

Transcription of Podcast 333: Beat the Heat

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SPEAKERS

Toni Caylor, Amber Galindo, Kathy Lindstrom

Note: This transcription was computer-generated and may contain typographical errors.

Kathy Lindstrom 00:09

Good afternoon Sun City Shadow Hills. This is Kathy Lindstrom, your HOA Vice President. And I'm here to talk with two special people. First we have Amber Galindo, who is our new Fitness Director, and we want to congratulate her. And also Toni Caylor, who is our Health and Fitness Advisory Chairperson, and we're here to talk about Beat the Heat. And those hot days are common and Amber and Toni, what can you tell us about Beat the Heat?

Toni Caylor 00:38

We have a great program for everybody, Beat the Heat. For those of you that remember Fall Back into Fitness, we have a lot of different activities, a lot of different classes that you can take. We have walks to take, and we're keeping the walks as early in the morning (as in seven o'clock in the morning) as possible because we know that it gets hot. Amber will be having to take it by herself for the first week or so because, I am leaving the hot desert.

Kathy Lindstrom 01:20

Now wait a minute, you're beating the heat a different way Toni?

Toni Caylor 01:24

In a different way.

Kathy Lindstrom 01:26

So does that mean that you can't participate in Beat the Heat? Now Beat the Heat is a great fitness program, a nutrition program. How can you join if you're not here?

Toni Caylor 01:39

Because . . . I am going to take part while I am away. I'm going to keep track of my walking that I'll be doing and any of the activity activities I do. For example, I know I'll be running and swimming on certain days and trying to get into gyms to work out. So I'll be able to keep those on my log. Or I probably will put it on my computer that I take with me so that I can get it logged in. So I can do it away from here, but I'm only going to be gone about a week and a half maybe two weeks. Amber's looking at me like "no, you're not going to be gone two weeks." But anyway, so she will be handling the walks at least that first week by herself, which means everybody in Beat the Heat is going to have to help her out. She'll kind of push you from the rear and hopefully there'll be some people up front that can help drag the others that are in front of Amber. So we'll be doing that we'll have in fact are already out the tracking forms are out right?

Amber Galindo 02:58

Those are actually going to be available starting tomorrow, Tuesday.

Kathy Lindstrom 03:02

So Beat the Heat then, is a way to participate in fitness classes. There's special classes just for the Beat the Heat signups?

Amber Galindo 03:11

Yes.

Kathy Lindstrom 03:11

There's our regular classes. There are daily walks. So this is for anybody who is at any level of fitness, to either the more experienced, the beginners. How do we meet everybody's level here, Amber?

Amber Galindo 03:29

Like she said, everything is you know, it's kind of just modified to your exercise type. Whether you're a beginner, you're advanced. There's a little bit of everything for everybody from walking, there's dance classes, chair yoga, stretches. So it's really just a variety of classes that we're going to be offering.

Toni Caylor 03:49

And the teachers that we have, the good thing about this Kathy, is the teachers that we have can watch how you're doing the exercises and make those exercises best for you so you don't hurt yourself, but you get a good workout. So if you're like Tony the Tiger, not me, but Tony the Tiger and you're all really fit and you can you know lift 3000 pounds with your little baby finger, the instructors can help that person increase that person's fitness. As well as if you're like me for example, and I can't lift 10 pounds with both hands and somebody helping me the instructor can bring the exercise down to my level so that I'm able to get a good workout and not hurt myself as well. So it doesn't matter what how fit you are or unfit you are. These classes will be great for you. The instructors while, you know our instructors here are fantastic.

Kathy Lindstrom 04:54

They're fantastic. I've gone through two knee replacements, hip replacements, and ankle surgery, and I love the classes. Marlena with the chair yoga has made it where I've gone from beginner to intermediate to advanced as I went through rehab through all of those. And this is a neat time to have Beat the Heat because this is the first time that we're doing Beat the Heat since COVID, since the lock down. So the first time in a couple of years, and folks, it's just a great time to get out there meet people. Get fitness, and also we've got a nutrition component, don't we?

Toni Caylor 05:31

We really do. Right, Amber?

Amber Galindo 05:33

Yeah, and the good thing about that is you don't have to worry about everybody looking to see how much you weigh as you weigh yourself, it is totally individual.

