

No exercise could mean trips to doctor

Written by Elizabeth Barrett
Thursday, 26 December 2013 15:01 -



Wellness Center important resource.

If you feel like you don't have time to exercise now, there's a good chance you'll spend more time later in the doctor's office.

That's Beth Ivey's take on the importance of exercise and her firm belief that it improves quality of life.

Ivey, who's certified in personal fitness and is a personal trainer, is the Gothenburg Wellness Center director.

"God created our bodies to be active and not sedentary," she said. "A lot of things we attribute to old age could be eliminated or mitigated by exercise."

Those things could mean loss of balance, flexibility, depression and weight gain.

Ivey is quick to note that the Wellness Center is for all ages.

"One of my goals is to integrate more of the community into the Wellness Center," she said. "I'd like it to be very family oriented."

Another is to attract more people to the center through classes. Several will begin in January (see box).

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In today's fast-paced society, she said stress and depression are rampant.

“Exercise is the perfect antidote to stress,” Ivey explained, noting that it also produces endorphins that help alleviate depression.

NEW CLASSES

- Yoga—Starts Jan. 4, Saturday mornings, 8:30-9:30 a.m.
- Cardio kick boxing—Starts Jan. 9, Thursdays, 5:30-6:15 p.m.
- F.I.T. C.A.M.P.—Change in times starting Jan. 6, Monday 5:30-6:15 p.m. and Wednesday 5:45-6:30 a.m.
- Win Some, Lose Some—Community-wide eight-week fitness challenge, Jan. 6-Feb. 26.
- Another class, S.O.S. (Seniors of Strength), will continue Fridays, 5:30-6:30 a.m.

To register or for more information, visit the Wellness Center or call Ivey 537-3981.

Camaraderie is also a benefit to exercising at the center, she noted, as the opportunity for socializing is evident in a couple of groups of people who work out at the same time.

She added that women especially struggle with body image.

Through her own fitness, Ivey said she's become more accepting of her body and wants to help others—not only women.

In the past several months, the Wellness Center has been painted, new equipment added and more upgrades are in the works.

Ivey said GMH's administration is exploring expansion of the center with the addition of showers and lockers and more equipment improvements.

“The more we improve our resources like the Wellness Center, the more attractive our community is to people who might move here,” Ivey said. “People want quality of life.”

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Ivey and her husband, the Rev. Bill Ivey, moved from Texas to the Midwest in 2001 and settled in York.

There, she became a certified group fitness trainer at the York Wellness Center and taught strength training, spinning and personal training.

For awhile, Ivey offered free strength training and cardio classes at the Impact Building in Gothenburg.

To become a member of the Wellness Center with unlimited use, monthly fees are \$15 single, \$20 couple and \$25 family.

The center also offers a free fitness assessment in cardiovascular, muscular strength, endurance and flexibility.

Individuals and families can register at the center, 910 20th St.

ebarrett@gothenburgtimes.com

308-537-3636

