



LIFE FITNESS NEWS

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Newsletter

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Birthdays

A Very Happy Birthday to:

Jane Micallef - Apr 26

Member Memory

We mourn the loss but celebrate the life of Tanya Leah Temkin, age 71, who trained with Blake as a private client for nearly five years. Despite struggling for years with effects of ovarian and brain surgery, she refused to accept the status of being “frail.” Blake admired her “conquer not quit” attitude. Tanya never stopped working to regain her balance, endurance, and strength. She was brilliant and endowed with a mischievous wit. Tanya devoted her working life to those in need. She was the author of many grants that helped the distressed and disabled. Before cancer, she enjoyed hiking and traveling with friends. She loved maintaining her beautiful garden. She passed away on February 16, 2022.



Happy Anniversary! by Blake Ferris

It's the second anniversary for all of us in the Agile 4 Life Fitness community. Joy and I would like to thank you all so much for helping transform our little pandemic experiment into our thriving fitness family. Every morning I wake up grateful to teach another class full of vibrant, remarkable participants and lead another private training session with curious and committed people. I don't take any of it for granted.

Back in 2019, Joy and I started to talk in earnest about opening a fitness studio. Our focus was on using corrective exercise techniques to help people improve their lives. We had seen so many gym members get discouraged because they didn't have the know-how to do it correctly, safely and with joy—pun intended, ;-). They burned bright when starting out, only to flameout after a few weeks from discomfort, boredom, injury, and lack of meaningful results.

It seemed like all plans ended when Joy moved to another state. It was a good move for her though; quiet living in a bigger home with enough space for a dedicated studio. Still, we held onto a sliver of hope that we could somehow launch a fitness studio together.

Then, two days after all the gyms closed due to the pandemic, Joy reached out to me with a wild idea. We should start teaching our respective classes online. I admit at first I was skeptical. I couldn't quite envision how I would teach an hour-long class in my tiny little cottage. The whole point, we realized, was to show everyone how easy it is to get a great workout while on lockdown. I'm thankful I accepted the challenge.

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The Reading Corner - For Better Health & Fitness

“Ask the Expert” at Agile 4 Life Fitness from SeniorsMatter.com. [How can older adults improve stamina?](#)

From the **National Geographic Magazine**. [The end of inflammation? New approach could treat dozens of diseases.](#) March 4, 2022 by Connie Chang
 Nat Geo allows you to read 4 free articles each month in case you don't have a subscription.

An older article from the **New York Times**, Nov 19, 2021. A great article to remind you why form is so important. [How to Save Your Knees Without Giving Up Your Workout.](#) (Click the article title if you don't have a NY Times subscription.)
<https://www.nytimes.com/2021/11/19/well/workout-exercise-knee-health.html>

Fitness Inspiration

Agile 4 Life Fitness would love to start sharing the phenomenal, inspirational stories about our own fabulous fitness community. Everyone of you has a story and we'd like for you to share that story with the group. You never know when your true life story and struggles will inspire someone else. **Please** send your stories to either: joy@agile4lifefitness.com or blake@agile4lifefitness.com



Member Rewards Program

We would like to congratulate the first group of members who have already earned more than 2000 reward points. Remember, we just initiated the program in January of this year. Way to go ladies!

Janice Schroeder Jane Martin
 Zan Turner Linda Burden

We would also like to congratulate four more members who are very close to reaching 2000 reward points. Keep it up. You're so close!

Sheila Thorne Saroj Dubal
 Barbara Sargent Mary Firestone

As a reminder, the **Membership Rewards Program** is a feature of your WellnessLiving/Agile4LifeFitness account. It allows members to earn points for what they are already doing—staying active and fit.

Here's a reminder of the points you need for some great prizes.

