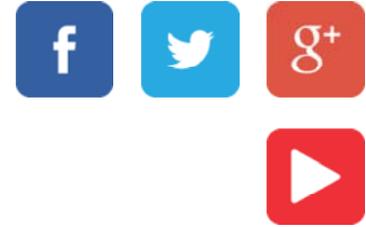


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## From beach to senior centers: taking fitness to the people

Posted by Colin Merry on January 2nd, 2018

### ***Betsie Hosick Health and Fitness Center go outside their walls to support area residents***

FRANKFORT — Staff at Betsie Hosick Health and Fitness Center view their mission beyond the walls of their Frankfort facility.

“We want to make the whole experience of taking care of yourself fun, whether you come to the fitness center or exercise off site,” said Deb Cenname, R.N., an exercise specialist at the center who has led community outreach program efforts for the past six years. “We knew we needed to bring exercise to the people of our community, so you will find our instructors at most of our area’s senior living communities, on the long-term care unit at the hospital, and at the beach in the summer.”

In 2017, Betsie Hosick Health and Fitness Center Outreach Program offered 550 classes and made more than 4,500 personal contacts with residents, visitors and tourists. These classes are in addition to those offered at the facility.

Center Manager Stephanie Williams calls the facility much more than a gym.

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"It's really a community that offers something for everyone, from individual exercise to group programming to social support," she said. "With the support of Munson Healthcare Paul Oliver Memorial Hospital, we strive to be a hub for community health programming. Our outreach program is just one way we do this."

Cename said the outreach program is deliberately designed for the different needs represented by the demographics of the region. As part of staff efforts, the center offers free workout DVDs created by instructors for clients who want to continue their exercise routine when they winter in other areas of the country.

"I think most people who have participated in our programs will agree that we've removed any intimidation factor around committing to a fitness routine," she said.

During the past year, outreach locations have included the Frankfort Pines, The Maples, Orchard House, Paul Oliver Living and Rehab Center, Michigan Shores, Paul Oliver Child Development summer camps and the Frankfort beach.

In addition to Cename, instructors include Emily Baker, Jenny Bovard, Beth French, Jackie Hice, Joseph Perrino and Shirley Tranquil.

Plans call for the outreach program to continue in 2018.

"The Munson Healthcare mission centers on improving the health of the community, which includes a focus on prevention and expanding access to wellness opportunities," Williams said. "We are grateful for the support of Paul Oliver Memorial Hospital in helping us make these outreach classes free for community members."

Betsie Hosick Health and Fitness Center is located at 102 Airport Road in Frankfort. More information on the center can be found at [munsonhealthcare.org/betsiehosickhealthandfitnesscenter](http://munsonhealthcare.org/betsiehosickhealthandfitnesscenter).

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Posted by Colin Merry

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