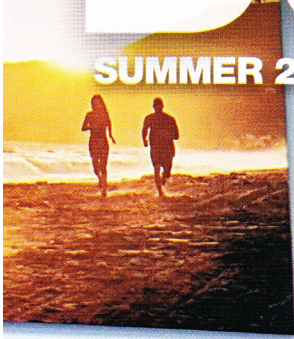


# BOOMERS

SUMMER 2015

L.A.'S GUIDE TO THE  
JEWISH BOOMER GENERATION



**ACHIEVING  
BALANCE**  
*FROM FINANCE TO FITNESS*



# HUSTLE FOR THE MUSCLE

Mollie Wine uses a hula hoop as part of a cardio interval during a weekly small-group personal training class for boomer women.

Photos by Morgan Lieberman

by KYLIE JANE WAKEFIELD

In Los Angeles — the land of juice shops, salad bars, farmers markets and gyms — physical well-being is taken very seriously. For baby boomers, there are plenty of options to help stay fit.

One step boomers can take is to find a trainer who understands their specific physical needs. Kayla Goldwag, a fitness trainer in Beverlywood, said she frequently works with this population and understands its challenges.

“When people retire, they want to be able to pick up their grandkids and have the endurance to enjoy the travel activities they couldn’t do before,” she said. “They want to have that good quality of life to enjoy those luxuries. If you take care of your body, then you’re going to have that quality of life as you age.”

Goldwag runs a weekly small-group personal training class for boomer women. She incorporates yoga, dance, sit-ups and abdominal workouts, as well as suspension, resistance and weight training.

“We build strength and work on proper form so that they can function in their day-to-day lives better, and to prevent osteoporosis,” Goldwag said. “A lot of my clients are concerned about balance issues, and they know that falls can lead to a lot of problems. We work on developing better balance and safer ways of falling.”

One of the women in the class is Mollie Wine, who has been training with Goldwag for nearly two years. Over that time, she said, she has noticed positive physical changes. “When you don’t work out for a couple of weeks, you really feel a difference in your body. You have to keep exercising when

you’re an old lady.”

Rabbi Jacob Rupp, a health and weight-loss coach who focuses on nutrition, stressed that boomers must keep moving. “They’re at a point in their lives when they will see the effects of a lack of proper health,” he said. “They’re older, and their bodies are slowing down, metabolism-wise. It might be harder for them to exercise.”

At Sandbox Fitness in Sherman Oaks, which features a sandbox gym, boomers can start slow and build their endurance. According to owner Minna Herskowitz, her classes can make a huge difference for people who have trouble with balance. In the SurfSet class, students stand on a giant surfboard that’s held up by three stability balls. Students have to use their core and stabilizer muscles to keep their balance.

“It’s amazing to see how our clients’ balance has improved since they first came here,” Herskowitz said. “Some were falling off and really wobbly. We have a few baby boomers who have been coming consistently for three to six months and are doing things that people half their age can’t do.”

SurfSet may be difficult for older students; in that case, Sandbox Fitness provides them with TRX, a total-body workout that takes place in the sand and is also recommended for people with injuries. “The sand is soft on your joints and reduces the impact,” Herskowitz said. “And you still have that unstable surface so you can work on balance.”

Boomers who would rather be in the water than on the sand can head to the pool at the Westside Jewish Community Center. Aquatic options include water aerobics classes, lap swimming, small group and individual swim

lessons, and family swim time.

Boomers older than 65 also can take the Westside JCC's senior fitness classes. Offerings include Strengthen and Stretch, Balance Challenge, BrainBall-FX, and Stretch, Strengthen and Move. In BrainBall-FX, participants perform exercises designed to improve their motor skills, hand-eye coordination, balance and strength.

Ronnie Conn, assistant executive director at the Westside JCC, said: "Mature adult and senior classes have been mainstays of our programming. We recognize that with the emerging growth of the senior population, it's a great time for the center to be of service to them."

Boomers on the Eastside can find classes at the Silverlake Independent JCC. One option is a Pilates mat class, which strengthens core muscles and improves posture.

Patricia Bates, a boomer who has run 30 marathons, takes Pilates at her local gym. "I started doing Pilates when I was still running competitively, to improve my running, Bates said. "As things turned out, I wasn't able to continue running. Now I do Pilates just to maintain my condition. It helps with stability and strength."

It's important that boomers find a fun way to get physical, whether it means participating in a group activity, going it alone or hiring a trainer because, as Herskowitz said: "Once you hit 50, you start to lose muscle a lot quicker. You have to constantly keep strengthening your body."

Wine has experienced some of the pitfalls of aging. But since she's been exercising regularly, she's noticed a vast improvement in her health.



From left: Debra Brandt-Sarif, instructor Kayla Goldwag, Beth Shmagin, Beth Green and Mollie Wine use their abdominal muscles to hold up their legs, improving balance, core stability and more during a recent small-group personal training class.

"I started working out with Kayla because I suddenly felt I did not have the endurance or the physical capacity that I had once had," she said. "That change in my body occurred with menopause. Before, I had never been tired or out of shape, and suddenly I couldn't carry my suitcases without hurting myself. I could barely squat against the wall for 16 seconds when we first started. Now, that's just not the case." ■



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