

# Senior Personal Training **Improves Quality of Life**



Millie Acar is proof that anyone can benefit from exercise at any age. The 88-year-old grandmother has been working out with a personal trainer twice a week at Spring Hill RECenter for the past two years to build strength, improve her balance and assure independent living for years to come.

"It's been great," she said enthusiastically. "I've got a good personal trainer, she's very patient and she knows what she's doing."

Prior to each 30-minute session, Acar walks a few laps around the indoor track and does a few warmup exercises before meeting with her certified personal trainer, Maureen Spagnolo. Together they work on strength training, balance exercises and stretching.

"Millie's balance has improved and her strength has definitely improved because we've increased the weights and increased the resistance over the course of the last two years," Spagnolo said. "The exercises vary and we always try to include all the muscle groups in her workout."

To the delight of her physician, Acar's body composition assessment showed a one-year increase in her muscle mass, and another test showed an improvement in her bone density. Acar says regular exercise has also reduce her age-related joint pain, improved her ability to sleep well and had a positive impact on her mobility.

"I think where it has been helping me more than anything is helping me get up and down out of the floor," she said. "I was getting to the point where if I got down on the floor, I couldn't get up unless I got way over to the wall where I could pull up on something."

Acar says she would encourage other seniors to exercise regularly to improve their quality of life. "You're not getting any younger, you know, and if you don't keep up with your exercise, your muscles deteriorate and you begin to lose it," she said emphatically.

Personal training is available at all nine Fairfax County RECenters and makes a great gift. See a video showing what a typical session is like for Acar at [www.fairfaxcounty.gov/parks/recenter/personal-training](http://www.fairfaxcounty.gov/parks/recenter/personal-training).



## RECenters Launch **GETFIT PROGRAM!**

Don't let the holidays derail your fitness goals. Sign up for membership at Fairfax County RECenters and stay ahead of the curve! Each new membership now includes the new GetFit Program designed to keep you on track with a free body composition analysis and three coaching sessions to help you plan your fitness strategy. Members also qualify for special RECenter rewards.

From Dec. 1 – 30, new members can buy a 30-day membership for just \$30, and from Jan. 1 - Feb. 14 new and returning members can save 15% on 4- and 12- month memberships. Each membership includes unlimited access to fitness rooms, pools and spas, racquet and basketball courts, drop-in group fitness classes and more! Best of all, membership gives you access to all nine RECenters, so if you live near one and work near another, you can use both at no extra charge. Purchase memberships at your favorite RECenter or online: [www.fairfaxcounty.gov/parks/passes](http://www.fairfaxcounty.gov/parks/passes), and launch your GetFit strategy for the New Year. See page 10 for amenities at specific locations.

