

# Geri-Fit Helps Rebuild Strength

By Jackie Knott

Assistant Director, Southport Center

**W**elcome to the world of Geri-Fit. I'm so excited to share my and other participants' Geri-Fit experiences.

My journey began when I earned my Geri-Fit teaching certification in June 2021. Geri-Fit is an evidence-based program designed exclusively for older adults. It helps rebuild strength that's been lost through aging, to help ensure a higher level of function.

All the exercises must be taught while adhering strictly to the guidelines regarding specific movement. We address muscle groups that affect our ability to balance.

## No Tunes—No Distractions

There is no music used in this program because each movement must be consciously made with thought and awareness. The objective is defined motion and music can be a distraction. We make our own music with laughter, chitchat, and keeping count.

This 45-minute program begins with stretches. Then we start the first of 12 to 14 different exercises. All of the exercises can be done from a chair or a wheelchair. We start out doing 10 repetitions then gradually move to 15 repetitions.

Most of our class participants share similar physical

challenges, such as full joint replacements, arthritis, recovery from a stroke, neuropathy, and balance issues. We use weights and bands in different weights. We have a wonderful new assortment of weights to offer, so there's no need to purchase them.



Sherry Ross, volunteer at the Southport Center, finds time for Geri-Fit even though she's busy with quilting and other activities. Ross says Geri-Fit (and Chair Yoga) have helped her with feeling stronger and better overall. She has shared that her A1C number has dropped, too.



Photo by Jackie Knott



Assistant Director Jackie Knott teaches a Geri-Fit class at Coastal Carolina Active Living's Southport Center each Tuesday and Wednesday at 9:30 a.m.

## Shower Door Results

I chose to start the exercises with my students to prove to myself the benefits of this 12-week program. Wow, what a ride! Personally I have found a new awareness of movement that has improved my balance. And it's made a big difference in cleaning my glass shower doors. I have neuropathy in both legs, and in the past that's caused me to be unsteady while bending down. Now I can perform the task with ease with no need to lean on anything for support.

Sherry Ross, our volunteer extraordinaire, is so happy with feeling stronger and better overall. She has shared that her A1C number has dropped, too. Sherry credits not only Geri-Fit, but also Chair Yoga.

What started out as a 12-week class back in July has blossomed into a group that enjoys each other's company while getting stronger with every movement. We welcome anyone who would like to join and the pace will be set accordingly.

## Take a Geri-Fit Class at Coastal Carolina Active Living

Geri-Fit classes are twice a week at these centers:

### Calabash

Tuesdays and Thursdays at 1:15 p.m.

### Leland

Mondays and Wednesday at 9:30 a.m.

### Shallotte

Tuesdays and Thursdays at 10 a.m.

### Southport

Tuesdays and Thursdays at 9 am.

### Supply

Tuesdays and Thursdays at 10 a.m.