

Having had arthritis (especially my hip and wrist) the last thing I wanted to do was go to an exercise class. It was at our Church. Steve asked a few times and said, "Try it! Try it." So I finally gave in and actually enjoyed it. The best thing was within 6 weeks, my hip had stopped hurting completely. And my wrist soon after. I am so thankful I decided to go. It's an awesome program. I call it my free physical therapy! Extra bonus: I made a lot of new friends and our leader, Susan, is awesome.

Betty W., Logansport, IN

When I started "Geri Fit" my shoulders hurt to lift my arms above my head. After three months of twice a week exercises, I have decreased discomfort. We do many exercises, not strenuous, for our legs, arms, hips, and shoulders. Also, we are given exercises for homework. Each one strengthens our muscles. You never feel pushed and if you have pain, you stop. We have a one hour workout twice a week with fellowship. Susan makes exercise fun.

Nancy D., Logansport, IN

I am able to visit the Geri-Fit classes at least two times a month. They are directly across from my office. Being a pilot program, there is always a risk that the program will be started, then have to be closed due to lack of interest. With Geri-Fit, however, this is not the case! The participants are excited, talking to their friends, and now demanding we open another session for others to join.

My own mother is in this program and I cannot emphasize enough how much it has helped her. At the age of 89, she is excited to go to class. Her knee and leg exercises have decreased her pain when walking barefoot. Her shoulders have better range of motion. She even mentioned turning to look behind her in the car was noticeably easier.

As an administrator, it's always great to see a program become popular. Geri-Fit has blown up. We are starting our second class here in this local county and have four others ready to grow with leaders and locations in other counties close by. Our local hospital is thrilled by the progress they have seen and even wrote to tell me about how they will gladly continue to support us. They believe in it so much they bought all the sets of weights and bands for 100 participants.

I am thrilled that I was able to be a part of bringing this program to our Agency. I look forward to many happy years of working with the Geri-Fit team in keeping our seniors healthy.



**Steve Gwin**

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