

## Patt Mcafferty



I started Jazzercising in Eau Claire, Wisconsin in 1988 and have been hooked ever since. I participated in other aerobic programs prior to Jazzercise, but none compared!

I certified to teach Jazzercise in May 2000 and teaching has been one of the best experiences of my life.

Jazzercise is more than just exercise to me. It's like recess for adults. I enjoy getting together with friends, away from work, to play. It's fun!

Jazzercise is also about releasing stress, preventing osteoporosis, maintaining a healthy lifestyle, and building relationships. It's about moving and feeling good! It's not about competition or what I can't do. It's about having fun and realizing I CAN do many things.

My favorite Jazzercise routine is: I have way too many favorites! In class, I catch myself saying "this is my favorite one" and then the next routine is ends up "my favorite one". There are just too many good ones! I do really like Vanessa inside thigh routine and "I Like the Way You Move", but most recently "Upside Down" has been a real favorite of mine! I just love those three little hops.

My advice to current Jazzercisers: Have fun and put Jazzercise in your schedule as a top priority. If you think you might want to teach (like I did all those years ago) don't hesitate to speak up! You don't need to wait to be asked, you can let an instructor know you are interested. If I'd done that, I could have been teaching much longer.

My motto: Stand tall, laugh loudly, and be who you really are.

In my crystal ball, I see myself at 90 leading the whole nursing home in Jazzercise Lite classes! We might be in wheelchairs or using walkers or canes, but we are going to rock!! And I hope you'll be there with me!