

# Joining the Silver Sneakers Brigade

Category: Getting Motivated

written by Mary Janicke | October 12, 2024

The tables have turned. I am now taking advice from my children.

At my daughter's urging, I signed up with a personal trainer at the local YMCA. He is a lovely young man. And since he was raised by his grandparents in the Philippines, he has a special regard for old people.

Twice a week, he takes me through a series of exercises designed to strengthen and flex various muscle groups. My goal is both modest and huge: to be able to get up off the floor unassisted.

Every week I can feel myself getting stronger and more flexible. Every week I am discovering forgotten muscles. New happy-achy places. New strength.

And now I have a new goal: to get my husband to sign up!

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