



# NEWSLETTER

MARCH 2020

*Making Lives Better Through Fitness & Wellness*



## Live Healthy Lives!

It's National Nutrition Month, and The Peak wants to help you make healthy choices!  
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## Kids Camp is Coming!

With summer right around the corner, Kids Camps are coming back to The Peak!  
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## Join the Müv Tribe

Müv is at West Bank! Sign up now for an amazing discount! Find out more details today!  
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# March Cycle Mania

**Sunday, March 29, 2020**

**12:00PM – 3:00PM**

Join this special 3 hour cycle class with 3 different instructors, music, and formats. Come when you want and stay for 1, 2, or 3 hours. Your choice! Snacks are provided and drawings will be held each hour.



# March Exercise Madness

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.



## WHO SHOULD PARTICIPATE

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



## THE CHALLENGE

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



## BONUS PRIZES

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



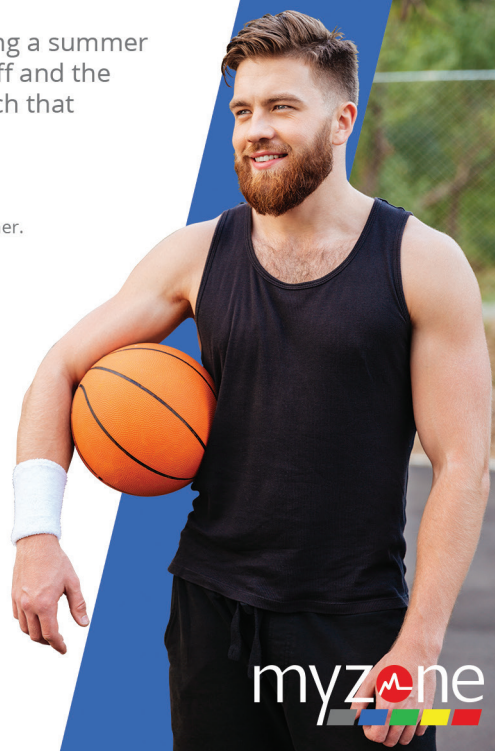
## DATES

**STARTS:** March 1  
**ENDS:** March 31

Are you up for the **challenge?**

Get your belt.  
Earn the points.  
Meet the challenge.

[See the service desk for details.](#)







# NATIONAL NUTRITION MONTH

**National Nutrition Month,** celebrated each year during March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. The theme for National Nutrition Month 2020 is Eat Right, Bite by Bite. This monthly theme is designed to be fun, accessible, positive, and kid-friendly, and to include and be adaptable to all eating patterns and cultures.\*

Here at The Peak, we have several health coaches that can get you on track and help you reach your goals in 2020. Make sure to check out one of their free Health Coaching Chats happening on the dates listed below!

**Devorah Werner - March 5, 12:30PM - 1:30PM**  
**Nutrient Timing**

**Jamie Walden Brook - March 10, 6:00AM - 7:00AM**  
**Macros vs. Micros**

**Jamie Walden Brook - March 18, 11:00AM - 12:00PM**  
**Sugars vs. Carbs**

**Beth Munsterteiger - March 23, 12:00PM - 1:00PM**  
**Portion Sizes**

*\*eatrightpro.org*



# SUMMER SWIM LESSONS

The Peak offers aquatic training and education skills for all skill levels, ages 6 months to adult. Our program includes the skills needed to ensure personal water safety, while teaching the correct techniques for recreational, athletic, and competitive swimming. Each session consists of 8 30-min lessons.

Our **Month Long Lessons** are **Tuesday and Thursday**, held in our warm pool. Morning, afternoon, and evening classes available.

Our **Two Week Lessons** are **Monday - Thursday**. Mon & Weds are held in the River Pool, Tues & Thurs are held in our warm pool. Morning and afternoon classes available.

**MONTH LONG SESSION DATES:** June 9-July 2, July 7-30, Aug 4-27

**TWO WEEK SESSION DATES:** June 8-18, June 22 - July 2, July 6-16, July 20-30, Aug 3-13

**Register and pay for any 3 summer sessions and save \$20.**  
*\*Must be completed in one transaction to receive discount\**

