

5 Residents Receive Fitness Achievement Awards

Many of you know that the fun and laughter you hear coming from the dining room Tuesdays, Fridays (2:30pm) and Saturdays (10:30am) is from the Live 2 B Healthy fitness class that meets there on those days. While it's a lot of fun, there's a lot being accomplished too!

Every 4 months functional fitness testing is completed by Live 2 B Healthy to help the participants in the class understand their progress and identify areas for improvement. Angie Suttles, Live 2 B Healthy certified trainer, stated, "This is not a competition among the class participants. Instead, this is an opportunity for participants to try to beat their previous assessment measures. So while we're having fun in the class, we're serious about improving our functional fitness so we can do more things for ourselves too!"



The end of January another assessment was conducted and the class as a whole improved across the board in all 4 measures (balance +63%, lower body strength +8%, upper body strength +3.9% and flexibility +.44%).

Recently, those who improved upon their previous measures the most were awarded Achievement Awards for their accomplishments. For the Sept 2015 – Jan 2016 testing period, the highest achievers are pictured.



Pictured l to r: Doris Richards, Olive Swanson, Dolly Crane, Ethel Flom.

Helen Hansen – *Participation Award* for attending 92% of the classes and *Balance Award* for improving 400%. Ethel Flom – *Flexibility Award* for improving 3.25%. Dolly Crane & Doris Richards – *Lower Body Strength Award* who both improved 30%. Olive Swanson – *Upper Body Strength Award* for improving 29%

This class is free and open to all Park Ridge residents. No prior fitness class experience is required. The class is designed to fit what participants can do so come join the fun and watch your own functional fitness improve!