



www.mountainfitnessca.com

December 2023 Newsletter

Find Us, Friend Us
& Stay Inspired!



@MountainFitnessCA

MOUNTAIN FITNESS – Wellness Center | 633 Lassen Lane, MS | 926.6010 | M-F 6am-8pm | S/Sun 9am-5pm
MOUNTAIN FITNESS – South | 1630 S. Mt Shasta Blvd. | 926.3589 | M- F 5am-9pm | S/Sun 8am-7pm
MOUNTAIN FITNESS – Shastina | 20508 Big Springs Rd Weed | Open 24 hours – Card Lock

What's New at Mountain Fitness?

Happy Holidays!!

Here we are at the end of another beautiful year! It has been a great year for our quaint town of Mount Shasta, California, U.S.A. with lots of delightful weather and visitors. 2023 has been a year of growth here at Mountain Fitness—with our growing membership and many improvements and upgrades to our facilities. We'd like to send a heartfelt thank you to all of our members for being a part of that growth. We hope you're also experiencing the health and growth that you desire and that you keep reaching towards your fitness goals and aspirations! Thank you for being here and thank you for being a part of the community!



Exercise and Mental Health

Building better habits and sticking to a goal can increase confidence and boost self-esteem which can give you a better start to a better mood. Just starting a workout and finishing it has psychological reward effects, helping one feel less feelings of depression. The activity of exercise itself allows your body to

release endorphins—hormones that provides chemicals in the brain and body that help us “feel good”. Endorphins also reduce cortisol levels allowing one to manage stress and reduce anxiety. Regular exercise also improves cognitive function for people of all ages, but especially is beneficial for elderly adults who may experience cognitive decline. Strength training reinforces your mind-body connection allowing for an improved body-image as well as all the physical benefits of increasing strength and mobility in general. With this in mind, success in training may not be measured in how strong your muscles become or how you look, but in how you feel. With consistency and discipline to the commitment to yourself, the external results become a reflection of the internal achievements.

Internet source: <https://www.verywellfit.com>

Holiday Hours

'Tis the season! Here's what to expect when making holiday plans and getting in your gym-time in between the festivities:

Christmas Eve: Closing Early at 4:00pm

Christmas Day: Closed

New Year's Day: Closed

These holiday hours apply to all staffed locations. Shastina Gym will still be available 24/7 via key fob access for members.

Weather Conditions

Please be safe on the roads this winter! With snowy and icy conditions to be expected as the temperatures drop, hours of operation may be affected during times of inclement weather. We prioritize the safety of our staff. Due to road conditions, it may not be feasible during storms for us to open up the facilities according to our posted hours of operation. We appreciate your patience, and we will post updates on our Facebook page, as needed, to notify members if we have to open late due to weather conditions.