

## WELL - BEING

# Taking fitness to the people in Benzie County

## *Classes offered in senior centers and on the beach*

### FROM STAFF REPORTS

TRAVERSE CITY — At least seven Frankfort-based exercise instructors got a good workout in 2017.

The Betsie Hosick Health and Fitness Center Outreach Program this year offered 550 classes and made more than 4,500 personal contacts with residents, visitors and tourists

at various locations. That was in addition to fitness classes offered at the facility.

The facility's staff strives to make the experience of taking care of yourself fun, Exercise Specialist Deb Cenname, R.N., said in a release. The center sends instructors to most of the Frankfort area's senior living communities, the long-term care unit at Paul Oliver Memorial Hospital and — in the summer — the beach.

The center needed to bring exercise to the people of the community, Cenname said. She has led the community outreach program for six years.

The Betsie Hosick Health and Fitness Center, 102 Airport Road in Frankfort, functions as a community of sorts that offers individual exercise programs, group programs and social support, Center Manager Stephanie Williams said in the release.

Cenname said the center's outreach program is designed to meet the different needs of the area's residents. The center even offers free workout DVDs created by instructors for clients who want to continue their exercise routine when they leave the area during the winter months.

In 2017, 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.

Instructors include Emily Baker, Jenny Bovard, Beth French, Jackie Hice, Joseph Perrino, Shirley Tranquil — and Cenname.

Williams said the outreach program will continue in 2018.

More information is available at [munsonhealthcare.org/betsiehosickhealthandfitness-center](http://munsonhealthcare.org/betsiehosickhealthandfitness-center).