



**Kedgy Larson**  
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[www.FitnessLadyOnline.com](http://www.FitnessLadyOnline.com)  
[www.flexiblebilliegoat.com](http://www.flexiblebilliegoat.com)  
[www.youtube.com/user/TheSuperFBG](http://www.youtube.com/user/TheSuperFBG)

**Contact Us Today: 747-1897**

## ***Reminder\****

**Watch for changes in your classes for the next 8 weeks. This will provide challenge, fun, and variety for your workouts! Do you have a great idea for a fun class? Thanks for the ideas, we love them! Keep sharing them with the Staff or Instructors.**

## **Get Focused on Strength in April**

### **Strong is the New Beautiful**

**"Muscle is the absolute centerpiece for being healthy, vital, and independent as we grow older" says Miriam Nelson, author of *Strong Women Stay Young*. Muscle helps us burn more calories, and appear younger. What makes us look older, is losing muscle and gaining fat as we age. Muscle power is key to helping us get up and down out of chairs, cars, sofas, and also helps older people avoid falls. By the time we are 60 years of age, 45% of our workout time should be attributed to strength training, 55% to aerobic activity. Lastly, strength training maintains or possibly improves bone mineral density. Are you feeling a little weak, prone to falls, or have bone density concerns, is your goal to keep your body lean & strong through our golden years? See your exercise specialist at Fitness Lady for your personal program 2-3x's a week.**

*-Kedgy*

### **Upcoming Events**

***Every Wednesday Brain Train***

***Saturday April 9th "Spring Clean Your Routine" class with Kedgy at 9am (sign up required)***

***April 22 early hours, April 23 Sat, closed***

***Happy Easter April 24th***

***April 30th "Email 101" class at 9am, bring your laptop! Sign up & \$8.00 fee required***

### **Resource information:**

Dr. Kenneth Coopers book, *Start Strong, Finish Strong*. Or the entire series of books by Miriam Nelson for purchase, both at [www.flexiblebilliegoat.com](http://www.flexiblebilliegoat.com)

**100 days of intentional movement** is coming down to the last 10 days and those participating are feeling better and stronger. Their suggestion, each time you go to sit down, do 10 reps of stand up and sit down first. The best exercise you can do anywhere and the benefits to your leg strength is terrific...don't use your hands!

**Try This:** To sneak more movement into your busy day include the stairs, getting off the sofa to change the channels, walking during lunch, answering the cell phone (or land phone) on the counter, not in your lap or pocket.