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Woodville LEADER

The Gateway to Western Wisconsin



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THURSDAY, FEBRUARY 25, 2016



Awards were presented at the at Live 2B Healthy class at Park View Home, Woodville. Standing are Mike Metro (left), certified fitness trainer, and Steve Neseth, Regional Owner, Live 2 B Healthy. Seated (L to R) are Parkview residents: Betty Colburn, Lenore Gunderson, Irma Mohn and Alice Trahms. Not pictured is Betty Monicken. Photo by Paul J. Seeling

Parkview Live 2B Healthy awards class participants

By Paul J. Seeling, Gateway News, with Steve Neseth, Live 2B Healthy

WOODVILLE, WI - Park View Home in Woodville began a new on-site fitness program provided by

Live 2 B Healthy® of Minnetonka, Minnesota. Twice each week, more than a dozen residents have participated in a 45 minute exercise class that supports their commitment to a

healthy lifestyle.

Watching the class is a fun experience to witness as the residents

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respond to Mike Metro the Live 2 B Healthy trainer who leads and works with the group at a comfortable pace employing a variety of exercises and equipment. The class meets in the community room at Park View in a large circle with the residents seated as they do their exercising.

Live 2 B Healthy® is an industry leader in senior fitness because of their age-specific exercises, nationally certified trainers, consistent on-site programs and class design that focuses on both results and enjoyable socialization.

Each Park View participant's fitness was assessed initially at the outset of the program in September establishing a baseline functional fitness level.

Last month (January 2016), the residents were assessed again to measure their level of improvement against their baseline mark. Rather than a competition against each other, the residents are encouraged to work to improve their own functional abilities through the course of the class.

Overall, class results showed improvements in all measured categories. On Friday, February 21, 2016 Steve Neseth, Regional Owner, St. Croix Valley, Live 2B Healthy was on hand at the class to award to those five Park View residents who improved the most with a certificate of accomplishment. As expected the high achievers were also the ones who attended the class most consistently throughout the testing period.

Those receiving awards were as follows: Participation: Alice Trahms for attending 97% of the sessions. Balance: Betty Monicken for 133% improvement. Upper Body Strength: Irma Mohn 10% improvement. Lower Body Strength: Betty Colburn improved from 0 to 7 squats in 30 second test. Flexibility: Lenore Gunderson 2.5" improvement in the reach test. Lenore had 85% attendance for the sessions.

Alice Trahms who received the Attendance Award for attending 97% of the classes - only missed one time! Alice showed strong improvements in three of the four categories and almost tied her baseline mark in upper body strength.

"I look forward to the class because it's so much fun. And, my son says that I've gotten stronger," said Irma Mohn.

Added Lenore Gunderson, "My wrist is feeling better. My shoulders don't crack as much and my balance is better. I'm now able to stand without hanging onto something."

Betty Colburn smiled upon getting her award and said, "I'm getting stronger!"

Irma Moen said, "I like the group!" as she held up her certificate to have her picture taken.

All recipients encourage others to join the fun too. The fitness program is offered at no charge to the long-term care residents of Park View.

Park View Community Campus is committed in its efforts to providing an integrated Long Term Care Campus to the surrounding area and aggressively delivering the highest quality of care to their four facilities. They are receptive to the needs and concerns of their staff, residents, tenants, family members, children and the community. They are all crucial cornerstones in implementing a philosophy that is based on strongly held beliefs which are commitment to excellence, compassion and improving the care of the community. For more information please contact Park View Executive Director, Melissa Walthall at 715-698-2451.