



Chris Armstrong, 69, of Loganville shows how its done. The active senior works out twice a week at the Nowell Recreation Center in Monroe.

Photo by SHARON SWANEPOEL

## Senior enjoys healthy lifestyle

Loganville woman works out locally

By SHARON SWANEPOEL  
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WALTON COUNTY — For 69-year old Chris Armstrong of Loganville, fitness is not just a way of life, it is something that completely changed her life.

"I was diagnosed with diabetes about 20 years ago and at first I managed it with medication, but since getting involved with the fitness program it has changed my life," Armstrong said. "My doctor is just tickled pink that I'm involved."

The fitness program Armstrong is referring to is one through the Walton County Parks and Recreation Senior Center.

"Chris has been with our senior fitness group since the beginning of

2006 and she is my right hand girl for assisting me with the group," said Valerie Urmetz, Certified Senior Fitness Instructor for Walton County Parks and Recreation. "She is also very involved with the senior center, AARP and other clubs."

Armstrong, who moved to the United States many years ago from Liverpool, England, now lives in Loganville. She said she originally joined the senior center fitness two years ago as a way to meet people but she soon found the benefits of the healthier lifestyle.

Armstrong has also changed her diet to include healthier choices making oatmeal a staple in her diet.

"I find if I get hungry at night, I have a bowl of oatmeal and my sugar level is good the next morning," Armstrong said. "But the exercise

has really made a difference."

Armstrong said she works out every Tuesday and Friday at the Nowell Recreation Center next door to the library in Monroe and sometimes throws in a class at the Senior Center in Loganville as well.

"But I make sure I at least work out twice a week," she said. "It would have to be something really big to get me to miss."

The classes in Monroe are usually pretty full with many local active seniors taking advantage of the routines which include low impact and medium intensity with both cardio and weight training. Urmetz is not only a certified instructor but she is also CPR and AED certified. The classes on Tuesdays and Fridays run from 10:30 to 11:30 a.m. at the Nowell Center in Monroe.

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