



50 over 50 Nominees

Healthy Aging Month 2024



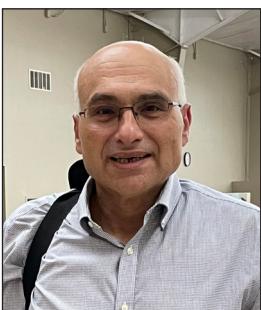
Aaron Ward

“Aaron and I met working out actually swimming laps about 27 years ago. He’s always focused on healthy, living and healthy eating. He said a wonderful example for both myself and the kids.”



Afnan Sweidan

“Afnan always finds a way to make it to Liberty after a long workday and chat with the people she crosses paths with! She always offers great conversation and a good laugh:)”



Ala Sweidan

“This man is dedicated to his workout routine! You can tell it’s a way of life and his focus is admirable.”



Andra Bostian Ferguson

“Andra is here every day doing HIIT or just working out. She recently competed in the Senior Olympics and won a bronze medal in the 50 and 100 yd dashes.”

“She works out hard in the classes! She’s a strong woman. She just participated in the Senior Olympics! Go, Andra. She works out in the HIIT classes with Jermaine and Andrew, and a lot of us who regularly attend.”





Anne Harrington

“Anne uses the rowing machine 3-5 days a week. Her commitment to routine and hard work motivates me every time I see her. And I mean it’s a tough workout!!”



Barb Figurski

“Barb is always looking for ways to help get people involved in triathlon and coaching each one to be the best fit person they can be.”



Bibi Weprich

“Bibi has encouraged me to try new classes. I see her enjoying herself in yoga, Dance Fit, Power 45, and Power 30. She is fun to be around and is inspiring!”



Bob Raham

“Bob is faithfully here several times a week working out..and always so positive. He shared some shoulder rehab exercises with me that I've incorporated in my routine. Thanx, Bob!”



Brian Kelley

“Brian is here almost every day — he is the most engaging person here — always encouraging others and introducing himself to the “newbies”. The 6 am crowd sometimes tease him that we don’t know how much he actually works out — but he sure encourages the rest of us !!!”



Brie Stosick

“Brie works so hard when she is on the fit floor. She is one amazing strong woman.”



Carolyn Knake

“Carolyn has overcome many physical challenges with such a can-do and positive attitude! She always comes in with energy and a smile!”

“Knee, hip, shoulder surgery -- oh my! And yet she persists. What an inspiration.”



Cathy Susan

“She is so strong, and she can do a lot of pull ups!”

“Cathy leads an incredibly active lifestyle. She loves trail running, backpacking, cross country skiing (and more!), and she balances it all with strength training at the gym. She is an amazing role model with a joyful outlook.”



Dan Edwards

“This man is dedicated to his workout routine! You can tell it's a way of life and his focus is admirable.”



Dave Gier

“He is dedicated to health and activity and shows up regularly to do a variety of workouts, including free weights. He recently started taking yoga classes and is impressed with all the instructors. He's not afraid to try something new at 63 years old, and I love that open-mindedness. He also always has a positive attitude and a friendly word for other members and staff. He's such a pleasure to interact with.”



David Skaff

“Every time I have ever seen him at the gym, taking a class or working out on his own, he always puts 100% into his efforts. That is very hard to do, consistently, and deserves merit in my opinion.”



Deborah Weber

“Debbie has met her monthly MEPS goal for the last 5 years!”

Dina Cocco

“Dina is a member of the “morning crew” and can be found most mornings at 5:30 a.m. or soon after. She is a busy professional and business owner, yet she still makes time each day for her workouts. She is friendly, determined, positive, focused, committed to wellness, and STRONG! What an inspiration!”



Donna Moultrup

“Donna is so consistent, fit, and positive that I have a more enjoyable and productive workout whenever we are there at the same time.”



Fred Mayer

“Fred is here every day walking, weight training. He says that he is still here (on Earth), because he is still here (at Liberty).”



