

Virtual StrongBodies Class Feedback  
July 2020

I'll make a list of ways that the Strong Bodies class has benefitted me - use any as you like - my age is 68:

- 1) The online Strong Bodies class has been a Godsend to me in giving me a regular schedule and helping me feel less isolated while, as a high-risk resident, I continue to stay at home in light of the COVID pandemic.
- 2) I've noticed that after my Strong Bodies class, I have much more energy for the rest of the day.
- 3) After I had been in Strong Bodies for a few months, I noticed an increased stamina for daily tasks, such as gardening. Prior to the class, if I worked too long in the garden, I would be very sore at night. After the class, I could work all day with no problems.
- 4) The online Strong Bodies class has been very helpful for me psychologically. I really enjoy the contact with my other participants.

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Joining Strong Bodies has increased my strength, flexibility and stamina. Completing the class at home is very convenient and provides the accountability to exercise three times a week. Age 68

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Thanks for providing this class, I have learned how we are to incorporate aerobic activity into the class. Very helpful!

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I particularly like the on line version of the Strong Bodies class. I can sign in from my daughter's house or mine. No excuses.

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Last year my hip was very painful and it was almost prohibitive to get on a bike. Now I've been able to bike with much less pain and more grace getting on and off. Plus, in some weird way, the routine of the class has inspired me to indoor bike almost daily.

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I also bought a kayak this year. In May I would more or less flop down into the seat. Yesterday, because my arms are stronger, I was able to lower myself onto the seat.

I am really grateful to have been introduced to this class. I have to say that the online classes are easier for me to take and maybe with it being three times a week have really made more of a difference than the twice a week prior to lock down.

age 65

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