Amber Galindo 05:33

So Nutrishop is actually sponsoring us for this program. And they have let us know that participants are more than welcome to stop by their shop and ask for a free meal plan. You can also do a starting weight program there, and you can kind of track when you start, where you start weight-wise. And then at the end of the program, you can weigh yourself again and kind of see your progress with the program.

Amber Galindo 06:11

And optional.

Toni Caylor 06:13

And optional, you don't have to do it. The good thing is though, is that neutral shop is opening up their facility to allow us to go in look around to see what they have. And they will provide a meal plan for us. Because a lot of times we always say I know I do, you know, I know what to eat, but it's just easier to go grab something from Del Taco. Or something like that. But anyway, with this meal planner, they will plan that now. Okay, I should step back and say they're not going to tell you exactly what to eat for breakfast, exactly what to eat for lunch, but they are going to say, look, you need to keep within these parameters for having so many carbs, vegetables, proteins, you know, meat, fish, that kind of stuff, and allow you to fix your menu the way you like it. Because I know Kathy, for example, you eat meat, gag me, I am a vegetarian, so I don't. So they will help me as a vegetarian, get the things that I need, and at the same time help you because either you're a meat eater. And they'll be able to help you. So this is a great opportunity for us, within this community, we will also they are going to provide us with an incentive to use the things that they have there, the products they have in everything, they will give us an incentive and give us some discounts on various items there. So it's not like we're going to go there and have to spend \$50 billion. If you don't want to buy anything, you don't have to, they will still provide that plan. You can still weigh in, find out where you're starting, let's go through this Beat the Heat together, work out together, have fun together, and then towards the end go back. Let's see what happened.

Kathy Lindstrom 08:24

Well, this is a great way to jumpstart all your health and nutrition. Remember, we are a 55 and older active community. And this is a great way to jumpstart it. We're the full timers here "the desert rats" during the summer, this keeps us busy. And I've got to say I've done the beat the heat years before COVID, and it's always been a fun time. It's been where you've met people, you've had a great time. For those of us who are more competitive than others. There's a points system to get points for each of the activities we do. And then there's prizes at the end. And after you've been so good on your nutrition plan, there's a luncheon at the end. So Amber, tell us about that.

Amber Galindo 09:09

So let's start off by saying there is a charge for Beat the Heat, it is a \$30 charge. But with that charge, you're gonna have available to you special classes. So you'll have an entire schedule

Kathy Lindstrom 09:22

So those classes will be free?

Amber Galindo 09:24

Those classes will be free to Beat the Heat participants only. And they're going to go out, let's see . . . they are subject to change that's just mentioned that we've had a couple of changes that we've had to make. So be sure that you pick up a updated schedule on that. But along with that you're going to be entered into prizes, like Kathy said, there will be a lunch we're also offering shirts and totes for free.

Kathy Lindstrom 09:51

Free t-shirt. Everyone needs one, free tote to put all that food in.

Toni Caylor 09:58

And we have, were not gonna tell you what they are, but we've got some good prizes that we're proud that we were able to get. So, you know, you're going to be able to get points for classes within the Beat the Heat, classes outside of Beat the Heat, activities that you do on your own. You'll be able to get points for all of those and you know how that works, the more points the more you're able to perhaps get more prizes.

Kathy Lindstrom 10:31

More prizes, I like that. So, what we wanted to tell you is that Beat the Heat is a great program. It's going to start next Monday the 16th. So you have to sign up this week. Okay, you can sign up at the Montecito Fitness Center and . . .

Toni Caylor 10:49

Or the Santa Rosa.

Kathy Lindstrom 10:51

Or the Santa Rosa. And it's done by credit cards, so bring your card with you. It's not check or cash, it's credit card. You get to sign up, be ready for Monday the first activity will be seven o'clock walk with Amber. And where's that going to start Amber?

Amber Galindo 11:06

It's going to start over at Montecito.

Kathy Lindstrom 11:07

That'll start at the Montecito. Bring your tennis, bring a bottle of water, and be ready to go. And pick up your schedule when you register. It's an awesome program and it'll keep you busy and keep you going and restart all your fitness and nutrition goals.

Toni Caylor 11:24

Yep, let's do it!

Kathy Lindstrom 11:25

Let's do it! Okay, thank you!