Greg Graziano

“Greg is at Liberty almost every day, including preparing for his knee replacement, and within a short time after his surgery. He is dedicated to fitness and inspiring others to maintain a routine and importance of movement!”



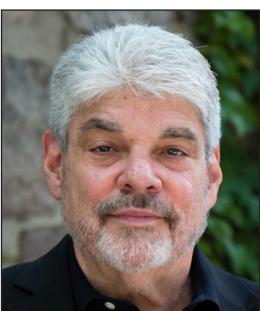
Harriette Ehnis

“Not only does she stay amazingly fit, but she challenges me to do the same. She attends Joan’s classes regularly and has signed up with a personal trainer, Nanci.”



Ira Fisher

“Ira is so motivated to stay mobile so he can always play with his grandkids. Despite some obstacles along the way, he keeps showing up for himself by making sure he gets in the gym and on the NuStep frequently.”





Janet Barden

“Janet is inspiring by the way she manages her pain and still competes in tennis. She plays tennis and then swims (but it’s not just swimming - it’s water aerobics!) before finally hitting the hot tub. Knowing the pain she has and that she still competes hard is so awesome to see!”



Janet Popper

“Janet is a fierce competitor on the tennis courts and has a strong desire to improve her game!”



Janet Torno

“Janet is 75 and has been a member since Liberty opened as a tennis (3.5) club with her now 42-year-old son. Since two surgeries (new right shoulder and right hip) she has slowed down but is slowly getting back into her new routine - Spinning and Cheyl’s classes!”



Janya Somers

“Janya is a bright light in the Liberty community. Her dedication, enthusiasm, and friendliness are contagious and inspiring. She not only met all of the requirements of the Wellness Challenge, but she exceeded benchmarks by a wide margin. There is nothing she won’t try, and she often does multiple classes per day!”



Jason Schmier

“I generally used to just run for exercise, but Jason has encouraged and motivated me to do more weight training and yoga, both of which have been great for my strength and flexibility.”



Jeff Wasielewski

“When I see Jeff working out, he is always focused on the exercise and executes with perfect form. He is consistent, dedicated, friendly, determined, and serious about health and well-being. He is a busy professional and business owner, yet he makes time for his workouts (I usually see him on Friday afternoons). The guy is not only brilliant, but also he doesn’t look a day over 35!”



Jennifer Bentley

"I met Jen pre-pandemic when we were both doing CFX classes. She still trains at Liberty and is an amazing athlete who routinely competes in multi-sport race events. She doesn't care if she is the fastest out there; she's there to have fun, stay fit, and enjoy time with friends. She's an amazing mom who is a role model for her kids when it comes to being fit at any age and no matter what your body has been through!"



Jo Hoevet

"Jo is a regular in evening group fit classes and always enters Liberty with a smile! Her dedication is inspiring - she has even been spotted walking to Liberty from home to get in some extra steps before taking a class! Go, Jo!"



Joan Johnstone

"If consistent exercise makes one as beautiful as Joan inside and out, I'm doubling my routine!"



John Smart

"Hard to emphasize what an inspiration John is. I wish everyone knew him. He skates, skis, rollerblades, and takes water sports to a whole new level."



Julie Loftin

"Julie participates in a group fitness class every morning that a dance fit, step or cardio tone class is offered. She always has a positive and fun approach to exercise. Julie is friendly with instructors and members. I enjoy taking classes with her."

"Julie is friendly, energetic, positive, and often attends multiple classes in a day."



Karen Smyte

"Karen, 58, is on the Stairmaster every morning at 5:30 AM for an hour at the highest level. A former Crew coach at UM and medalist at the World Championships for the Canadian National Rowing Team, she is currently the oldest student in UM's School of Social Work where she is embarking on a second career to help people through their struggles. On and off the Stairmaster, she's a warrior for good and an inspiration!"



