

Healthy Habits Make a Difference

Paula Karl just came back from “the trip of a lifetime” to Mount Machu Picchu, which she and her late husband had originally planned 8 years ago. She was thrilled that she was “able to keep up” despite being the oldest in her group by 7 years (she’ll celebrate 80 years this May). She credits the group exercise classes at The Center for Fitness for making the difference. She has been coming to Low Impact Aerobics, Zumba® Gold, and PUMP (Group Strength) since 2008 and believes that helped her enjoy such an energetic itinerary.

Al Turner was also a long-time member and suffered a stroke 5 years ago. He recently returned to continue his rehab. He had focused on resistance training in his younger days and credits his strength in his recovery. He is already up to 130 lbs. on the leg press and says that “helps him get around”. He was in the hospital with a lot of weaker patients and noticed they took a lot longer to recover and did not make the progress that he now enjoys. “I am 84 now, so I could use a wheelchair but I know once I do that, I might stay in it the rest of my life”.



Paula Karl and Al Turner are Making a Difference

A recent article from Health Realizations on Aging Gracefully notes that “many of the problems of age are not due to the process of aging itself, but rather due to the effects of a lifetime of stress and poor health habits”. If you want to enjoy the same health benefits as Paula and Al, call or drop by The Center for Fitness today. Find out why they were voted the Reader’s Choice for Best Gym/Fitness Center in Kerr County!

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