**Download form on our website, [peakgreatfalls.com](http://peakgreatfalls.com), or register at the service desk!**



## AQUA Tai Chi

**March 16 @ 6:45PM**  
 Taught By  
 Susie McIntyre

**IMPROVE**

- MUSCULAR STRENGTH •
- FLEXIBILITY •
- QUALITY OF LIFE •

**Free to Members**

Sign-Up is *REQUIRED* on our Website or at our Concierge or Service Desk

**Space is Limited**

**PEAK**



## BEGINNER WEIGHT LIFTING

**March 2 - 12:00PM**  
 Tan Life Fitness  
 Selectorized Series  
*Jaime Walden Brook*

**March 4 - 4:30PM**  
 MTS Hammer  
 Strength Area  
*Jaoui*

**March 7 - 8:30AM**  
 Red Plate Loaded  
 Signature Series  
*Jaoui*





## Tai Chi and Nutrition

Fit Pro Tip of the Month

*Kia Hanning, Fit Pro - Tai Chi Instructor*



These may not seem to be a likely pair. However, the study and practice of Tai Chi is a very important factor for nutrition and digestion. Tai Chi works both to relieve stress and to help your body and body systems function properly. If our bodies are working as they should, we feel better, our digestion is smooth and easy, allowing us to absorb and process the nutrients we need, and to get rid of waste efficiently and thoroughly.

How does this work? From a

systems level, Tai Chi gets the blood pumping, encourages the nervous system to fire, to repair and build new neural pathways, and slows and regulates the heartbeat and breathing. From the mental side of things, Tai Chi is a great stress reliever. We do not often think about how much stress affects our nutrition. When we are feeling overwhelmed, we eat the wrong things, we eat too much or too little, we forget both to take our vitamins and to drink enough water. Stress affects

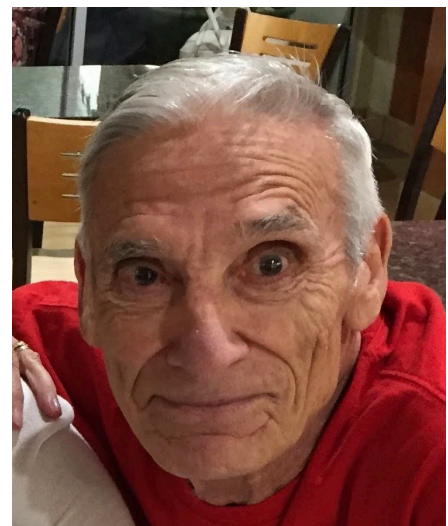
our sleep as well, and poor sleep feeds into our stress. Aside from relieving stress in general, Tai Chi also helps us calm ourselves and our bodies down so we are ready for sleep and able to quiet our minds for quality rest.

The Peak offers both private and group Tai Chi classes, focusing on moving meditation, balance, and mobility. Try one out and see what you think, and feel free to ask any questions you might have.



# In Loving Memory

This past month we lost one of our most beloved members, Leonard Dusek. Years ago, Leonard and his wife Bev started attending our 10:00 AM water classes and soon became an important part of our Peak family. I can never remember a time that Leonard didn't bring his great sense of humor and a smile to class. He was always engaged with the members, as well as the staff. Even my own kids became friends with Leonard when they would periodically come to my water class and he always wanted to know how they were. Leonard was funny, kind, gracious, and a huge help to our water staff, always wanting to know how he could help with equipment. I can't think of a person who touched more people's lives at the Peak during his time here. Our service desk staff had frequent conversations with him and his wife. As one of our members put it, "Our hearts are broken." As we move forward I hope we can continue Leonard's legacy of joy, and enthusiasm and in Leonard's own words on how we're doing, we will all yell "Great!" Because we know that he would be smiling from above knowing that we have continued this great tradition. - Susan Lemelin







The graphic is a colorful flyer for 'Kids Summer Camp'. At the top, the title 'Kids Summer Camp' is written in large, multi-colored, bubbly letters. Above the title are two orange circles: the left one says 'NON-MEMBER REGISTRATION \$100 PER CAMP' and the right one says 'MEMBER REGISTRATION \$85 PER CAMP'. Below the title, a banner reads 'Keep Your Kids Active & Happy!'. The flyer is divided into three vertical sections, each with a date, a photo of kids, a title, and a description of activities. The left section is for 'June 29 - July 2' with a photo of a girl holding an American flag and the title 'PARTY IN THE USA'. The middle section is for 'July 20-23' with a photo of four kids holding medals and the title 'PEAKLYMPICS'. The right section is for 'Aug 10-13' with a photo of a boy with a water gun and the title 'WET N' WILD'. At the bottom center is a purple circle that says 'SAVE \$25 WHEN YOU REGISTER & ATTEND ALL 3!'. The footer contains the text 'All Camps from 1PM - 5:30PM for Grades K (exiting) - 6' and a paragraph about registration details.

