THE PEAK**



## **Year of The Peak**

Kick off the New Year with tips to be the best you that you can be!  
pg 3

## **Thinner Winner**

We're bringing Thinner Winner back to The Peak! Get ready!  
pg 7

## **Dive In Movie**

"Dive In" and watch Moana while supporting our Peak Kare Fund!  
pg 8



# Kick Off the New Year Right!

JOHN BOLL  
*General Manager*

It's always kind of a letdown when the holidays end. The decorations come down, the parties and the gift giving come to an end, and there's no more fruitcake. Okay, maybe you're glad there's no more fruitcake, but other than that, it's time to cheer up!

The New Year offers a bright, shiny opportunity to clear the slate, make a fresh start, and set new goals. Here are seven ways to kick off the New Year with a bang.

## 1 **Take a break**

After the hustle and bustle of the holidays, allow yourself a break in the action. Break from the norm and take a couple of days off to take a day trip, catch up on your sleep, or go to lunch with a friend. A new landscape will help you de-stress and open your eyes to new possibilities. This is also a good time to write thank-you notes to all those who gave you gifts during the holidays.

## 2 **Tidy up**

Clear out and spruce up your working space. The new year is also a good time to purchase new office furniture or accessories. Pack away last year's files and make space for new ones. Clean out your email inbox and electronic files. Organize end-of-year records. Dust, vacuum, and decorate in order to get those productive juices flowing.

## 3 **Restock**

Like the start of a new school year, you need new supplies to help you do your best work. Take an inventory of all items you need to do business, and purchase or replace items you have run out of or need to order. This can include a new monitor, computer, printer, or even small items such as business cards, stationery, order forms, catalogs, note pads, pencils, pens, and paper clips.

## 4 **Get moving**

Perhaps you overindulged during the holidays. Just about everyone does. Get back in a healthy routine by eating well and exercising regularly. Set specific times during the week to take walks or go to an exercise class. Make an appointment with yourself and put it in your calendar. Use your exercise time to calm the mind, listen to music or podcasts, or socialize with new friends.

## 5 **Get organized**

To boost productivity and reduce stress, determine which tasks and duties are a priority and which are not. Learn to delegate the less important tasks to others so you can concentrate on running the business. Hire talent or outsource work to freelancers.

## 6 **Commit to a work-life balance**

Don't let work control your life. This year, set a work-life plan that will enable you to nurture relationships and interests outside of work as well as take care of business. A mastermind group or an accountability partner will help you stick to these resolutions.

## 7 **Set a theme**

Instead of making a New Year's resolution, come up with a theme instead. The theme should be a word that resonates with you and embodies something that has been missing from your daily life. Write this word down and keep it on your desk and look at it every day. Here are some examples: mindfulness, flexibility, simplify, and adventure.

The New Year offers an opportunity to reboot, reorganize, start over, and do the things you've been putting off way too long. Be patient with yourself. You have all year to accomplish your new goals. And don't forget to reward yourself whenever you make strides in a positive direction.

*The Protocol School*  
*Business Etiquette Magazine*

Sincerely,

*John Boll*



# The Year of The Peak



## Happy New Year

Celebrate “The Year of The Peak” with these 10 ideas that you can use to start creating habits that will make fitness a priority.

1. Make a plan. Know what you want and how you'll get there.
2. Put some money on the line. Hire a trainer!
3. Taking care of YOU is not selfish.
4. Block out time every day and stick to it.
5. Find your “why”.
6. Stay consistent once you start.
7. Do exercises that you enjoy.
8. Start using HIIT.
9. Reward yourself. But not too much.
10. Your health is not optional!

*Tips from [fitdadnation.com](http://fitdadnation.com)*



Thank you everyone who came out on a cold and snowy day for our Annual Pedal for a Purpose cycle event and to our hearty instructors who kept everyone going! This year we had a great turnout and raised over \$200 dollars plus some toys for a great cause! It was also nice to see so many of our members utilizing our MyZone system during our month-long challenge. We know you got plenty of points that day. Thank you all for your generosity and for making a difference!

