

# ~ LIVE 2 B HEALTHY ~

LOOKING GOOD...  
FEELING GOOD.  
SHOLOM AUXILIARY  
SPONSORS "LIVE 2 B  
HEALTHY® SENIOR  
FITNESS" AT SHOLOM.

*By Sheryl Thornberg*

*Photos by David Sherman  
Photography*

*Left: Margaret Corcoran uses the resistance of the elastic bands to strengthen leg muscles.*

It's 3 p.m. on Friday at Sholom's Roitenberg Assisted Living Residence and Live 2 B Healthy® Senior Fitness instructor Bryce Beinke moves the chairs around in the sunny Wartnick Room, organizing hand-held stretching equipment by each chair. Soon enthusiastic participants begin to file in, all smiles and ready to work out.

Staying active means living a longer, healthier life and Sholom is keen about making sure every opportunity is given to residents to live with more vitality and enjoyment.

With this focus on quality living, the Sholom Auxiliary agreed that this would be an excellent program to support and with money raised from their annual Food For Your Soul fundraiser, enabled Sholom to begin offering Live 2 B Healthy® Senior Fitness classes since January 2013. Live 2 B Healthy® Senior Fitness (L2BH) offers on-site fitness to many senior residences. Working with residents of all shapes and ability levels, the L2BH Senior Fitness Team has witnessed miraculous social and physical benefits for elder care residents.

Instructor Bryce has been doing this since 2009. He's an unlikely instructor for seniors, only 24 years



*Instructor Bryce Beinke smiles with Sylvia Levitov who stays active at 101 years old.*

old, with quarter-inch "gauge" holes in his ear lobes, long sleeves hiding tattoos and hailing from a family of Marines and bikers, but his enthusiasm and humor puts everyone at ease.

He knows what he's doing, having trained athletes for the U. S. Special Olympics as well as working as an in-home trainer.

On this day, the men have been drawn away by other activities so all of the attendees are women in their 80s and 90s. But one spry 101-year-old named Sylvia Levitov is there to show them how it's done. She never misses a class and the staff mentioned they had never seen her smile so much as when she's working out with Bryce. When asked the secret of how she has made it to nearly 102, her reply is, "Exercise! Exercise! Kicking! Moving! I'm not exaggerating. Put that in the paper!"

Bryce gets the ladies stretching and rolling their heads and shoulders back



*Estelle Gedan (left) and Marion Toberman work to increase arm strength with elastic bands.*



and forth. Next comes arm stretches using elastic exercise bands.

“3...4, keep pulling your arms wider. See if you can stretch them even wider. What number are we on? Nine!! I turn my back and you’re cheating!” Bryce teases. “Just for that you have to hold that position for the whole hour!” Everyone laughs.

The presence of photographer David Sherman has caught everyone by surprise and Renee Hornberg-Glassman pulls me aside to ask if I have any lipstick she can borrow. (“I want a picture for my kids!”) By the time she has applied it, the class has moved on to standing up and sitting down from their chairs. “Hey, Trouble!” Bryce points to Renee. “I want to see you standing up too!” She throws him a look, and then laughs. Feeling good and looking good is important to this group. They’re

here to encourage each other in the battle to stay limber. Increasing strength in arms, knees and legs is the goal.

Bryce takes a minute to go mug for the camera with Sylvia and then quips, “Get back to work, Miss 101.”

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The women are smiling and energetic as Bryce hands them resistance tubes to place beneath their feet and pull with their arms.

“How many shall we do today, Irene?” Bryce asks a rosy-cheeked trooper wearing a bold, red-striped sweater.

“Five,” she replies.

“20? Okay, we’ll do 20,” Bryce wisecracks and then adds, “Wait, I like five better.”

Irene Levin and her comrade, Doris Korsch move nimbly, stretching the bands to work their biceps. Estelle Gedan, in a green sweater and beige scarf, is encouraged and supported by her son, Joel and granddaughter Alicia, who have joined her today. They are here enjoying one of their frequent visits with Estelle and pat her back enthusiastically as she goes through Bryce’s routine.


Working side-by-side with each and every resident, Live 2 B Healthy® Senior Fitness helps improve balance, coordination, flexibility, muscularity and stamina. And it’s never too late to begin. Bryce tells of one woman who started exercising when she was 102.

After the class, I chat with Carol Lewin, a former anthropology professor at the University of Vermont who did her field work in Pakistan. She moved to Minnesota to be near her daughter and has been living at Roitenberg for approximately fourteen months. Twelve of those fourteen have been spent exercising, and more recently, attending the L2BH class.

“The program is well-run,” she said. “The instructor is trained to deal with this age group and work with different levels of ability. He’s a good fit because he knows his audience.”

When asked how the program was working for her, she said, “I can move my legs a lot more easily. It’s a good fit for my mobility.”

Looking good. Feeling good. That’s what this exercise program is all about. Neglected limbs and muscles regain strength, energy is renewed, and self-esteem is boosted. It’s all part

of Sholom’s ongoing commitment to enhancing mind, body, and spirit in all we do. 



Instructor Bryce encourages Mickey Rosen.



Doris Korsch and Irene Levin enjoy Bryce's enthusiasm.



Carol Lewin displays good flexibility using resistance tubes.



Bryce demonstrates the resistance tubes.



Helen Kirshner stretches her triceps.



**LOUISE** had increased balance by **905%** and upper body strength by **428%**. Good balance is extremely important as we age to prevent falls. Most falls are due to balance issues.



**MARION** increased her cardiovascular strength by **140%**. A healthy heart means a longer life.



**DORIS** increased her upper body strength by **324%**. Strength is vital for independence.



**SYLVIA**, even at 101, increased her lower body strength by **25%**. It's never too late to benefit from exercise.



Left: Renee Hornberg-Glassman has fun working with instructor, Bryce Beinke. Behind him are participants Helen Kirshner and Sylvia Levitov.