

# Mind over Matter

BY DAYNA STODDART



I have had the pleasure of teaching Maureen Kensit for the past decade now. She is a voice of reason and wisdom and a source of inspiration, not only for the participants in my classes but for myself. She is a true role model.

For Maureen, age is just a number. She believes that you are only as young as you are today. Recent research indicates that most older adults feel 15 years younger than their chronological age. Maureen could definitely be the poster child for this. She challenges herself both in mind and body.

Maureen is positive, optimistic and resilient. She believes in owning her own mistakes and not being a victim. She chooses a proactive approach to manage/treat and cope with illness and injuries. Her positive state of mind has allowed her to heal and continue to stay active.

"Life is about choices," she says. You will not hear the words "I can't" in Maureen's vocabulary.

She is committed to staying physically active and is a regular participant in both Having a Ball and Body Balance classes here at the Recreation Centre. Maintaining strength, flexibility, balance and posture are priorities for her. These classes focus on movement and self-care using a variety of equipment from foam rollers to stability balls. The new buzz word or trend



for 2019 is Active Recovery which is exactly what these classes are. **Active Recovery** is programming that is essential to our overall health, recognizing that our ability to work out is limited by our ability to move.

As a seasoned participant in the above classes, Maureen has become an expert in demonstrating some key exercises to improving posture. As such, Maureen is the model demonstrating this exercise series in "The Power of Posture" article that was published in the *Journal on Active Aging*, July 2015 issue, written by Dayna Stoddart, BSCPT, Wellness Director and colleague Terry Eckmann, PhD and professor at Minot State University.

I shall end this with some words of wisdom from Maureen,

**"Trust the process...there is a big difference between hope and trust."**  
and **"Happiness is a fleeting moment; contentment is forever."**

## THE POWER OF POSTURE

WILL BE ONE OF MANY IN A SERIES OF COMPLIMENTARY WELLNESS GROUP EXERCISE CLASSES LAUNCHING THIS SPRING (2019), INSTRUCTED BY DAYNA STODDART, WELLNESS DIRECTOR.