### Junior Racquetball Lessons

| Jan 23 - March 26 || 4:30-5:30PM |  
| Member Price: \$60 |  
| Non-Member Price: \$75 |



New to the game? Learn basic racquetball techniques!  
More advanced? Improve court strategy and skills!  
**For Ages 6 and Up**  
1 Hour Lessons include...  
court instruction & play time to  
implement skills and drills.  
*See Service Desk to Sign Up!*

## BEGINNER WEIGHT LIFTING

**Jan 4 - 8:30AM**  
Tan Life Fitness  
Selectorized Series  
*Patrick Wenzel*



**Jan 7 - 4:30PM**  
Red Plate Loaded  
Signature Series  
*Don Johnson*



**Jan 9 - 12:00PM**  
MTS Hammer  
Strength Area  
*Jen Brown*





MAKE FITNESS YOUR VISION IN 2020

FEEL MORE POWER

**JANUARY 13 – 19**

NEW MUSIC AND CHOREOGRAPHY FOR MANY CLASSES INCLUDING

LES MILLS **BODYPUMP** LES MILLS **BODYCOMBAT** LES MILLS **RPM**  
LES MILLS **BODYFLOW** LES MILLS **GRIT** LES MILLS **sprint**

**PRIZE DRAWINGS ALL WEEK LONG!**



# Free Weight Safety

Fit Pro Tip of the Month

Patrick Wenzel, Fit Pro - B.S. Exercise Science, Minor in Coaching, Cert. Personal Trainer

At this time of the year the gym will have a bit more foot traffic and the last thing you want to happen at the gym is end up with a bill from the hospital! To avoid that outcome I want to share how you can be safer on the fitness floor.

**Be alert:** You don't necessarily have to keep your head on a swivel, but every time you walk across the floor people are moving and objects are being moved as well, so keep your eyes and your ears on!

**Be considerate:** When you plan an exercise that involves a lot of movement please make sure that there's space around you. As much as we don't want to injure ourselves, try not to be a liability for another member.

**Transporting weights or objects safely:** When you start to go up in weight and/or intensity your joints and soft tissue need to be in safe positions. A great resource to learn how to make your workouts safe are our Fit Pros. Come talk to us or ask about your smart start at the service desk. The fitness staff wants you to be successful at The Peak, but most importantly we want to keep that success injury-free!

## Keeping Heart Healthy is Important for All Ages

Stay posted for more information on heart health - coming soon!



The Peak is partnering with



for a Health Fair on **February 12, 2020**  
Come from 7AM to 12PM to participate in various health checks with prices varying from \$25 to \$50  
Email [beth@peakclub.com](mailto:beth@peakclub.com) for more details.

## Re-Discover Seated Bends & Twists

Cultivate Mind-Body Awareness with Audra Labert

February 8 | 12:00 - 2:30PM | Member: \$35 Non-Member: \$49

Love your spine by keeping it safe during Yoga and other movement.

Build mobility and stability around the hips and lower back.

Deepen your movement or Yoga practice.



## PRIVATE SWIM SPECIAL

Get **SIX 30-MINUTE**  
**1-ON-1 SWIM LESSONS** for **\$110**

Cannot be combined with any other offer.

Special runs 12/15/19 - 1/15/20 - Packages must be used within a year - No Cash Value

REGISTER AT [PILATES.COM](http://PILATES.COM)

**Reformer 1**

January 4 & 5

**Reformer 2**

February 1 & 2

**Reformer 3**

March 7 & 8



Pilates Instructor  
Training Program

Taught By  
Master Trainer  
Leslie Steensrud



For More Information

Call: (406) 476-7856

Email: [leslie@peakclub.com](mailto:leslie@peakclub.com)

**WE'RE BRINGING  
THINNER WINNER BACK**

**HELP GREAT  
FALLS LOSE  
2000  
LBS**

**WIN \$2000  
IN PRIZES**

**MORE DETAILS COMING SOON!**



## Change Up Your Cardio

### Cardio Workout of the Month

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

Treadmill = 10 minutes  
Stair Climber = 10 minutes  
Rogue Echo Bike = 20/10 interval (4 minutes)

*Aim for moderate to high intensity*



# JANUARY KIDSERCISE

## OPEN GYM

TUESDAY & THURSDAY  
4:00-4:45PM  
JANUARY 7-30

**WATCH FOR A NEW SCHEDULE IN FEBRUARY**

# DIVE IN MOVIE

“Dive” into the warm pool and watch Moana with us on...

## Friday, January 31 at 7PM

*Pre-registration required at the service desk, space is limited.*

This is a fundraiser for our  
**“Peak Kare Fund”**

Donations will be taken at time of registration.  
Popcorn and refreshments will be available for purchase. Be sure to bring pool floats and towels so you can get comfy!

**WE LOOK FORWARD TO SEEING YOU THERE!**

Suggested donation is  
**\$5/person or \$20/family of 4+**



**NEXT SWIM LESSONS...**

**FEBRUARY 4-27**  
**MARCH 3-26**

**\$45/MEMBERS    \$58/NON-MEMBERS**  
**SIGN-UPS ARE AVAILABLE AT THE SERVICE DESK!**

### **HeartSaver CPR/AED Certification**

**January 14 | 5PM | Conf. Room | \$65**

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

Adult only certification usually take 1½ hours, Adult/Child - 2 hours and Adult/Child/Infant - 2½ to 3 hours.

