MOUNTAIN FITNESS

www.mountainfitnessca.com

October 2021 Newsletter

Find Us, Friend Us & Stay Inspired!

@MountainFitnessCA

MOUNTAIN FITNESS – Wellness Center | 633 Lassen Lane, MS | 926.6010 | M-F 6am-8pm | Sat/Sun 9am-5pm

MOUNTAIN FITNESS – South | 1630 S. Mt Shasta Blvd. | 926.3589 | M-F 5am-9pm | Sat/Sun 8am-7pm

MOUNTAIN FITNESS – Shastina | 20508 Big Springs Rd Weed | Open 24 hours – Card Lock

Build Better Bones & Help Prevent Breaks and Injuries

Bones feel solid, but the inside of a bone is actually filled with holes like a honeycomb. Bone tissues are broken down and rebuilt all the time. While some cells build new bone tissue, others dissolve bone and release the minerals inside. As we get older, we begin to lose more bone than we build. The tiny holes within bones get bigger, and the solid outer layer becomes thinner. In other words, our bones get less dense. Hard bones turn spongy, and spongy bones turn spongier. If this loss of bone density goes too far, it's called osteoporosis.

It's normal for bones to break in bad accidents. But if your bones are dense enough, they should be able to stand up to most falls. Bones weakened by osteoporosis, though, are more likely to break. Broken bones can lead to serious problems for older adults especially. The hip is a common site for osteoporosis, and hip fractures can lead to a downward spiral of disability and loss of independence. Osteoporosis is also common in the wrist and the spine.

The hormone estrogen helps to make and rebuild bones. A woman's estrogen levels drop after menopause, and bone loss speeds up. That's why osteoporosis is most common among older women. But men get osteoporosis, too. Experts suggest that women start getting screened for osteoporosis at age 65. Women younger than age 65 who are at high risk for fractures should also be screened. Men should discuss screening recommendations with their health care providers. Screening is done with a bone mineral density test at the hip and spine. The most common test is known as DXA, for dual-energy X-ray absorptiometry. It's painless, like having an X-ray. Your results are often reported as a T-score, which compares your bone density to that of a healthy young woman. A T-score of −2.5 or lower indicates osteoporosis.

There's a lot you can do to lower your risk of osteoporosis. Getting plenty of calcium, vitamin D, and exercise is a good start. Calcium is a mineral that helps bones stay strong. It can come from the foods you eat—including milk and milk products, dark green leafy vegetables like kale and collard greens—or from dietary supplements. Women over age 50 need 1,200 mg of calcium a day. Men need 1,000 mg a day from ages 51 to 70 and 1,200 mg a day after that. Vitamin D helps your body absorb calcium. As you grow older, your body needs more vitamin D, which is made by your skin when you're in the sun. You can also get vitamin D from dietary supplements and from certain foods, such as milk, eggs, fatty fish, and fortified cereals. Talk with your health care provider to make sure you're getting a healthy amount of vitamin D. Problems can arise if you're getting too little or too much. Exercise, especially weight-bearing exercise, helps bones, too. Weight-bearing exercises include jogging, walking, tennis, and dancing. The pull of muscles is a reminder to the cells in your bones that they need to keep the tissue dense.

Smoking, in contrast, weakens bones. Heavy drinking does too—and makes people more likely to fall. Certain drugs may also increase the risk of osteoporosis. Having family members with osteoporosis can raise your risk for the condition as well.

To summarize, consider screening for osteoporosis if indicated and use diet and exercise to maintain optimal bone health. If you have osteoporosis Physical Therapy is recommended to improve posture, reduce risk of falls, and stimulate bone production.

What's New at Mountain Fitness

CLASS CHANGES

NO CLASS CHANGES THIS MONTH

NEW EQUIPMENT HAS ARRIVED
@ Mountain Fitness South

We have replaced our OLD Adduction & Abduction Machines with a new All-IN_ONE Machine

We have also added a new machine Reverse-Hyper-Extension

For Glutes, Lower Back & Hamstrings

OUR CUSTOM MOBILE FITNESS APP

We have this fabulous tool for members, please try it out. Contact the front desk at the South Gym for instructions on to how to download and use.

You may also use the App to take classes via zoom.

October **2021**

MOUNTAIN FITNESS SOUTH CLASS SCHEDULE

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TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
8:30 – 9:30 AM	*PILATES	**JOCETTE**	**CLASSROOM**	●		●		●		
10:30 – 12:00 PM	*YOGA	**BLISS**	**CLASSROOM**			●				
9:00 – 10:30 AM	CHI GONG TAI CHI	MELISSA	SHASTICE PARK	●		●		●		
9:00 – 10:30 AM	YOGA	MELISSA	CLASSROOM						●	
12:15 – 1:45 PM	*YOGA	BLISS	CLASSROOM		●		●			
4:00 – 5:00 PM	LINE DANCING	SIGI	CLASSROOM	●			●			
5:30 – 6:30 PM	BODY SCULPT	AIYISHA	CLASSROOM	●		●				
5:30 – 6:30 PM	ZUMBA FITNESS	CAROLA	CLASSROOM		●					
6:45 – 7:45 PM	BALLROOM DANCING	RICK & PEGGY	CLASSROOM			**$**	**$**			

***Classes available via zoom in addition to live in the classroom.**

$ Indicates Extra Expense (Not part of MF Membership)

THE WELLNESS CENTER CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
7:00 – 7:30 AM	BLUE DOT	LINDA V	GYM	GYM						
7:00 – 7:30 AM	HAVE A BALL	LINDA V	GYM			GYM				
7:00 – 7:30 AM	FUN FRIDAY	LINDA V	GYM					GYM		
12:30 – 1:00 PM	STANDING TALL	LINDA V	GYM	GYM		GYM		GYM		

Blue Dot – 1 minute strength resistance exercises followed by a 3 minute cardio session
Have a Ball – Resistance/Core work on the stability ball
Fun Friday – High intensity interval training using weights and body weight
Standing Tall – Balance/Core work either standing or on a stability ball

THE WELLNESS CENTER WATER CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON	TUE	WED	THUR	FRI	SAT	SUN
11:00 – 12:00 AM	AQUA FITNESS	LINDA V.	POOL	●		●		●		
2:00 – 3:00 PM	QUIET WATER TIME		POOL							

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SHASTINA CLASS SCHEDULE

TIME	CLASS	INSTUCTOR	LOCATION	MON	TUES	WED	THUR	FRI	SAT	SUN
8:00-9:00 AM	FLEX & STRENGTH	BILL	SHASTINA GYM		●		●			

Flex & Strength – A full body strength and flexibility workout in a circuit training format, utilizing weight machines and full body flexibility training.