

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 Autumn From Mountain Fitness!!



### Hours at South Gym

Hours are changing back to a close time of 9:00pm Monday through Friday. We still open bright and early on the weekdays at 5:00am. Weekend hours will remain the same opening at 8:00am and closing at 7:00pm.

### Chi Gong/Tai Chi Class

This class is held outside at the Shastice Park which is the perfect environment for receiving the benefits of this practice and exercise. However, the mornings are getting colder and this class will be held a little later in the day from 11:00am – 12:30pm. Please note the changes on the class schedule. Also note that this class will eventually move indoors for the colder winter months so continue to refer to the schedule, website and Facebook to keep updated with any changes.

### Upgrades at South Gym

We will be taking some time this month to take care of repairs in the pool area and update the lighting in the locker rooms. There will be construction in the pool area the week of October 9<sup>th</sup>. The pool and sauna will be open during this time so we ask that members be cautious and mind the restricted areas

marked by caution tape. Also please note that the locker rooms will be closed on the 19<sup>th</sup> and the 20<sup>th</sup> for repairs. These dates only apply to the South location. We apologize for this temporary inconvenience.

We also have made several updates to equipment at the South gym and there's still more to come so keep an eye out and we hope you enjoy all the benefits!

### Balancing Fitness

The statistics for fall-related injuries and death aren't improving. In the past 10 years, the fall death rate increased by 30%. In present time, falling accounts for 25% of all hospitalizations in the U.S.! With 1 out of 4 people over 65 and 1 out of 3 over 70 falls per year, it's estimated that by 2030 the increase will rise to over 50 million falls per year and more than 12 million injuries. The need for intervention is greater now than ever.

Balance and strength training are becoming necessary and crucial fitness elements. It can be as simple as focus on posture, center of gravity control, and increasing strength and endurance training. The following example includes a 5-10 minute session.

### Stepping exercises (weight shifting)

Step touch - forward/ back

Step touch - side/side

### Marching

Forward

High knees

Tip toes

### Walking patterns

Tip toes

Wide straddle

Narrow stride

Straight line

Heel to toe

### Strength exercises

Lunge forward, diagonal, sideways

Squatting

*Information from Personal Fitness Professional*