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## Let's Get Physical! Fitness Camp for Seniors

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Photo Credit: Core Fitness Solution

The summer is fast approaching and it's time to start planning how you're going to spend those long, hot summer days. When I was a kid, I wanted to go to sleepaway camp and never had the chance. So when the idea of a camp for seniors popped into my email inbox, I was instantly intrigued.

The camp, run by Core Fitness Solution, is a live-in fitness camp located near St. Petersburg, Florida. While it's main focus is on weight loss and fitness, the camp also offers an amazing social experience for those over the age of 60.

Linda Mullins, owner of Core Fitness Solution, has offered fitness boot camps for the past three years. Over that time she's seen "an increasing number of clients in their late 60's and even early 70's that were coming to our traditional fitness camp but were in need of modification. This is virtually one of the only senior-specific fitness camps anywhere."

The idea is simple: educate and support those who are attending the camp.

When asked why it is important for those over 60 to stay physically fit and active, Mullins says, "Times have changed. Retirement is coming much later (if at all) for many. A large number of people in their 60's and beyond are the primary caregivers for their grandchildren. Living longer, working longer, caring for little ones—all require a healthy body and mind. Plus who doesn't want to feel great – no matter the age?"

There are plenty of other health benefits for seniors who exercise. The following outline a few.

Helping to lose or maintain weight. Metabolisms naturally slow with age, so maintaining a healthy weight as you age is a challenge. By exercising, you increase your metabolism and better help your body burn more calories.

Reduces the impact of illness or chronic disease. Exercise can actually help improve immune system function, better heart health and blood pressure. It also increases bone density and even helps with digestion.

Enhances mobility, flexibility and balance in seniors. It improves your strength, flexibility and posture, which in turns helps with balance and coordination. Helps with sleep. Poor sleep is not a normal part of aging and quality of sleep is important to overall health. Exercise often improves sleep, helping you fall asleep more quickly and sleep more deeply.

Boosts mood and self-confidence. Endorphins produced while exercising can actually make you feel better and help reduce feelings of sadness or depression. It's good for the brain. Exercise helps keep the brain active, which can prevent memory loss, cognitive decline and dementia. It may even slow the progression of brain disorders, such as Alzheimer's disease.

You can choose to go for a week or for the entire summer (12 weeks), the choice is up

CORNERSTONE Credit Union  
**Michelle Bailey**  
Mortgage Specialist  
306-621-5032

RE/MAX Crown Real Estate Ltd.  
**Jean Clive**  
Real Estate Consultant

**Linda Argue**  
portrait studios  
1.306.539.1635  
LyndaArgue@sasktel.net

**Deb Schmidt**  
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to you. The cost of the camp includes 3 chef-prepared meals daily, featuring only healthy meals with a creative flair; 3 hours of fun exercise, including beach hikes, hula hooping, tennis, yoga, water aerobics, biking and more; and individual sessions each week with a life coach to help you transition to your new life.

But it's not just about you either: group nutrition discussions, weekly dinners out to the area's finest restaurants and education field trips help you get to know other seniors from all walks of life. Mullins says the field trips include "a grocery store excursion with a Nutritionist to become more educated on the types of food you should be buying and dispel many of the marketing myths regarding low fat, or supposedly 'healthy' foods."

And if you watch *The Biggest Loser* at home, don't worry—this seniors camp is nothing like that. According to Mullins, "We will work each client to the highest, healthiest level within the scope of a session. Health questionnaires and baseline physical assessments help us determine a client's abilities and limitations."

To some, the idea of spending 12 weeks away alone may be a dream come true, but many find this camp more fun and interesting if they bring their significant other along. Each condo has two bedrooms and two bathrooms. Couples are typically assigned their own condo but if attending solo, you can choose whether to be paired with a roommate or have a private condo.



Photo Credit: Core Fitness Solutions

Still not sold on the idea of a vacation geared specifically around creating a healthier lifestyle? Mullins feels that by immersing oneself in a program focused solely on proper nutrition, proper exercise and lifestyle change, it can actually be achieved.

And what happens after you've left camp? Mullins says "The program is designed to make it relatively easy for a client to stay on task once they are home. The design of the program is not to have people work out 3 hours a day, that is not realistic. The idea behind the extreme amounts of exercise while at camp is to boost metabolism and lose weight, of course, but it also serves the purposes of making the transition to 1 hour per day, 5 days per week totally achievable."

For more information on this program, you can visit their website at [corefitnesssolution.com](http://corefitnesssolution.com) or can call 1-866-461-5590 .

*Please remember, it is important to have your doctor's permission before you begin any sort of new fitness program.*

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Source: [corefitnesssolution.com](http://corefitnesssolution.com) and [helpguide.org](http://helpguide.org)

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Written by L. Jansen