



PAMPER YOURSELF

AT THE NEW FITNESS & SPA CENTER AT CORDILLERA RANCH

by Lindsey Minarcik

Your body is one of your most important possessions, so why not treat it as such? As health and wellness continue to move into the forefront of the health industry, society is beginning to shift the mindset of trying to fix what has been “broken” after years of wear and tear to preventative maintenance. We now know the importance of our health to a long, fulfilling life and are developing an attitude of responsibility for our physical and mental wellness.

There are many things that can be done in creating a healthy lifestyle and one thing alone will not derive the results that are often desired. Diet, exercise, breathing, hydration, relaxation, and a number of other factors influence our overall health and how we feel day in and day out. While some of these actions are done internally, The Clubs hosts amenities and services which can promote a healthier lifestyle. Exercising in the Fitness Center for example, can increase cardiovascular and muscular strength, while receiving a massage

can promote the body to restore, repair and regenerate. A facial assists the circulatory system and stimulates our body’s largest organ, the skin, while regular manicures and pedicures not only improve your skin and nail condition, it also acts as a stress reducer and a way to pamper yourself. All of these actions, which can help you create a healthier life; can be found at The Clubs.

In an effort to improve or sustain our physical wellness, the Fitness Center is great place to start. We have many different types of cardiovascular equipment including treadmills, elliptical cross trainers, recumbent bikes, a Stepmill and a new Precor piece called an AMT (Adaptive Motion Trainer). The AMT may seem a little intimidating but is a great piece to add variety and customize your workout because it allows you to run, jog and climb.

An important component of exercise that can easily be overlooked or intimidating is weight training. Lifting weights can not only

make you stronger and more capable in our everyday lives from climbing stairs to carrying groceries or children it also boosts metabolism, increases muscle definition, improves joint stability and increases bone density. The Fitness Center hosts an array of weight training equipment from a Smith Machine where exercises like bench and incline press, squats and dead lifts can be performed to the Precor Multi-Station where exercises such as bicep curls, triceps extension and pectoral flies are just a sample of the training exercises available.

Group Exercise is one of the latest booms within fitness spectrum and is a great way to incorporate support, friendship and structure into your fitness routine. Classes available at Cordillera include, Yoga, Bootcamp Cordillera: Strait Up Strength (a group weight lifting class), Pilates, Step Aerobics and Basic Step. We are now featuring two types of step classes, Basic Step, a class designed for beginners or individuals interested in less impact and simpler choreography

while Step Aerobics is more intense in regards to cardio and choreography. Come try out a class, options to increase or decrease workout while enjoying a fun, social atmosphere.

Certainly we all want to be at our best and working out in the Fitness Center helps maintain our health. Yet maintaining our health goes beyond just the physical work out. It also involves taking care of our skin and nails and getting regular massages. All of these things can help create balance in our body and ensure that we are healthy. By simply taking the time to make an appointment with our massage therapist, esthetician or nail technician, you will be on your way to a healthy happy life.

Massage therapy is very helpful in keeping the body, mind and spirit in balance, as it promotes relaxation of body, clarity of mind and peace and calm in spirit. When your body is in pain it causes low spirits, depression and diminished mental performance. If you are worried and stressed out it causes tightness in muscles and slows the process of the body's normal functions. Massage can treat chronic diseases, enhance immunity, lessen depression and anxiety, relax and soften injured, tired, and overused muscles as well as release endorphins, the body's natural pain relievers.

Karen Walton, RMT, has been practicing massage since 1975 and has many modalities in her repertoire from basics such as Swedish and Therapeutic to Hot Stone, Reflexology, and Myofascial Massage. By regularly engaging in massage you will become healthier and feel more and more youthful with each passing year.

Facials are another important factor when discussing overall health. We nourish our bodies in what we eat. We nourish our skin in what we feed it, as well. That's why it's important to take care of our skin and give it the best possible 'diet' and 'exercise' through a good home care regimen and getting regular facials. Facials not only make you feel better, they are wonderfully beneficial for the skin. Various skin conditions like acne, oily/dry/combo skin, large pores, blemishes, rosacea, pigmentation, sun damage, fine lines and aging skin, can be addressed during a facial as well as appropriate products for home care.

Amanda Myers-Stumpf, our onsite esthetician, custom tailors facials for both women and men, by choosing from an array of the very luscious fruit, vegetable and herbal skincare products handcrafted by Éminence Organic Skin Care of Hungary. These organic ingredients have an incredibly fresh aroma, with natural pure vitamin infusions and high bioflavonoid content. The Clubs signature facials offers a wide spectrum of cleansers, toniques, exfoliants, masques, serums, eye creams and moisturizers that are selected to give you a fabulous facial targeting your own special needs and concerns leaving your skin soft and radiant.

While massages and facials are a commonly known practice to improve health and wellbeing, manicures and pedicures also play an important role. Our nails shield and sustain the tissue in our fingers and toes and



the condition of one's nails can relay messages in regards to health conditions such as liver and kidney disease, anemia, diabetes, lung disease and even heart disease, just by viewing the nails.

Manicures can improve the look of the fingernails and hands and assist in the prevention of hang nails, nail damage and healing broken skin around the fingernails. In addition, massages are included in manicures and help improve the skin's health by enhancing blood circulation, consequently discouraging wrinkles on the hands. With this use of reflexology, hands and feet will experience balance by releasing the flow of energy and allow you to feel increased relaxation and circulation.

Tammy Stone can provide professional attention to your nails in a relaxing atmosphere which can help your physical and mental well being. Tammy's services will exfoliate the skin to promote cell renewal and remove dry skin while an oil hydrating massage and a paraffin treatment provide moisture to the skin and reduce signs of aging. If desired, polish is then applied to protect further by keeping moisture in the nails and defend from detrimental conditions caused by the environment.

If becoming healthy and treating yourself in a way that puts your health and wellbeing first, the Clubs Fitness Center and Spa Services are a great place to start. Not only will you begin to feel better mentally and physically you will also begin to see outward signs of a healthy lifestyle. So start today, your body, mind and spirit will thank you for it! ®

Lindsey Minarcik, Fitness, Activity and Spa Coordinator
The Clubs of Cordillera Ranch
lminarcik@cordilleraranch.com