

For the active senior

Senior Lifestyles



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Staying Well & Wise

By Sherry Kaestner

For Liz Modrell, who operates Uniquely Yours Personal Training & Fitness Education, the twice-weekly "Well & Wise" sessions she offers began as a way to "get my mom and mother-in-law to exercise". Nearly 20 years later, the group has grown considerably and now almost feels like a family.

Members of "Well & Wise" meet every Monday and Thursday, from 9:30-10:30 at the First Church of the Nazarene, and for only \$2 a session, get a work-out along with good conversation and camaraderie. The day I visited, 10 were present, two men and eight women. According to Liz, group membership has grown through word-of-mouth advertising.

The session routines can be done by anyone, and members are free to adapt them to their situation. "Everybody knows what their limitations are." Liz's goal is to include a variety of exercises that will help the members remain fit and mobile, thereby maintaining their freedom. The movements use both dumbbells and exercise bands, and members take part while both standing and sitting.

As important as the physical activity is the social sharing that goes on for that hour. During the regular routines, I heard conversations about members who weren't there — one was taking a friend to a doctor's appointment — good buys at local grocery stores, favorite recipes or future vacation plans. Not to avoid the headline news, there was also mention of Olympic Gold Medallist Michael Phelps and Presidential Cabinet appointees.

One thing Liz has done to help everyone learn the movements and feel

a part of the group is let each member lead an exercise of his/her choice. She says they've even gone so far as to name routines after a particular member if it's one he/she frequently chooses. In a short time a number of participants said they were beginning to break a sweat, to which Liz agreed, adding, "You can get a good workout sitting down," something we may not realize.

As the hour winds down, group members take part in "confession time", when recent meals are described, while they work on those "buns of steel". Several members indicated they also do some exercising outside of the Well & Wise session, while others take daily walks.

The youngest member of the group was Marcia Redding at 61, while Liz's dad, Joe Clark is nearing 85. Other members I met that day, whose ages fall between Marcia and Joe, included Liz's mom, Jane Clark, her mother-in-law Bonnie Modrell, Leon and Charlotte Yeager, Dorothy Krasuski, Joan Shadley, Flo Walker, and Pat Speece.

Well & Wise welcomes new members, so if you're interested in maintaining your fitness level or perhaps improving it contact Liz at 319-985-2570 or www.Uniquely-Yours-Personal-Training.com



Photo by Sherry Kaestner

Jane and Joe Clark worked at keeping their joints limber during the Well & Wise group.



Photo By Sherry Kaestner

For Joan Shadley and Flo Walker, staying Well & Wise is cause for a smile