

Karla Curtsinge...: Hello. My name is Karla Curtsinger. I am a wellness counselor, trainer, lifeguard instructor, our safety instructor. Been doing a lot of things here at the Wellness Center. I've been here for about 17 years. I've been in aquatics and exercise for about 20 to 21 years.

Health and fitness are really good for women. Often women don't realize how much they need exercise, particularly strength exercises. We take care of our families, take care of our husbands and our children, and help other people, but we tend to not take care of ourselves very well. So it's good for us to get into exercise and work on our health and fitness.

Women at any age can begin exercising simply by starting off by stretching, maybe taking some yoga classes. Some of our older ladies may take our arthritis classes if they need those. The aquatics, where I'm at currently, or in the pool area, is really good for lots of different things, such as arthritis, joint injuries, special needs. So whether they're a child, a youth, a woman in her thirties or forties as I am, or if they're older, any type of exercise can be done, you just may have to modify the exercises they do.

Regular fitness can help women tone up. Oftentimes when we speak to women here they ask us how to tighten their belly, tighten their arms. But in general, women need to be doing some type of exercise to help gain strength, muscle tone. It can help decrease body fat. Help with heart conditions, because women tend to have a lot of cardiovascular issues as they get a little bit older. So any type of health and fitness exercises can help with those things. But if you come in and speak to a trainer, we can really help you focus in on what you need.

It is absolutely never too late. We have ladies here at the Wellness Center that are in their seventies, eighties, and even nineties. We have a lady who comes here to the pool and takes classes and swims who just turned 91 yesterday, and it's a great thing for her to do. So any age can come.

Well for anyone, but particularly for women, we have strength training on our gym floor. We have the pool for aquatic exercise. We have aerobics classes, Zumba classes for dance, if you like to dance versus doing some type of heavy strength. We have abdominal and core exercises. There's so many things you can do here. It's just coming in, speaking with one of us so that we can kind of focus in on exactly what you're wanting and help you determine what your goals are and how to get there.

Women can commit to health and fitness first and foremost, just by realizing that they need it, taking the time for themselves, making that time during the day, during their week, away from anything else that might be their responsibility. Just saying, I need this me time to be healthier so that I can take care of myself and take care of others. So making the commitment to just say, hey, two days a week, three days a week, this is the time I'm going to do this. Come in. Exercise. Do what you need to do. Whether it's 5:00 AM or 3:00 PM or 6:00 at night, just making sure you set that time apart for yourself.

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