

Residents at Golden Hearts improve their physical fitness and do it safely By Kurt Menk

One of the reasons Americans are living longer is they are in better physical condition than were their parents. They are also aware of the need for exercise.

To help encourage senior citizens to improve their physical fitness and do it safely, the Golden Hearts assisted living facility in Arlington recently contracted with Live 2 B Healthy, Inc., Prior Lake.

Cory Czepa, who owns the business along with his wife, Sarah Czepa, conducts a one-hour exercise program for the ten residents at Golden Hearts every Monday, Wednesday and Friday mornings.

The program consists of beginning stretching, strength and cardiovascular exercises and ending exercises.

“As the ranks of the elderly expand more rapidly than any other population segment, we recognize that long life has too often become associated with pain, immobility and diseases that limit lifestyle choices, independence and our everyday joy of life,” said Cory and Sarah Czepa. “However, today’s



generation of seniors rejects all notions of slowing down or giving up just because of aging. They show remarkable promise for living better, not just longer. But doing so largely depends on their commitment to healthy lifestyle practices including some form of regular exercise activity.”

Cory has two goals for the residents at Golden Hearts. He wants to improve their posture, strength and stamina. He wants residents who walk with a cane to begin walking by themselves. He wants residents who use a wheelchair to begin walking with a cane.

“I’ve only been there one and one-half months and there have been huge improvements,” said Cory. “The residents have become more friendly. They also smile and laugh more now. They are great people, but they need to get the kid back into them.

Larry and Laura Kicker, who own Golden Hearts, Inc., report that the results have been amazing.

“After three sessions, we could see a difference in their strength, walking ability and attitude,” said Laura Kicker. “The exercise program also reduces their need for physical therapy.”

“The resident love Cory,” said Golden Hearts employee Vanessa (Kicker) Applegarth. “They trust him too. He even talks German to them.”

“Cory is doing an exciting and successful job of rehabilitating us at Golden Hearts to be more active,” said resident Irene Hahn. “Cory has renewed our spirits and has instilled in us a will to use neglected limbs, muscles and energy to participate in new activities. He has also instilled the hope of still being of use to others even though you are 103 years old!”



The exercise program, according to Larry and Laura Kicker, will continue at Golden Hearts and expand to future residents who move into the new addition later this spring.

Senior Fitness Training is one component of the Live 2 B Healthy business.

Other components are the Natural Fitness health club in Belle Plaine and Shaklee Nutrition.

Golden Hearts is the first assisted living facility to contract with Live 2 B Healthy for senior fitness training services. The expectations of Cory and Sarah, who are certified personal trainers and have 16 years combined experience, are to eventually “go statewide and nationwide.”

“It doesn’t even seem like a job to me when I go to Golden Hearts,” explained Cory. “It’s very much self fulfilling. I look forward to going there and I know they look forward to seeing me too.”