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Aging Mastery: Go4Life with exercise

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By Sue Scheible



Sue Scheible

Personal trainer Bret Bondlow works with Jean Worsh, 75, of Duxbury, at the Aging Mastery program at the Duxbury Senior Center. He is stretching her hamstring.



Sue Scheible

Personal trainer Bret Bondlow works with Carolyn Cattell, 77, of Kingston, at the Aging Mastery program at the Duxbury Senior Center. He is loosening her shoulder and neck muscles while she turns her palms outward.

The first session of the **Aging Mastery** series at Duxbury Senior Center featured exercise, with personal trainer Bret Bondlow of Hanover and lots of resources.

Jean Worsh, 75, of Duxbury, and Carolyn Cattell, 77, of Kingston volunteered to have Bondlow work on them a bit, doing some stretches and showing the correct positions for simple movements.

This is a very comprehensive series, with weekly 90-minute classes and an impressive variety of other resources to use, including fitness activities right at the Duxbury Senior Center, 10 Mayflower St.

Joanne Moore, council on aging director, and Linda Hayes, assistant director, have added special activities for this series. The national Aging Mastery program provides booklets, videos, tip sheets for each class.

The program is funded under a grant from the **National Council on Aging**.

We received booklets, **Go4Life**, Exercise & Physical Activity, free from the National Institute on Aging. These lay out exercises, with photos, that seniors can do on their own, with weights or by stretching.

There is also a Go4Life CD to watch.

These are the Go4Life

exercises, with demonstrations.

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About this blog

> I am a staff reporter for The Patriot Ledger who writes a weekly column, A Good Age, about life after 50 every Tuesday on the local pages of the print edition.



In this online Good Age Blog, I share extra anecdotes about the people I meet, readers' e-mails, videos, photos and phone messages, and ideas for what to do in retirement or to prepare for retirement. Sometimes I just like to share what I'm doing that is fun and engaging, often in videos or photos, or my family situations. I may explore my personal reactions to issues of aging and pass along good information for family members and caregivers. This is also a good place to recognize some of the many dedicated people who work in the elder services and geriatric care field.

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A smaller booklet shows a sample exercise routine.

The basic exercise program is laid out in the Aging Mastery Workbook with Goal-Setting Worksheets for each week.

You can see alot of this on the website, [**Go4Life**](#).

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