

## “Exercise for Life” Featured at Village Quarterly Meeting

By Cathy Williams

The meeting started with a short business discussion. Cindy Waters announced that she had started working with the Helpful Village system, mostly bringing the data up to date and entering information about events. She expects to start using it for services requests soon.

Three presenters, introduced by Lake Barcroft Village Board member Ron Karpick, Rusticway Lane, demonstrated “Exercise for Life,” and audience members had an opportunity participate in the fun.

Stair Calhoun is a yoga instructor who teaches classes at Green Spring Gardens and in her home. She said yoga means unity of body, mind and breath. There are various yoga styles including Hatha Yoga which focuses on body and breath. Stair showed attendees how to do ujjayi breathing, which is “like fogging a mirror but with your mouth closed” and had everyone practice quieting the mind by closing their eyes and “thinking about nothing.”

Karen Garcia is founder of Studio Body Logic in Arlington and Alexandria, which offers Authentic Pilates instruction. The focus of Pilates exercises is on strength, flexibility, balance, and coordination. It can help those with injuries as well as those who want to increase fitness. Karen showed photos of the Pilates apparatus used in her studios. Two of her students, Randa Mendenhall and Anne O’Neil, demonstrated mat exercises and shared their experiences with Pilates classes.

Tim Sun, founder of Sun Fitness LLC, is an exercise physiologist whose practice centers on wellness education and functional movement. He teaches Silver Sneakers classes and provides individual training sessions in homes using equipment he carries with him. He talked about the importance of mobility, coordination, cardiovascular health, and strength, and demonstrated four functional movements: the squat, the deadlift, the split squat and single-leg balance. Time spent exercising improves your quality of life, he said; he recommends doing some type of exercise for at least 30 minutes three times a week.

Jud Richland, volunteer coordinator for the Northern Virginia Chapter of Compassion and Choices, gave an update on efforts to pass a Medical Aid in Dying (MAID) bill in the Virginia legislature. He noted that Delegate Kaye Kory, Waterway Drive, introduced a MAID bill this year but it died in the Courts and Justice Committee. Kaye plans to reintroduce the bill, with modifications based on what we’ve learned from other states that have passed MAID laws, in the next legislative session. Nine states and the District of Columbia have passed MAID laws.

Jud invited Lake Barcroft Village members to sign up for Lobby Day Jan. 29 in Richmond to advocate for passage of the MAID bill. For more information on Compassion and Choices and MAID, go to the website <https://compassionandchoices.org>.