

## Fitness Committee Working to Get You Moving

Regular physical activity that provides some challenge to balance, leg strength and overall cardiac conditioning is the most important thing we can do to influence how we age. The evidence is clear. Do you feel you are active enough? What is standing in your way, and what can we as a community do to support you in being more active? Our Lathrop Fitness Committee gathered last week to take up these questions and we had a lot to consider:

- Ron Robbins had explored possibilities of connecting with new Movement or Therapy grads at Springfield College as interns or even (eventually) Lathrop fitness staff;
- Ron also had contacted the owner of the Easthampton **Be Fit** gym, as a possible “corporate partner “ for discount opportunity for residents. The YMCA may be another option;
- David Morrissey led us into a discussion of possibly finding a personal trainer willing to contract with Lathrop, perhaps for a free fitness evaluation in lieu of rent as our masseuse and foot nurse do now;
- Marliisa Parker is following up with the YMCA about their plan for equipment slated for upgrading;
- Then bits and pieces about the coming additional Yoga class in Northampton and the new Accessible Walking trail at the foot of Mt Tom in Easthampton.

Our major initiatives are two:

1. A survey to explore Resident fitness habits and identify obstacles, wishes and new possibilities;
2. A campaign in November to track equipment usage in our two fitness rooms. Look for the sign-in books and mark when and how you are using the room.

Our committee is chaired by David Morrissey. Rob Olmsted and Deb Peavey serve along with residents Rob Robbins, Cammila Parker, Lynn Howe from Easthampton and Marliisa Parker and Arlene Jennings from Northampton. We'll be adding the members of the former Board Advisory Health and Wellness committee: Fran Volkman, Joan Wofford, Nancy Steeper, and Andy Walsh.

Feel free to share thoughts and ideas, and look out for the coming survey.