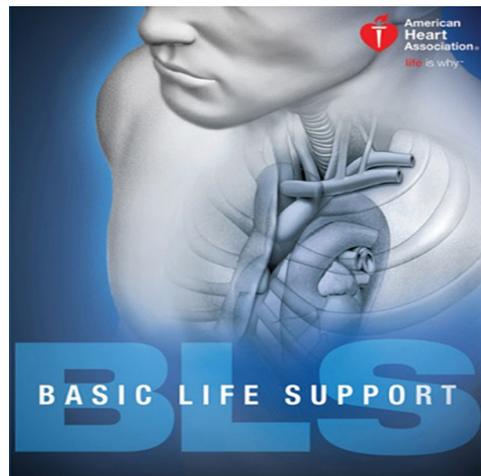
We teach and test skills on how well students use an AED, how well they perform compressions and give breaths. Participants practice compressions and breaths with and without a mask. If participants cannot kneel on the floor we will set up tables.

### **HeartSaver FIRST AID Certification**

**January 15 | 3:30PM | 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**

**January 22 | 3PM | 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@peakclub.com](mailto:beth@peakclub.com) or call Beth at the Peak 468-7368.**



# Healthy Holiday Eating

## Nutritional Tip

*Don Johnson, Fit Pro - NGA Cert. Personal Trainer, 5th Degree Black Belt in Martial Arts, and Cert. Insanity Instructor*

The holidays are upon us, as is holiday eating! Remember a few key rules to keep your holidays healthy:

Have a small plate of food you like best, and then move away from the buffet table. Start your meal with veggies first to take the edge off your appetite. Be sure to eat slowly and avoid or limit your alcohol intake. Finally, if you want a delicious meal to make yourself, try this pomegranate honey glazed chicken and squash recipe from [goodhousekeeping.com](http://goodhousekeeping.com)!

- Heat oven to 425°F. Remove the seeds from one medium acorn squash, and cut the squash into slices that are ¾-inch thick. Finely chop 1 bunch of mint; set aside.
- On a large baking sheet, toss squash slices with 1 tablespoon olive oil, ½ teaspoon kosher salt and a pinch cayenne. Roast until golden brown and tender, 20 to 25 minutes.
- Meanwhile, heat 1 tablespoon olive oil in a large skillet over medium-high heat. Season 4 6-ounce boneless, skinless chicken breasts with ½ teaspoon kosher salt and ¼ teaspoon black pepper. Add to skillet and cook until golden brown and cooked through, 6 to 8 minutes per side. Remove the chicken from pan and set aside.
- Return the skillet to medium heat and add 1/3 cup pomegranate juice, and cook scraping up any brown bits for 1 minute. Add ¼ cup honey and 1 tablespoon balsamic vinegar and cook until thick and syrupy, 3 to 5 minutes.
- Brush the chicken with the glaze. Sprinkle squash with 1/3 cup each crumbled feta and pomegranate seeds and the chopped mint before serving.

## Pomegranate-Honey Glazed Chicken and Squash

### Ingredients

- 1 medium acorn squash, about 1 1/2 pounds
- 1 bunch mint
- Pinch cayenne pepper
- 4 6-ounce boneless, skinless chicken breasts
- 1/3 c. pomegranate juice
- 1/4 c. honey
- 1 tbsp. balsamic vinegar
- 1/3 c. crumbled feta cheese
- 1/3 c. pomegranate seeds

### Serves 4



Nutritional information (per serving): *About 440 calories, 14 g fat (4 g saturated), 42 g protein, 680 g sodium, 38 g carbohydrates, 6 g fiber.*



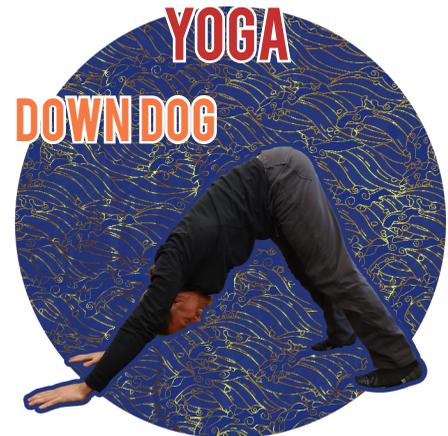
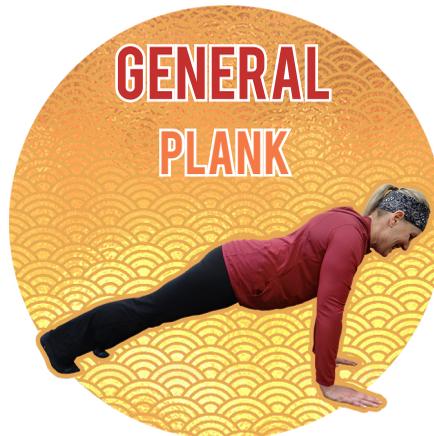
## VIDEO CYCLE RIDE

