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Palau

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## Fitness Center Caters to Older Crowd

Jan 28, 2005 4:17 pm US/Mountain

We know exercise is important for seniors. The trouble is, many fitness centers are geared to young people.

In this Healthy Living Report find a place older adults can work out in senior style.

Helen Banchero, 66, is in remission from cancer. Exercise helps her rebuild her strength after chemo, but many gyms she's been to just aren't for her.

"The other spas...I don't like to be rude, but they're like the chi chi gang, dancing to all the wild music and stuff," Helen said.

So she goes to the AgeWell Center. AgeWell is a fitness facility geared to the senior crowd. Gone are the hard bodies and loud music. In their place is an atmosphere geared to an older crowd.

"The colors, the lighting...there are plants...the music is appropriate," said Paul Holbrook, Owner of AgeWell Center.

But it's not just the décor and atmosphere that are senior friendly. All classes emphasize balance and strength. One class features a cobblestone mat that promotes balance, an important factor in preventing serious injury in seniors. In addition, the machines are easy to use and get into. There's no bending or heavy lifting involved.

"The equipment is pneumatic and it's easier on the joints because it's an air resistance and it's very easy to use," said Holbrook.

Holbrook is a personal trainer with a specialty in gerontology. He says AgeWell is about getting seniors to think in a whole new way and realize wellness for their age group often begins with activity.

"So many illnesses that come with aging have nothing to do with aging—it has to do with inactivity," Holbrook said.

"I feel I'm investing in myself," said Helen

AgeWell does not operate like a typical gym. It offers classes and personal and group training only.

**AgeWell Center**  
2670 South 2000 East  
Suite 205  
Salt Lake City, Utah  
467-6554

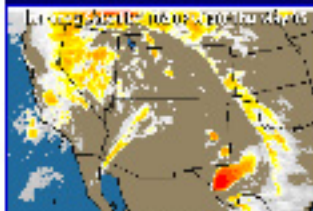
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