

STAYING active!



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Each January, it's the same old story—lose weight, workout more, eat less sugar, walk daily. And the list goes on.

But New Year's resolutions come and go.

Evergreen resident Sandi Challoner knows first-hand the importance of getting—and staying—healthy. And it has nothing to do with a New Year's resolution. She knows it's an all the time commitment, not just something one chooses on a whim. Lucky for Challoner—and many other Evergreen

and greater community residents—Evergreen offers many opportunities for a healthy lifestyle.

"I love all the opportunities at Evergreen," said Challoner who has been participating in fitness classes and opportunities at Evergreen for many years. "Staying fit makes me feel better physically and it keeps me healthy mentally, too."

Challoner participates in about 10 classes offered by Evergreen on a weekly basis—and she loves every minute of it, including what physical activity does for her health and well-being.

From the aerobics studio to the pool to the fitness center, Fitness and Aquatics Manager Heidi Kolonko will tell you there is literally something for everyone to participate in at Evergreen. There are options for group fitness classes and one on one sessions along with personal training to help those who need it. There are opportunities on land, in the water and even outdoors when the weather allows.

Kolonko said about 50 percent of the population at Evergreen participate in some sort of physical activity on campus. These activities help people not only be fit, but also with their balance, strength, flexibility and resiliency.

"It's more fun for people to work out around others. It's a great way for people to make friends."

~Heidi Kolonko, Fitness and Aquatics Manager

"I'm so passionate about wellness and getting people active," Kolonko said. "It's neat for people to grow and progress—and it's really rewarding for me to help them."

At Evergreen, many of the residents who live on site, like Challoner, pride themselves on remaining active.

"My goal is to remain walking on my own as long as absolutely possible," Challoner said.

While the physical fitness part of the programming at Evergreen nearly speaks for itself, Kolonko said the social aspect of the opportunities offered in the aerobics studio, fitness center and aquatic center are also a benefit.

"It's more fun for people to work out around others," Kolonko said "It's a great way for people to make friends."

Challoner agrees.

"I've meet a lot of people and friends from different areas of our campus—beyond just where I live," Challoner aid.

In addition to indoor activities, Kolonko said in the warmer months getting people outside to be active is important, too. From walks to games like bocce ball and bag toss, there is really an opportunity



for anyone who desires to be involved. Kolonko's goal is to make physical fitness enjoyable, fun as well as educational.

"Educating people on why

we want them to be active is important to me," Kolonko said. "We really walk through talking about the importance of it all."

While Evergreen has many offerings for its residents and the greater community, Kolonko said there is always the desire to "dream up something new."

"We're always trying to add a few new opportunities to keep things interesting for people," Kolonko said.

staying fit!