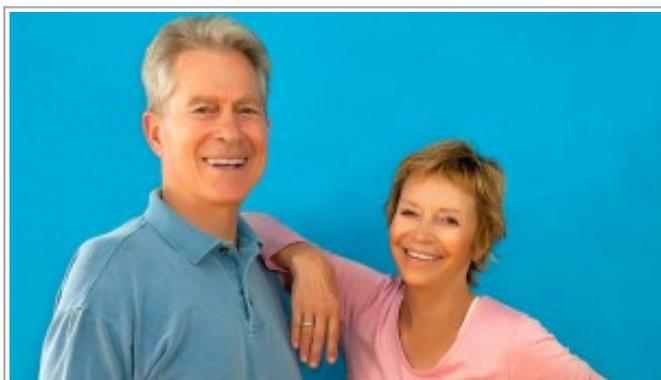




## Live Like You Can Gym Open House

By Janis McDonald

Have you ever had burning health and fitness questions that you couldn't Google? Maybe you needed answers based on your own personal issues, desires, and special needs. Maybe you needed a live person in order to have a conversation that included more than general information; a person such as a personal trainer, functional aging specialist, or wellness coach?



### Live Like You Can Gym Open House

Sat, Jul 9, 10am-12pm

Calzada de la Aurora 19A

The Live Like You Can Gym is opening its doors and inviting you to stop in for a chat. Think of our open house as a "radio call-in talk show" except you are invited to "walk in," using your feet instead of your phone to get answers to your questions about how you can improve daily function or put the extra edge on

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### PHOTO GALLERY



The Giant Woman and the Obscene Figure



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your current workout.

Joe Hernández and I have enjoyed over 80 “combined” years in the health and fitness industry. While our career paths have taken different curves and turns, we now have joined forces making the Live Like You Can Gym a place where people 60 to 100-plus years of age can find answers, encouragement, and results.

Watch “Janis’ Boxing for Life Workout” with clients like Dynamite Dan (82), Hurricane Gerry (post-stroke boxer), and Lethal Laurie. I will conduct a short boxing session showing how this type of exercise can build agility and help you regain balance, upper body strength, hand-eye reaction time, coordination, speed, power, and confidence. During the past 20 years of teaching boxing for exercise, I have witnessed strong clients make huge fitness gains and people with disabilities “work the parts that work,” even in wheelchairs!

Joe will be demonstrating the Power Plate Vibrational Training Machine with clear explanations of the why, how, how much, who, and when of this incredible machine.

Vibrational Training helps people whose joints don’t work well, people suffering from neuromuscular diseases, are post-stroke, have balance issues, or want pain reduction as well as sports training and hard-core strength training. He will explain the different techniques used for training these very diverse populations.

We will give a short talk on why small group private training works better than large public classes. You will see Joe’s Boomer Plus Fitness Class in action as he leads his team on with fun, laughter, and individual instruction.

Since 1999, the Live Like You Can Gym has continued to build a community of “fitness for aging” people who want to flatten out the usual downward trajectory curve of aging. We currently train people 60-95 years old and are planning on upping the oldest to 100 over the next few years. You will also have the opportunity to schedule a private complimentary visit with us at a later date.

We invite you to come to our open house and we offer our expertise as a free public community service. We look forward to meeting people interested in



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Garrison Kellor

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