

Exercise Helps Woman Overcome Unexpected Setback

(NAPSA)—Whether you are exercising to lose weight, run a marathon or maintain your health, we all have our own motivation and goals for what we hope to accomplish, both physically and mentally. For Alabama resident Gay Rogers, her aspirations went far beyond physical appearance or even health, as she joined the SilverSneakers Fitness program with the hopes of being able to walk again.

In the face of two life-altering situations, Gay remained determined to live her best life through physical activity. She battled Charcot arthropathy, causing the loss of her feet, and then unexpectedly contracted a life-threatening infection. However, Gay's conviction did not allow this obstacle to get in the way of living her life to the fullest.

Rogers trained three times a week for three months to strengthen her upper body, thighs and glutes so she could maneuver herself out of her wheelchair and increase her stability. Through exercise, she gained the strength needed to walk with prosthetics.

No matter what brings you into the gym, SilverSneakers offers a few tips to keep you motivated, just like Rogers:

- **Set a goal:** You will inevitably hit bumps in the road, but setting a goal can help drive you through your fitness journey. Consider setting a specific time frame in which to achieve your goal to help you measure your progress.

- **Find a partner:** The right



Walking and working out with a partner can help you stick to your schedule—and have more fun, says Gay Rogers, right.

workout partner can force you out of your comfort zone, keep you accountable and inspire you to keep going when you feel like giving up.

- **Get focused:** Schedule workouts at times when you know you'll be able to devote your full attention, and create a playlist of your favorite songs to eliminate distractions and boost your energy.

- **Try something new:** Keep your workouts fresh by constantly trying new things. Sashay yourself into a dance class or try biking, swimming, running, aerobics, weight lifting, and sports such as tennis and golf. It's important to vary your fitness routine for both your body and mind.

SilverSneakers Fitness provided Rogers with the pathway to transform her life and reach her goals. SilverSneakers helps older Americans maximize their health and maintain their lifestyle through a variety of fitness offerings, both in and out of the gym and at every ability level.

For more information, visit www.SilverSneakers.com.