

4 LIFE FITNESS NEWS

Fitness Stories | The Reading Corner | Future Growth

Newsletter

- Agile 4 Life Trainer Stories
- The Reading Corner
- Looking to the Future
- Member News

Birthdays

A Very Happy Birthday to:

Barbara Rosen - May 19

Member News

Thank you again to Deep & Moorea for making the cool Zoom background for the Agile 4 Life members. (If you can't find the email with the attachment, please let Joy know and she'll resend it.)

This San Francisco duo has been doing personal training sessions with Joy since the pandemic. And you could say they've been getting ready for their next great adventure.

Well, that next great adventure is here. They just found out they are expecting a **baby girl**.

This is very exciting news. From all of us in the Agile 4 Life Fitness community—**Congratulations**. We hope everything continues to go well. *As a side note:* Moorea says she'll keep training until she's too big to move! Now that's dedication!



Your Trainers' Fitness Stories

Often you hear us say, “we would love to hear your fitness story.” We want to hear your story because you all have one. Your stories make you who you are. Throughout your life you'll have all sorts of stories to tell. Whether the stories are happy, sad, exciting, daring, fascinating, inspirational, or down right heart breaking, they are what connect us and make us more relatable to each other.

In this month's newsletter, your trainers are going to tell their stories. If you've ever wondered why Lori moves so effortlessly through her yoga poses, why Blake is so knowledgeable about the human body or why Joy is so darn picky about form, keep reading.

Lori Cable - Her Path to Yoga and Personal Training

Lori has always loved movement. From the day she was brought home from the hospital, right after her birth, Lori's mom said she had a hard time getting her to sleep and to stay still!

As a child, Lori was very shy. At age 5, she began taking dance classes but she was so shy and nervous that she didn't enjoy them. She stuck with it because her best friend Tara, who is still her best friend today, was also in the class. When her parents got divorced about a year later, Lori had to stop taking classes because she moved to a different area. She continued to be quite shy—throughout her— adolescence, and developed more and more insecurity.

When she was 12-years-old, a friend suggested they join a new dance studio that opened up in their neighborhood.

(continued on page 3)



The Reading Corner - For Better Health & Fitness

“Ask the Expert” at Agile 4 Life Fitness from SeniorsMatter.com. Does 'healthy' BMI change as you age?

From the **AARP online Newsletter**. [5 Surprising Causes of Back Pain After 50](#), June 25, 2021 by Kimberly Goad

Fitness Inspiration

Our first fitness star is **Janice Schroeder**. During the pandemic, Janice added Agile 4 Life Fitness classes (5 days a week) to her early morning biking routine. When the video library was built, she even added classes to her weekend routine. Two years later, Janice is leaner, healthier, stronger, has better balance and more mobility than she ever thought was possible. Even though her left knee has severe arthritis from a medial meniscus surgery, and a non-functioning ACL, Janice has truly defied the odds. A regular in Lori's yoga classes, Janice can now perform a pigeon pose. Even though that type of left knee damage would normally prohibit a knee from comfortably moving into that angle. Janice says, she basically has no pain in her left knee and it feels more stable than it has in a long time. Congratulations Janice. Not only are you a fitness inspiration but you're also a very special person. 🌸



Looking to the Future

Back in September of 2020, Agile 4 Life Fitness (known as Workout With-Us before our name change), sent a letter to all the members. In that letter, we wanted to give our loyal members a glimpse into how we envisioned the growth of our newly formed virtual fitness studio. As we look back at that letter now, we are proud to say we have kept on track and met almost all of our goals.

To recap since our inception: 1) we have designed and added new classes; 2) we recruited Lori to teach her wonderful yoga classes; 3) we developed a video library; 4) we initiated the members rewards program; 5) we continue to keep your online experience as seamless as possible; and 6) we kept our promise to not increase the price of the membership for our founding members.

Some of our future goals, such as adding more classes and new instructors, bringing in guest speakers, and offering special webinars are contingent on growing our membership. We've been through a lot together, so we're not even going to be shy about this. We're asking for your help.

You are all by far, our greatest promotion resource. Many of you have already told your friends and family about us. We are very grateful for your support and thank you for spreading the word. If you feel like your friends are tired of hearing about your fitness, here's a couple other ways you can help. To show our appreciation (and love), everything we mention will earn you additional rewards points for free prizes.

First, you are always welcome to invite any friend or family member to join a class. If you let us know ahead of time, we'll activate a free pass for your guest. Then they can register online and jump into class along with you. Letting people sample the classes is a great way to get them excited.

Second, if you are on FaceBook, join our Agile 4 Life Fitness FaceBook page. It's another way to get the word out. Your friends will have a chance to see who we are and what we offer.

Third, and really the most powerful way for you to help us, is to share your fitness story on our Google site. All you need to do is [Click into Google Maps](#) (the link will take you directly to the site) and "Write a review". (It earns you 150 reward points.)

You never know when your story will touch someone in a way that can change their lives or motivate them to start working on their health and fitness. The pandemic was hard on seniors. These are people just like you, who want to stay strong and independent. Let's show them there is a wonderful place to go for support, community, and staying or getting strong while having fun.

Thank You! Thank You! Thank You!

(Agile 4 Life Trainer Stories, continued from page 1)

Lori decided to try a jazz dance class, and she absolutely loved it! Little did she know this jazz class would change her entire life. She signed up for 2 classes per week and practiced all the time. The class helped her become less shy, and less self-conscious about her height. The more she was directed to stand tall and proud in jazz class, the less insecure she felt. She wanted more.

