



A Step Above

Personal Training Concepts

Motivation, Dedication, and Determination are key factors in striving for excellence and optimal health and wellness



Good Health, Good Livin'!

There is countless research about the effects consistent physical exercise has on the aging process. Almost all evidence suggests that the benefits of physical activity are too great to pass up. A regular exercise program can prevent or delay the onset of diabetes and heart problems. Physical activity will also reduce arthritis pain, anxiety and depression. Seniors who exercise also have greater flexibility, improved balance and a greater defense against age related muscle loss. The list of health benefits goes on and on, and by equipping oneself with this knowledge is certainly a proactive stance to aging gracefully. However, reading about senior fitness is one thing. Seeing it in action is amazing and admirable.

The Rural Retreat Boot Camp members had this opportunity this past season. One of our most dedicated and hard working members is Mildred Davis. At the beginning of the class, I simply knew Mildred as "Cheryl's Mother". (Cheryl and her mother signed up to take the class together.) The first week I was impressed with her stamina. Around the third week we learned she is the oldest member of Boot Camp---71 years old! In February, I watched her hold the plank for close to a minute. She sweated through wall skips, lunges, medicine ball pass and chops. In March, I learned she is a fan--huge fan--of heavy metal music. By April, she proved to be one of the most consistent Boot Camp members. I can recall only two classes that Mildred missed. Around this time she also reported that her cardiologist said she had the "heart of a fifty year old!" By May, I knew I had to find out more about this amazing woman.

Mildred moved to Wythe County from Florida with her husband and three children. She grew up on a farm working hard to help out. She says those years instilled in her the value of hard work -- a value she holds true to today. Mildred understands the pain of losing a child and a husband just a few years ago. But, as I have witnessed firsthand, she finds immeasurable joy in her two grandchildren, Lily (7) and Grayson (10). And on the occasions I have seen them together, Mildred keeps



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In July of 2005, a cool summer's morning, the Taylor

(atrophy) and neurological dysfunction. On some days she found it hard to stand for periods of time without her legs quivering and shaking. As this condition progressed it had reached a point that it was even hard for her to pick up her small children. Finally as a result, Beth's condition resulted to surgical correction. After post surgical follow ups her surgeons informed her that due to this type of surgery and medical condition..... whatever muscle strength and neurological function she gained back within one year.....would be all she could regain, "no matter what."

However, Beth was determined to not limit her thinking to "settling for less" when at one time she was an avid runner, participating in several 5K marathons, in addition to playing



family of five arrived in the small town of Wytheville at 3:00 a.m. While David and Beth unloaded the moving truck, their daughter Kaitlin then age 6, and twin boys, John and Logan, then age 5, slept peacefully through it all.

According to Dr. Beth Taylor, a specialist in Gastroenterology, they were excited about this move from Statesville, North Carolina to Wytheville where Dr. Beth Taylor now has her private practice. She stated that they chose Wytheville since they had driven through the town several times and fell in love with the beautiful Virginia scenery.

When interviewing Beth, she shared with me why the need for a personal trainer was so important to her. In 2003, Beth had discovered that she had a cervical cord compression. Due to delayed diagnoses it resulted in significant muscle wasting and/or loss

Jinjer's Thoughts

sports. Furthermore, she had a busy practice and three infants to take care of. Regardless of what the surgeons had said, "no" was not an option in her healing process. She was very self driven and highly motivated on regaining her muscular strength and flexibility beyond what the surgeons had said. Therefore, Beth went one step further by going to a gym and had decided to hire her first personal trainer in Statesville, North Carolina. During this time is when she discovered how much her trainer made a difference in her life. After several months of training Beth was feeling much stronger in both her upper and lower body. She had gotten strong enough to even hold her children once again in addition to managing a full workday without her legs quivering. This is when Beth had realized how important it was to exercise daily, increasing her muscle mass, helping with her posture in order to stand for longer periods of time, maintaining mobility and balance daily. After moving to Virginia in 2005, a busy career and Beth and David raising three small children seemed to take precedence in life. Before she knew it, her body had grown weak

Livin' (con't)

right up with the boundless energy children have.

As for hobbies, she enjoys reading, sewing, knitting, making cloth dolls and crochet. One the flip side, she also has a passion for riding her Trike (a three-wheeled motorcycle) on long road trips, camping, taking bus tours and going to concerts----heavy metal bands including Quiet Riot, Iron Maiden and Judas Priest. As "Cheryl's Mother", I now understand where Cheryl gets her own optimism and easy smile. Their mother-daughter relationship is touching and enviable.

**"Don't worry about anything.
God's going to take care of
everything."**

As for being the oldest member in Boot Camp, one would never guess. To an onlooker you would simply see an active, healthy class member dripping sweat as she drops down to do push ups, crunching low for chops, running to complete shuttle runs. To a health professional you would find less pain from arthritic knees, a strong set of lungs, and a healthy heart. To an instructor you would see a strong, flexible, independent participant

with a quick sense of humor and a comforting smile. Mildred keeps going strong and doesn't give up. She is an example we can all learn from.

When asked about her attitude toward life, she simply shrugs her shoulders and says,



"Don't worry about anything. God's going to take care of everything."

Stay strong, Mildred!

-- Susan Spraker

Thoughts (con't)

and due to time constraints, Beth was unable to manage her workouts until three years later in 2008. By then her medical condition had repeated itself and the neuropathy and myopathy, muscle wasting and atrophy as a result of the previous injury, had returned to her body once again. I could not believe my eyes when I first met Beth, in May of 2008, witnessing this for myself. Since then, over one year later, Beth works out diligently, sev-

eral times a week at the salon. Moreover she utilizes other exercises and stretches on her own time, to maintain flexibility and strength. Beth now has the capability to run if she wants to. She has increased her core muscles (muscles which correct postural imbalances which can lead to injuries) and her overall muscular strength and endurance, in addition to reshaping her entire body. Even her neighbors have commented on how young she looks. Even with her many roles as a doctor, wife, and mother of three, she still manages time to train her body whether at home or with her trainer knowing the importance of staying healthy and strong. Beth looks at her training as a necessary part of her life, not a luxury, in order to maintain and continue optimal health and wellness. Congratulations Beth on all your hard work, dedication, and your inspiration to others.



Health & Nutrition



Betty's Muffins

Recipe sent by Valerie Bird

Put all ingredients in big bowl

1 1/2 cups oatmeal

1 1/4 cups flour

(I use wheat flour but white flour can be used as well)

1/2 cup brown sugar

1 tsp baking powder

3/4 tsp baking soda

1 tsp cinnamon

1 cup raisins

1 cup apple sauce

(I use cinnamon apple sauce.)

1 egg or 2 egg whites

3 Tablespoon oil

1/2 cup milk

Stir with big spoon - do not use mixer

Put in 12 muffin holders (fill to top) (I use paper holders.)

Bake in oven at 400 degrees for 22 minutes.

Contact Information:

P.O. Box 1146
1320 W. Main Street
Wytheville, Virginia 24382
Telephone: 276-228-5776
E-mail: jinjer@astepaboveptc.com

www.astepaboveptc.com

Group Exercise Classes:

Morning Boot Camp: Class Time
6:00-7:00 AM, Tuesday & Thursday
mornings.

A variety of personal training programs are also offered, please call for additional information.

A personal trainer is not a luxury. It's a preventative investment for optimal health and wellness.