



Linda Moore

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My first encounter with Jazzercise was in the '70s when we wore leotards and tights; worked out barefooted; went-for-the-burn; and the only cardio level was HIGH. Thank goodness that phase had its day.

Just as Jazzercise has gone through a metamorphosis over the years, so have I. Like many of my contemporaries, as I journeyed through middle-age and mental-pause, I became less and less active, grew careless about what I ate so that the pounds started creeping onto my hips and waist until they established squatters rights all over. Along with the weight gain, I got the bonus prize of elevated cholesterol levels and blood pressure. It was right around this same time that my mother developed health issues and it was necessary for her to come and live with us in Bloomington. My days were so caught up in caring for her that a year flew by at warp speed and I wasn't any closer to taking charge of my health. If anything, all the numbers at my next checkup had crept even higher, and now I had a high stress factor to add to the mix.

Just by chance I noticed a Jazzercise newspaper ad for classes in Ellettsville. I spoke with Kris about the different programs available and decided the Body Sculpting classes would be a good place to start. Several more months went by before I finally got around to joining and by this time Jazzercise had moved to the SportsPlex. What I remember most about that first class was how friendly and welcoming the other members were to me. Nancy Harden and Betty Harshman showed me what equipment I'd need and told me to just go at my own speed until I became familiar with the routines. At the end of that first class they urged me to come back because they were just sure I'd come to enjoy Jazzercise as much as they did. And their prediction has come to pass. A year or so ago, I added the morning cardio classes to

my routine, and I'm now in my third session of the Personal Touch classes. This year I received my "300" tee shirt. I'm very proud of that tee shirt and the work it represents. Not bad for a gal whose only morning cardio workout used to be jumping in place to get her pantyhose on straight.

I joined Weight Watchers about the same time I joined Jazzercise. My partnership with both programs has kept me focused and committed on this long journey to losing weight and inches, becoming healthy and more health conscious. I am very close to achieving my goal weight. I look better, feel better and make better choices about my health because I wanted to change and Jazzercise has helped me keep that personal promise. But a bonus I hadn't anticipated was the many women I've met in classes, and the instructors, that I'm pleased to call friends.
