

# Why you should exercise

Why should you exercise? Because if you don't, it will catch up to you at some point and cause "a heap of unwanted problems"! As a columnist, the majority of my writing has been devoted to this topic. And, I have plenty of personal experience to prove the importance of exercise, especially as we age.

I have now completed three weeks of water therapy. The hour-long sessions were quite productive, with very little time for rest. Since I can not walk without my walker, the therapist used a lift chair to swing me into the pool. Then we walked across the pool forward and backward. While the water buoyancy eliminated most of the pain, balance remained a challenge. I did my best, seeing how the exercises would benefit me, and at the end of each session I



**HELPING SENIORS OF BREVARD**  
**JOE STECKLER**

was tired.

Once out of the pool, I had the usual problems walking. However, I did notice improvement in my ability to straighten both legs. The knee I had replaced is still weak even after a year, but I am able to stand taller, though standing to my full height and maintaining it is very difficult.

Water therapy showed me that I can reach my objective - to stand and walk

upright (with my walker), as pain free as possible. I doubt I will ever walk distances again, but I intend to improve my upright walking, balance, and ability to reach items from my walker. These may seem easy tasks, but after two years of working to reach them, I assure you they are real hurdles. What we must understand is that the body can lose its capability to perform daily activities of living, AND without us even realizing these changes are taking place.

Now that my water therapy is complete, I will start physical therapy. Having done this under many different therapists, it will be interesting to accomplish a new set of therapies. Each therapist has a different set of exercises designed to work different parts of the body. If the exercises are not done

just as directed, the total workout program can be compromised. Therefore, one must perform each exercise with as much effort and attention as possible.

In a previous column, I asked if you could roll over in bed and do a modified sit-up with your legs hanging down from the side of the bed. I asked the same question of a group of seniors recently. The group was evenly split, so I think it safe to say we all need to develop a daily workout routine. You will feel better as you age just by doing a daily exercise program.

Contact Helping Seniors at 321-473-7770, at [www.HelpingSeniorsofBrevard.org](http://www.HelpingSeniorsofBrevard.org), or at P.O. Box 372936, Satellite Beach, FL 32937.

## Treat

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said Rev. Allee Willcox, associate pastor for SUMC. "This event has been the centerpiece of our fall family ministries for a very long time, and we're all excited to see it return in full force this year. The kids just love it!"

To learn more about the event, call (321) 242-2585.

Following Trunk or Treat is the opening concert for Advent Lutheran Church's pipe organ series featuring Silviya Mateva, a Bulgarian-born musician who has played in concerts worldwide.

The free concert will begin at 3 p.m. on Sunday, Oct. 24 at 7550 N. Wickham Road, Melbourne.

Ms. Mateva will perform American spirituals and classical works by Mendelssohn, Bach and Vaughan Williams on the A.E. Schlueter organ.

"Audiences will be delighted by her exceptional talent and the beauty of the pipe organ, which will be showcased in the music she has programmed," said Betty Jo Couch, choir director and organist for Advent Lutheran.

"Silviya performed at Advent in the spring of 2014, in our very first concert season," Mrs. Couch continued. "She helped set the standard of virtuosic, personable organ-



Rev. Mike Mayes and his family created a 'Little Red Riding Hood' themed trunk for the Suntree United Methodist 'Trunk or Treat' event.

Photo courtesy of Suntree United Methodist Church

ists that inspire and entertain the audience with their music making on the A.E. Schlueter pipe organ."

Ms. Mateva currently serves as the organist at Pineda Presbyterian Church and is active with the Space Coast chapter of the American Guild of Organists.

Advent Lutheran's pipe organ series has grown in popularity since its creation in 2013.

"Advent established a reputation for presenting world-class organists on a uniquely-designed 3-manual, 36 rank pipe organ in a space that is beautiful both visually and

acoustically," Mrs. Couch said.

Between the variety of composers and musical styles, combined with the personalities and passion of the organists, these concerts have appealed to a wide range of music lovers, keeping them coming back for more.

The concert series will continue Dec. 8 with Thomas Goetz, Dec. 15 with Jerry Davidson, Dec. 22 for "Christmas Kaleidoscope," Feb. 27 with Michael Hey and April 24 with Ethan Haman.

For more information, visit [www.advent-lutheran.org](http://www.advent-lutheran.org) or call (321) 426-9378.

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