

Learning to Like Exercise for Balance

By CC Huffhines

Planned exercise, like gyms or gym classes have never been attractive to me. I prefer to do my own exercise ... walking, or stretching arms and legs in my bedroom.

When Lisa read an article last week in *Windsor Life* about a special planned exercise presentation at Center Point, she suggested that we ought to attend. (Lisa regularly thinks I should be doing more exercise for my health.)

Once she announced that she would go alone, if necessary, I reluctantly agreed to join her in the very activity I studiously have avoided. We arrived early and had an opportunity to visit with the instructor. He was white-headed but displayed a suppleness, a freedom of movement unusual for us typical Windsor Garden males.

Soon, other class members arrived ... all ladies! ... about 15 in total. I was the only male in the group, Obviously, other men do not have insistent daughters, as I do.

We first moved the chairs into a semi-circle, facing the instructor. We did not sit, as expected, but were instructed to stand with our arms extended straight in front. From this position, we moved our arms up, so that we pointed at the ceiling. From here on, we experienced various positions of balance, such as standing on one leg, with the other extended in front of the standing leg.

We all failed this exercise and were instructed to hold onto the chair, if needed. No one fell to the floor, I'm happy to report. The chair supports were helpful.

All these exercises were based on our *balance*. I quickly became aware of my balance challenges. Our instructor made this discovery pleasant with a running banter of well-planned humor. It's strange but true that I found new enthusiasms for exercises designed for improving balance in this class, with great credit to the instructor who made it a time of pleasure.

I look forward to the next class in balance at the same location and with the same instructor. I have been practicing a few of the balance exercises that I remember.

Perhaps I will be able to demonstrate improvements in our next class, which will be held this week on Thursday.