

## SENIORS LEAD EXERCISES FOR UNASE AL RETO EVENT

Neomi Delgado, age 74, and Janie Moya, age 67 led chair exercises at the Unase Al Reto Benefits of Leisure Zumbathon event on Saturday, March 23, 2013. Both ladies are exercise instructors at the Gus Garcia Recreation Center.

Neomi Delgado teaches chair exercises on Mondays, Tuesdays, Thursdays, and Fridays from 9:30am to 10:30am. Janie Moya teaches “Zumba Gold” adult classes on Mondays, Tuesdays, and Thursdays from 8:30am to 9:30am. Neomi said, “The goal is to keep seniors active and self sufficient so they may continue living independently. Building strength means they can open doors, open containers and maintain a strong core for balancing and good reactions.”

The Zumbathon participants applauded Neomi and Janie when they provided the crowd with their ages. Participants were excited, and gladly participated in the workout that Neomi and Janie led. Neomi and Janie offered so much motivation that seniors that were not participating, at the beginning of the event, decided to join in the Zumba event. They motivated children, young adults and seniors to participate in the Zumba exercises.

Neomi and Janie assured the crowd that all ages can workout. Active seniors, ages 50 to 95, participate in their classes at the recreation center. They also provided Zumba participants with information about Gus Garcia Recreation Center classes. Other classes offered at the recreation center are Line Dancing on Wednesdays from 9:30am to 11:30am, and Tai Chi on Tuesdays from 10:30am to 11:30am.

For more information on senior exercise programs at Gus Garcia Recreation Center, call (512) 339-0016 or visit their website at <http://www.austintexas.gov/departments/gus-garcia-recreation-center>



## MEET VICTOR HERNANDEZ

Meet Victor Hernandez. He is the Athletics Program Supervisor for the Department. Before he changed his eating habits and joined the “PE for Me” classes, he weighed 187 pounds. Victor claimed his past behaviors were leading him to obesity and heart disease. He said, “I lacked understanding to make healthy food choices and set good nutrition goals. I had no desire to commit time towards physical fitness and wellness.”

Victor’s journey to eating right and exercise began with food and nutrition training at the Hancock Recreation Center. Victor was overseeing program participants while a nutrition instructor taught nutritional basics, how to read food labels and provided information about easy food choices. This opened his eyes up to a new world. He said, “I used the information to change how I ate and shopped for food. I became aware of what I put inside my body. Gradually my attitude towards food shifted from filling to fueling my body.” After two years of watching what he ate, Victor joined a PE class with a group from Human Resources. The group met for twelve weeks with the goal of finishing a 5K run/walk. With an accomplished victory, Victor said, “I had dropped 30 pounds and felt better about my ability to run. The success I enjoyed finishing my first 5K race led me to try PE spin, swim and yoga classes.” His advice is to choose what is good for you over what just feels good.



Victor at 187 pounds



Victor Today