*Czech Republic*

// Wednesday, January 8 // 9:00am //  
 // Monday, January 13 // 4:45pm //

## 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.



Our awesome trainers, left to right: *Leslie Steensrud, Kaylee Harris, Drew Johnson*

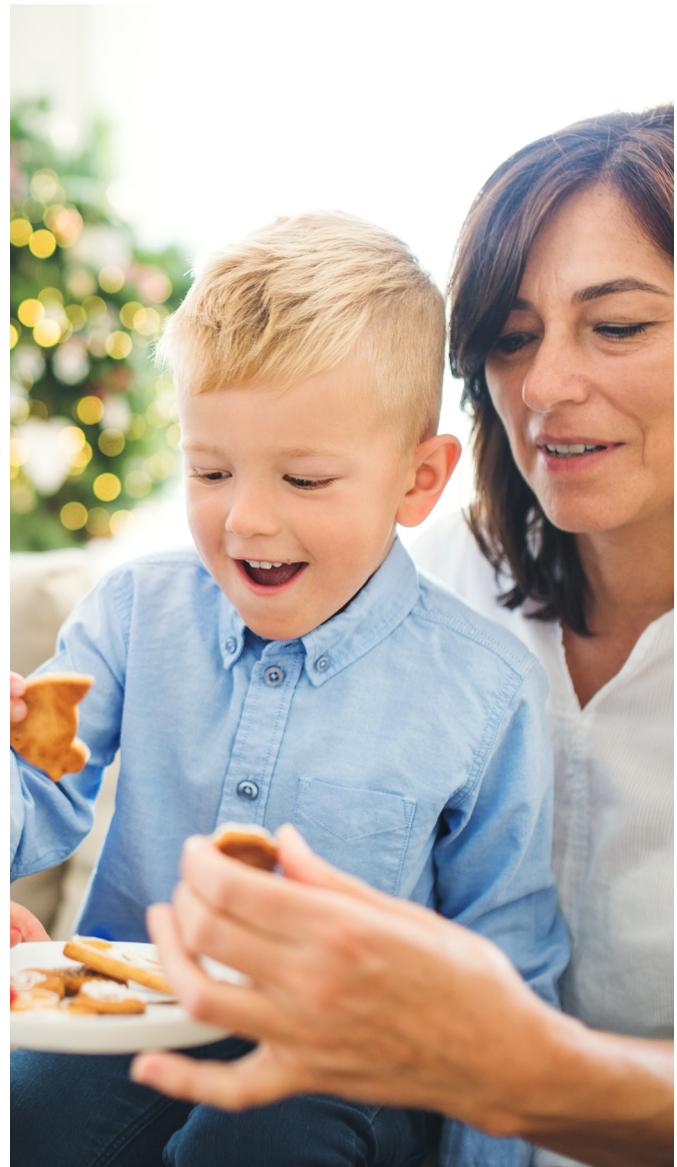
## 7 Easy Tips For a Healthy New Year



### Health Coach Tip

*Sarah Kenyon, Fit Pro - Cert. Health Coach, Cert. Yoga Instructor, Cert. PiYo Instructor*

- 1 Eat real food! Eat food in its natural state.
- 2 Minimize processed food intake. The longer the shelf life, the shorter yours will be!
- 3 Eat healthy fats. Fats are important for energy!
- 4 Make your meals with love. Create community and connection with family and friends.
- 5 Drink water! Hydrate, my friends!
- 6 Eat with the seasons. Support your local farmers market.
- 7 Do not overeat. Overeating stresses the body. Take the time to listen to your body.



# WHAT'S UP AT WEST BANK?

## Join the MÜV Tribe

**IT'S A BRAND NEW YEAR...**

*are you ready to MÜV and make the most of it?*



**Find your MÜV Tribe with fun, small group training classes - coming soon to West Bank Landing. Stay tuned for more info!**



### CONTINUOUS IMPROVEMENT: WHAT HAVE WE BEEN DOING?

1. Secured gas lines on the roof top (winterization/seasonal prep).
2. Cleaned and snaked shower drains in women's locker room.
3. Provided maintenance to heat exchangers and burners for the warm pool and hot tub.
4. Replaced and upgraded the igniter for the heater in the lap pool.
5. Replaced high bay lights on the fitness floor.

**PEAK HEALTH & WELLNESS CENTER**

1800 Benefis Court - Great Falls, MT  
(406) 727-7325  
[www.peakclub.com](http://www.peakclub.com)



**Club Hours**

Monday - Friday 5am - 10pm  
Saturday & Sunday 6am - 9pm