**June 29 - July 2**



**PARTY IN THE USA**

We can help wear those kids out with some All American fun, traditional summer games, crafts, fitness, outdoor fun, team building, swimming and more.

Activities may include potato sack races, kick the can, make a pet rock, lanyards, along with other good old fashioned fun.

**July 20-23**



**PEAKLYMPICS**

Get ready for the start of the 2020 Summer Olympics and go for the GOLD in our Peaklympic Games. Have fun with Olympic themed games, arts and crafts. Activities may include javelin toss, water races, team building, medals and more.

**Aug 10-13**



**WET N' WILD**

We'll have plenty of wet and wild fun to keep cool on a hot summer day. Games, crafts, fitness, outdoor fun, team building, swimming and lots of wet fun. Activities may include sprinkler fun, slip-n-slide, fitness, water balloons, water kick ball, pool games and more. \*there will be lots of time spent in the water at this camp\*

**SAVE \$25 WHEN YOU REGISTER & ATTEND ALL 3!**

**All Camps from 1PM - 5:30PM for Grades K (exiting) - 6**

Keep those kids active, worn out and out of the house over the summer with our active days of play from Mon - Thurs 1-5:30 pm. Must pre-register and pay \$25 non-refundable deposit for each child signed up for camp. Space is limited, please sign up early for these camps.





## SQUASH & PICKLEBALL 2020 TOURNAMENTS MARCH 27 & 28

Sign-ups are open now  
until March 23!

For more information, email  
or call Bonnie Maynard at

[bonnie@peakgreatfalls.com](mailto:bonnie@peakgreatfalls.com)  
(406) 468-7369

## MIND/BODY TRIBE



Meets the third Tuesday of each month, 6:30-7:45PM in the yoga studio. Non-Members welcome to attend for free! Each meeting will focus on a different yoga topic. The meetings will typically include a short presentation, member participation, discussion, and light movement. Participants are encouraged to bring a notebook and pen.



### Facilitated By

Nadine Corda

RYT200 Hour Certified Yoga Teacher





# HIIT the Lateral X

## Cardio Workout of the Month

*Jacob Meierhoff, Fit Pro - Personal Trainer*

Have you tried the Lateral X elliptical available at the West Bank Landing? This machine adds side to side movements that increases calorie burn and muscle activation. This month, challenge yourself by selecting the program "30:30." This is a unique interval training program that will automatically adjust the resistance level while prompting you to go a certain speed. Using the heart rate handles or your MyZone band, the program will calculate your heart rate recovery times and give you a score that you can use to compare at a later session. Your goal is to complete 30 minutes.

The Lateral X elliptical is great because, as a Minnesota State University study showed, you can burn 27% more calories when you go from a lateral width of 1 to a lateral width of 10 and a 30% increase in outer and inner thigh work over a traditional elliptical machine! Try it out for yourself and see the results!



## New Certified Pilates Mat Trainers

Please join me in congratulating Carley Knudson, Jamie Brook, and Jennifer Brown on becoming fully certified Pilates Mat Trainers with Balanced Body. These ladies started last year with Movement Principles, Mat 1, 2, and 3. They had to fulfill all of their hours in observation, personal, and student teaching before they could test out. We just did their test out in February, and they all passed! This is a huge commitment financially and physically. I am so proud to be the teacher to all of these wonderful ladies. Thank you for your hard work. - Leslie Steensrud



**NEXT SWIM LESSONS...**

**MARCH 3-26**  
**APRIL 7-30**

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

## HeartSaver CPR/AED Certification

**March 10 | 5PM | 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.

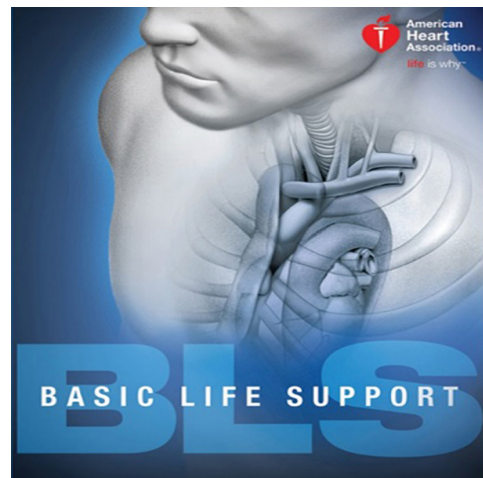
We teach and test skills on how well students use an AED, how well they perform compressions and give breaths. Participants practice compressions and breaths with and without a mask. If participants cannot kneel on the floor we will set up tables.

