



Fit Center News



FEBRUARY-MARCH

CANYON CLUB

This issue has tips and inspiration to help you stay active, strong, and balanced as we move through winter into spring. Whether you're walking, stretching, or strength training, there's something here for everyone to enjoy.

1 Keep your Heart Healthy with Cardio

Staying active is one of the best ways to protect your heart. Even moderate activity like walking, cycling, or water aerobics can help improve circulation and energy levels. Aim for at least 150 minutes of moderate cardio each week. Remember, it's not about speed—it's about consistency! Join our fitness classes at the Anza to get moving with friends in a safe, supportive environment. Find our group fitness schedule online at quailcreekhoa.org/ActiveLifestyle/Anza

Life Fitness Coached Workouts

Make the most of your cardio workouts by using the Life Fitness Coached Workouts on our machines at the Canyon Club. These programs illustrate the workout visually and provide coaching cues on proper form, helping you perform each exercise safely and effectively. Whether you're walking, cycling, or using the elliptical, the coached workouts are a great way to stay guided and motivated during your session.



Citrus Fruit Salad Snack

Ingredients:

- 1 orange, peeled and sliced
- 1 grapefruit, peeled and sliced
- 1 kiwi, peeled and chopped
- 1 tsp honey (optional)
- Fresh mint leaves for garnish

Instructions:

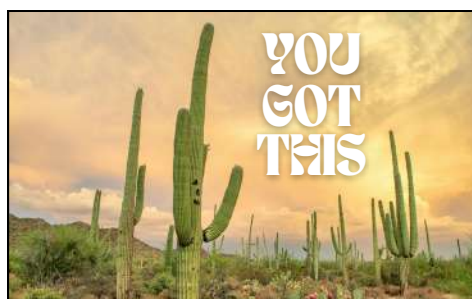
1. Combine all the fruit in a bowl.
2. Drizzle with honey if desired.
3. Gently toss to mix.
4. Garnish with fresh mint and enjoy immediately for a refreshing, vitamin-packed snack!

Tip: This snack is full of vitamin C and fiber, making it perfect for boosting energy and supporting immunity.

2 Strength Training for Everyday Life

Lifting weights isn't just for bodybuilders—it's essential for maintaining independence and preventing falls as we age. Simple exercises using resistance bands, free weights, or even bodyweight can improve bone density, balance, and mobility. Try adding 2–3 short strength sessions per week to your routine.

Try a simple dumbbell strength workout to build muscle and improve everyday function. Start with exercises like bicep curls, shoulder presses, and seated rows, performing 2–3 sets of 10–12 repetitions each, using a weight that feels challenging but manageable.



3 Motivational Corner

Strength doesn't come from what you can do.

It comes from overcoming the things you once thought you couldn't.

3

Make a Splash: Walking in the Water & Lap Swimming



Water workouts are an excellent way to stay active while protecting joints and reducing impact. Walking in the water provides gentle resistance, helping to strengthen muscles, improve balance, and boost cardiovascular health without putting stress on knees, hips, or ankles. Lane 1 in the indoor pool at the Canyon Club is designated for walking and can accommodate up to five walkers at a time, making it perfect for a leisurely, low-impact workout.

Lap swimming offers a full-body workout that enhances endurance, flexibility, and overall muscle tone. Lanes 2–4 are dedicated for lap swimming, and reservations can be made online for both the Anza and Canyon Club pools to ensure you have a spot. Both walking and lap swimming also support core stability and can aid in injury prevention, making them ideal for maintaining independence and mobility.

Beyond the physical benefits, water exercise is fun and social, offering a refreshing way to stay engaged with friends and the community. Whether you're just starting out or returning to exercise, the pool provides a safe, supportive environment to improve fitness, increase energy, and enjoy every splash!



4

Smart Fit: Your Brain Matters

SMARTfit is a science-based fitness and brain-health training system that combines physical movement with cognitive challenges to improve both body and mind. Its programs use dual-task training—physical exercises paired with cognitive tasks—to strengthen neural pathways, enhance balance, coordination, decision-making, and overall function across all ages and abilities.



Designed to support active aging, functional fitness, and cognitive reserve, SMARTfit helps users stay sharper and more mobile as they age.

Need help getting started? Grab one of our fitness specialists at the Canyon Club daily between 1 PM – 6 PM for assistance in using this machine.

ENGAGES THE BRAIN WITH FUN GAMES AND COGNITIVE CHALLENGES

COMBINES MOVEMENT-BASED ACTIVITIES WITH MENTAL EXERCISES

IMPROVES MEMORY, FOCUS, AND MENTAL AGILITY

HELPS MAINTAIN OVERALL BRAIN HEALTH AND SHARPNESS

SUITABLE FOR ADULTS OF ALL FITNESS AND EXPERIENCE LEVELS