Tier One Prize List: Redeem 2000 points and pick any one of the 18 prizes on the list. [Click for your copy of the list.](#)

Tier Two Prize List: Redeem 4000 points and choose one.
 ♦ A set of Black Mountain Interchangeable Resistance Bands w/ Grips, Door Anchor & Ankle Strap
 ♦ A 30-minute Personal Training Session with your choice of personal trainers Blake or Joy

Tier Three Prize List: Redeem 6000 points and choose one.
 ♦ A set of Urban Walking Poles
 ♦ A Bodylastic Full Door Anchor for resistance Bands
 ♦ A Bodylastic set of interchangeable resistance bands w/grips, door anchor & ankle strap
 ♦ One 60-minute Personal Training Session with your choice of personal trainers Blake or Joy

We even have a way for you to earn some extra bonus points. You can earn 150 reward points and help **Agile 4 Life Fitness** attract more great members, just like you.

All you need to do is [Click into Google Maps](#) and “Write a review”. We're sure your fantastic testimonials will help us spread the word and attract more dedicated seniors. Plus, you'll be helping us meet our goal of trying to touch the lives of a million seniors so they can move more and ache less.

(Anniversary Article, continued from page 1)

Within one week of all the area gyms closing, we tentatively launched our online studio. It was so important to Joy and to me that we keep each of our champions active and happy. What a pleasure it was to lead these classes filled with very enthusiastic participants. Fostering community was always an essential part of our mission. So, we felt it was important to give everyone a chance to socialize before class and ask questions about specific exercises after class. Joy and I were overwhelmed with the continual outpouring of gratitude. We were humbled.

We've definitely grown in two years. We went from offering one free class a day to filling the mid-morning hours with a creative and varied selection of classes. Our remaining workday hours are spent with private training sessions for those who would like more hands-on support. Whereas we started tracking the business using simple spreadsheets, we've now transitioned to a professional studio management system. We upgraded the website so we could hone our message of how we help those over 50 stay stronger for longer. A well-stocked video library gives those who have an ever changing schedule a chance to participate.

In my opinion, we are a pretty wonderful community because we have defied the norms. The data shows most folks over 50 saw a marked decline in their mental and physical health. The statistics vary depending upon the study; but, scientists put the decline somewhere between 25% to 45%. For too many older adults, that is a huge loss of muscle mass, bone density, neuromuscular control and mental health. I personally watched my elder family members become withdrawn and frail at an alarming rate.

It's been an honor and privilege to support the myriad of transformations in our tribe. Joy and I have seen you all stretch a little further, move with more ease, press with more power, regain trust in an injured joint, push more in the challenges, find balance and grace, and enjoy exercises more deeply. We've witnessed brilliant flashes of awareness when you've truly understood what the movement is intended to do for you. We fully celebrate YOUR wins.

Again, I want to thank each and every one of our Agile 4 Life Fitness community members for making our dream into a reality. I am very grateful (and I know Joy is as well) for your trust, gratitude, feedback, insights, praise, questions, frustrations, and just plain awesomeness. We love your willingness to try new things. We value your warm, smiling presence in every class or training session. It's truly inspiring to see everyone continue to improve in some way—be it strength gains, better balance, finer-tuned movements, improved range of motion, and even weight loss.

I know I'm repeating myself; but, I can't say enough about how fortunate I feel to have each and every one of you in our fitness community. Together we've done amazing things. Since our inception, you've been right there with us while we taught over 1280 classes and lead 760 private training sessions. That's something to celebrate. Yay, you! Yay, us!

Miles Stones

Miles Stones	Date		
1st Test Circuit Class	03/23/20	Launched Video Library	09/07/20
1st Test Core Class	03/27/20	Became an LLC****	03/18/21
Launched Our Online Studio*	03/30/20	Switched to WellnessLiving***	05/01/21
1st Online Private Session	04/04/20	1st SMR Class	01/03/22
1st In-Person Private Session	04/25/20		
1st Quick Cardio Class	06/01/20	* Originally called "Workout With-Us"	
1st Stretch Class	06/01/20	** Formerly the U Can Do It! Class launched on	
1st R-Band Class	06/02/20	06/16/20	
1st ReStart Smart Class**	09/08/20	*** Client Management Software	
1st Gentle Yoga Class	08/17/20	****Became a legal entity called "Agile 4 Life	
1st Beginning Tap Class	08/17/20	Fitness, LLC"	
1st Intermediate Yoga Class	09/08/20		
Launched Punchpass***	08/01/20		

Please share our newsletter with your friends or family.