When she asked her mom about taking more classes, Lori was told they couldn't afford it. Thankfully, her teacher offered her a full scholarship for taking classes in exchange for assisting with the younger children's classes. Lori was thrilled! From the time she was 12-years-old until she was 18-years-old and leaving for college, she practically lived at the dance studio. She loved dance so much. It was all she wanted to do.

As time went on and after suffering a major injury, Lori realized how competitive and often cut throat the dance world could be. So, she decided she needed to focus on other areas.

Long story short made short: after deciding she should give up on dance and focus on a career that was more sensible for her, Lori discovered yoga. She appreciated that yoga was for all bodies, all levels, all ages, all beings. Through yoga, she felt she could still find her own dance. It also brought together the two things Lori realized she wanted to do: be involved with something that centers around movement and that helps people to feel better through movement. So, after getting her personal training certification and working in the fitness world, Lori began working on becoming a yoga teacher. Now, she's excited that everyday she can use her skills to help others find enjoyable ways to be healthy and fit. And hopefully find...*their* own dance.

Blake Ferris - My Journey to Personal Training

It warms my heart when the look of surprise emerges from a client's face after a training session moves the needle of mobility significantly. They often wonder aloud, how could such seemingly simple techniques, movements, and stretches bring greater relief than all the years they tried physical therapy, acupuncture, massage, etc. I tell them that there is a long scientific explanation as to how it works. But, isn't it just more fun to feel the magic of training that works?

I have always loved helping people find relief from pain. I started with the study of massage as a young teenager. I liked feeling how everything was connected. I studied body mechanics to better perceive how muscles and joints worked. I could assess how muscle imbalances lead to a chain of dysfunction in posture, gait and dynamic movement. This helped me to be a better amateur athlete and recreational coach.

Then, in the early aughts, I was struck suddenly by a mysterious neuroimmune illness from which I could not recover. It was so severe that it took me out of the job market for nearly 15 years. It was hard to be met with disbelief from family and to be dismissed by physicians. It's sad, but validating, that 20 years later the scientific community now grasps that viral illness like COVID can leave people with the long-lasting debilitating symptoms. The same symptoms I experienced of trouble breathing, weakened muscles, limited stamina, faulty balance, impaired focus and poor digestion.

I found my way back to working the same way I found my way back to strength and recovery: through fitness training. It took several years. But, it was worth it. When I became a personal trainer, I was able to parlay a fascination with anatomy and movement into a discovery of corrective exercise. I could use my awareness of body mechanics and anatomy to help people find relief from aches, gain freedom in movement, and feel vital through conditioning. I could use my experience with my own recovery to inspire a commitment to desired goals.

That's why it was such an imperative for me to keep clients active during the shutdown. It's a source of quiet pride for Agile 4 Life Fitness members and clients that they retained their physical and mental health. I applaud that nearly all reported gains in mobility, strength and stamina. Truly impressive considering the staggering statistics that 40% of those over 65 years old, reported significant losses in physical and mental health.

There are not many plus-sized, disabled trainers out there. I hope my journey inspires others to seek out better health through fitness no matter their age, shape, size or experience.

Joy Fletcher - How She Got into Personal Training

The path Joy took to become a personal trainer started in a karate class at her local YMCA. One of the male participants started targeting the females during sparing. Joy's solution: get stronger to make things more even. So, she headed to the weight room.

Being the only girl in the weight room was probably why she got the attention of her first lifting mentor. Whether he was afraid she was going to hurt herself or he actually saw potential, she'll never know. But his expert guidance helped her get stronger.

When her mentor left the Y to join a small gym that specialized in turning out successful bodybuilders, Joy went with him. It was here that Joy starting learning about anatomy and nutrition. She learned everything she could. After trying her hand at bodybuilding, she realized it didn't suit her body type. But, she continued to lift because she loved how it made her feel.

While attending college in Cleveland, Joy joined a gym called Black's Health World. This gym specialized in powerlifting. Their team was billed as the "strongest powerlifting in the world." Joy was readily accepted and became fast friends with the owner and the regulars because they could see she had some training. Since the United States Powerlifting Federation (USPF) had just sanctioned the sport for women competitors, Joy was asked if she wanted to try powerlifting.

So, she starting training with her all-male teammates. Learning everything she needed to know to safely do her lifts. Eventually, she could bench press more than her body weight, squat with almost 300 pounds on her shoulders, and pull close to 400 pounds off the floor for a deadlift.

As she became a fixture in the gym, other members started asking her for advice and help. That's when Joy started helping others. She felt compelled to help others because she had been fortunate enough to receive training from so many who graciously volunteered their expertise. Through all the many years of training, the most important take away for Joy is to honor the body. Work with the body's individual design to stay injury free. This will ultimately allow you to reach your fitness goals. And don't be afraid to admit when something's not right for your body type or situation.

As a side note. Not long after Joy started weight training, the karate teacher quit due to a cancer diagnosis. She never really got to administer her revenge on the guy who was targeting the females.

Five Facts about Fitness Over 50

Only one-third of people over the age of 50 exercise regularly. We're trying to change that! Here are five facts we hope will help you stay motivated.

- Any physical movement lowers the risk of dementia. It also improves your brain function and sleep. – **Neurology**
- Any exercise you do regularly can reduce the symptoms of illness, chronic disease, and improve overall health. – **The Parkinson's Foundation**
- Working out with partners, increases the efficiency of your workouts. Consistent workouts will boost your mood, self-confidence and resiliency. – **Psychology Today**
- Weightlifting has a greater effect than running, walking, or cycling on lowering the risk of heart disease. – **American Heart Association**
- High-Intensity Interval Training (HIIT) is good for everyone and has even bigger benefits for older adults. – **The Mayo Clinic**

We always welcome your comments, suggestions, ideas, and fitness stories.