

10 QUESTIONS: Stephanie Cline

By Lisa Biedenbach. To suggest a member to profile for "10 Questions," call Director of Operations Lisa Biedenbach, 513-217-4915, or email lbiedenbach@centralconnections.org.

What is your role as Wellness Coordinator?

I collaborate with our other departments to enhance our wellness philosophy and plan programming. I instruct SilverSneakers Classic class five days a week and work with members in the fitness room. I also create a board displayed in the atrium with educational material regarding the National Health Observance of the month designated by the U.S. Department of Health and Human Services.

How do you assist members in meeting and setting wellness goals?

I assist members in using equipment in the fitness room. Several members discharged from physical therapy use equipment in the fitness room to continue home exercises. I encourage members to balance the six dimensions of wellness to live their healthiest lives. Over the next year, I hope to create a wellness questionnaire and do pre-and post-testing using the Senior Fit test.

What equipment is available in the fitness room?

The equipment in the fitness room includes treadmills, an elliptical, several recumbent bikes, and an arm ergometer bike. There is an array of hand weights



Wellness Coordinator Stephanie Cline teaches SilverSneakers classes, monitors the fitness room, and develops Whole-Person Wellness programs. She will customize an exercise program for you as well as work with your physician and physical therapist for rehab.

and resistance tubing. The arm ergometer bike, a new piece of equipment, works arms and upper back. We hope to add a NuStep, the most popular piece of equipment among older adults, commonly used in physical therapy and cardiac rehabilitation. It delivers a total body workout and is easily accessible for all fitness levels. We received two grants from AK Steel Foundation toward the purchase of a NuStep. We need an additional \$3,000 to purchase the NuStep. We gladly will accept donations for a NuStep!

What has been the response to chair yoga? Will you schedule a second chair yoga class?

The response has been very positive. Instructor Jeanne Terry leads a wonderful class. We currently schedule chair yoga on Mondays from 11:15 AM to noon, and we are looking to schedule more movement classes. A goal is to offer more evidence-based classes. We would like to begin Matter of Balance for which I look forward to becoming certified to instruct.

What is on the horizon for wellness programs in 2019?

For 2019 we have scheduled monthly hearing screenings, personal protection courses, educational presentations, our annual wellness fair, and other events. I look forward to our upcoming year!

What do you do to stay fit and exercise?

I like to exercise by using the elliptical or jogging on the treadmill.

What are your favorite leisure activities?

One of my favorite activities is to try new, healthy recipes. I recently tried spaghetti squash and became a fan and will definitely be making it again soon.

What are your favorite sports teams?

My alma mater, Ohio State University. I love to attend their football games, especially against a certain team up north. 🍃