

Welcome to Out in the field Exercise edition!

We'll be using this space as a blog of sorts... look at interesting stories, current trends and fun entertainment ideas all with a focus on seniors! Updated monthly to start but, if all goes well, we may post more frequently with updates from some of our avid community correspondents. If there are some topics of interest you'd like to see featured send us a note and we just might pursue your suggestion!

First up, exercise! Fun for some, a drag for others, and for those over 55 there are a lot of new trends vying for your attention. I looked into exercise for boomers and found a wealth of stories, tips, and programs. I selected a few links below that stood out for me but there is definitely a lot more out there all looking at exercise from different points of view. Since I'm willing to guess you've all heard about how exercise can benefit you're health and wellbeing I figured I'd offer up something a little different. With that in mind meet two people for whom exercise is an important part of their lives and have a story to tell about it..

- Advice from someone I think we can all agree is an expert on healthy living - centenarian and champion swimmer, Jaring Timmerman <http://www.everythingzoomer.com/swimming-101/>
- Writer Alan Stark recounts his experience as a boomer and avid runner in a wintery climate - <http://www.nytimes.com/2013/02/26/booming/running-hard-at-66-and-dealing-with-the-consequences.html?ref=booming>

If these two have inspired you to look into a new fitness regime here is a link to programs in Edmonton targeted for seniors from the Edmonton Seniors Coordinating Council. Filter the list at the top by clicking on the drop down menu to find out what's happening for seniors in the South West

<http://www.seniorscouncil.net/programs>