## HeartSaver FIRST AID Certification

**March 3 | 3PM | 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

**March 9 | 3:30PM | 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](mailto:beth@peakgreatfalls.com) or call Beth at the Peak 468-7368.**





# Creating Healthy Lifestyles

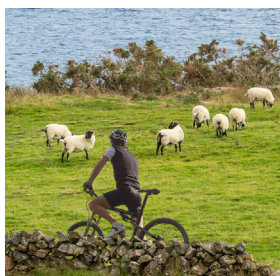
## Nutritional Tip

*Beth Munsterteiger, Fit Pro - Cert. Health Coach, B.S. in Exercise Sciences and Cert. Strength & Conditioning Specialist*

**D**iets, exercise, goals, eat better, don't eat that. We've all said these to ourselves and have had others, meaning well, say them to us. I want to encourage you to put these words and statements aside and concentrate on your lifestyle and habits.

Assess your lifestyle and behaviors first. Do you need or want to change them? I have had clients focus on healthy lifestyle behaviors because they needed to improve their health. The clients improved their blood pressure, blood sugars, strength and mood. They were able to stay off medications and felt empowered and stronger in more ways than one. It wasn't a change in diet that improved their health and fitness, it was their change in lifestyle and behaviors.

Work on one habit at a time and start slow. Say, "I will do this today", instead of "I will try to do this today." Set yourself up for success and you will establish new, improved habits for better, healthier living. Remember you did not create your old lifestyle overnight and you will not create a new lifestyle in a week. You will and can change it overtime by perseverance and commitment. You are strong, healthy and fit!



## VIDEO CYCLE RIDE

### *Sheep's Head, Ireland*

// Wednesday, March 11 // 9:00am //  
// Monday, March 16 // 4:45pm //

# WEEKLY CHALLENGES WIN PRIZES

Complete weekly 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!**

**MARCH 3-9, MARCH 9-16,  
MARCH 16-24, MARCH 24-30**

GET IT ON Google Play
 Download on the App Store



# 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: *Dani Rubino, Jen Brown, Audra Labert*

## Mindset is Key to Success

### Health Coach Tip



*Devorah Werner, Fit Pro - Cert. Health Coach, Registered Dietitian, MSW, PA-C*

How many of you have been trying to lose weight or improve your eating habits over the past few months? Do you think you just need the right combination of foods, eliminate a food group or just have more willpower? Believe it or not, improving your eating habits and/or losing weight is determined by mindset.

When I am coaching clients, this is the main thing I focus on with them. People are so surprised when they actually have positive results without deprivation and struggle.

**Here are a few tips to get you started on shifting your mindset:**

- Identify your relationship with food over the past 10-20 years - spend 10-15 minutes writing any thoughts down.
- What are your food rules - take a few minutes and jot them down.
- Choose 1 food rule from above and try to change it if it no longer works.

If you think this is the missing piece to your success and would like some help, please contact me to start health coaching. Making these changes is an investment in you now and in your future.





# WHAT'S UP AT WEST BANK?

## Join the MÜV Tribe



FREE CLASSES UNTIL APRIL 1st!



SMALL GROUP TRAINING



### Become Part of a Tribe

The MÜV Tribe small group class is a heart rate monitored functional training program that is at the pinnacle of the MÜV Training programming.

### MÜV FORCE

This class will not only improve functional strength for life's activities, but you'll see improvement in muscle tone and definition. MÜV Strong utilizes Kettlebells, TRX, Dumbbells, and a multitude of other options to help find your inner strength.

### XTR1000

This fast-paced class will integrate high intensity interval training and dynamic strength sets, to not only get you tone, but to make your body a calorie consuming machine, not only during the session, but for hours after your workout.

**An introductory price of \$29.00 per month will be offered for all Club Members until March 15! Lock in your price NOW!**

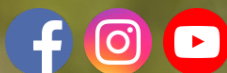


### CONTINUOUS IMPROVEMENT: WHAT HAVE WE BEEN DOING?

1. Standardized & organized locker room signage.
2. Replaced thermostat in snack bar fridge.
3. Replaced three (3) high bay lights in gym.
4. Repaired shower in men's locker room.
5. Repaired three (3) toilets in women's locker room.
6. Repaired soap dispenser in women's locker room.
7. Replaced fan motor in storage area.

## PEAK HEALTH & WELLNESS CENTER

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



### Club Hours

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