



# #inspire stories

## Audrey Tracey

### An Inspiration To Us ALL!

I was introduced to Kristen and Gretchen through a friend who knew that I needed core strengthening. I did some cardio and weights on my own. At that time the ladies were in Westminster and I would try to get out there once or twice a week. I think I was capable of doing "Mt Fuji" mountain climbers, but barely! For all of my adult life I had done aerobics of some sort, mostly group and at a gym (yes, getting up at 4 something, also...); and I really did like having someone else direct me and plan my workout (there is enough thinking and decision making for all of us in our daily lives)!

but I know that nobody is going to do this for me. The group and camaraderie are wonderful and supportive and are a huge part of Inspire. Gretchen, Kristen and the other women are always encouraging, positive and we all push each other to do more than we would on our own! It's a big part of what keeps me motivated and coming back as much as I can.

The value of strength training and conditioning cannot be forgotten, cardio is fine but we need to have the consistent base to work from in order to be successful and continue to

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I had also participated in weight / strength classes and would do some on my own at home or at my office if I could not get to a class; I did enjoy getting out onto the bike paths when I could but would never ride on the road (too scary!). Most of us have very full lives with family and work so I was happy to just be doing something for exercise. It was low-level maintenance and nobody to keep me company or really give me any instruction, guidance or challenges.

Some years, months, weeks have always been better for me than others in terms of exercise, but over the years I know that and accept it. I haven't done this to lose weight or see amazing changes in my body or to live a long time but rather to live well, happy, healthy and feel good. There are definitely times where I want to cancel (or leave class early because it's hard!)

improve our bodies. With what I do as a physician I am convinced that it is key to have personal instruction at some level because the benefits are far superior and injuries are very common if our form is not corrected and our programs are not monitored. At Inspire we have professional, well-trained, motivated and caring trainers that see us day in and day out; something that is probably more important than most of us realize.

At 62 yo, and I take pride in being the oldest one there as far as I can tell, I know that it may take me much longer than younger women to see the same results but I also know that I love how I feel when I'm working out regularly and supported and instructed with what I do - and it is so worth it!