Kate Lambright

“Kate was an outstanding personal trainer at Liberty. In retirement she continues to be an inspiration by regularly practicing the exercises she recommended.”



Kelly Halpern

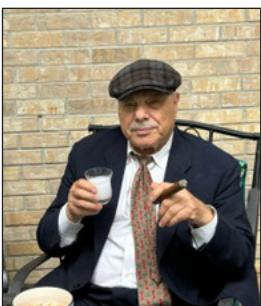
“Kelly trains regularly with Jermaine to maintain her strength and improve her tennis game! She is a well-rounded fitness enthusiast!”



Kyle Pullen

“Well, just look at the guy! Kyle is in amazing shape, and he takes his workouts seriously. He is athletic in the gym (and plays tennis), hard working, focused, determined, and goal-oriented. Kyle is a busy professional, husband, dad, and business owner, yet he makes time for his own overall health! Keep it up, Kyle!”

“Besides always crushing it on the weight floor, Kyle can also be found lugger his log up the outdoor hill!”



Majid Sweidan

“Majid can be seen zooming around the track or working out on some cardio equipment! Also, he has the best smile and brightens the day of anyone he crosses paths with. Dedicated to well-being and an absolute joy to be around- Go, Majid!”



Mary Mayer

“Without her ongoing encouragement, I probably wouldn’t make it to the gym nearly so much.”



Mike Cha

“Mike is a mainstay at Liberty. He provides a lot of joy to all the members and never misses a workout.”



Mike Sarosi

“Mike runs the hill outside on hot days wearing a weight vest and always downplays his fitness level.”



Nancy Cleland

“Nancy is a powerhouse on the tennis court. Affectionately nicknamed the ‘Gazelle’, she sprints to balls at the net and hits winners. She inspires me by everything she does to keep fit and healthy. She is active and always learning and improving. Nancy exudes positive energy and is fun to play with.”



Pat Redies

“Pat faithfully works out and plays a good game of tennis.”



Regina Zajia

“I have been seeing Regina at Liberty for YEARS now! She is serious about her workouts, her classes, and her overall health. She is in great shape and likes to be social with many Liberty members. She is a busy professional and business owner, yet she finds time to frequent Liberty. Great work, Regina!”



Ruedee Vance

“Ruedee’s determination to maintain her fitness of her “younger days” and her positivity in enjoying every bit of the training and friendships at Liberty has been inspiring to me!”



Ruth Arnson

“Ruth is conscious of making sure to participate in some form of exercise every day...walking, biking, pickleball, weights, or tennis. She is an excellent athlete and especially proficient at tennis, being a member of several USTA teams at the 3.5 level. Ruth is also aware of healthy nutrition staying within a balanced diet. Aside from her athletic success, Ruth is a lovely person...fun, inclusive and a friend to many. She’s a great role model for many of us!”



Sandell Bennett

“Sandell’s dedication to playing tennis at Liberty for so many consistent years inspires me!”



Shannon Walter

“Shannon always comes in with a smile and is ready to work out no matter what time of day.”



Steve Putnam

“At over 70 years old, this former boxer with the tricky back is a mainstay at Power 45 and Spin classes!”



Susan Holmes

“Susan is a dedicated fitness enthusiast and a really nice person. She regularly attends Spin classes several times a week and also lifts weights. Susan has overcome every challenge that she has encountered in her life and inspires everyone around her to stay fit and healthy.”

“Susan is here on a regular basis. She is so very positive and encouraging. She inspires me.”

“Susan is at Liberty working out every day - Spinning 3 days a week and doing weight work other days. She is always positive, friendly, and inspiring!! She always has a smile on her face!!”

Susan Westerman

“Not only a friend, but also an inspiration.”





Trish Heusel

"Trish crushes it in every class we're in together, and usually she is doing back to back classes to boot!"



Vicki Watson

"Vicki prioritizes health every day. Despite being "older"—she skis, runs, works out, and moves right next to 20 year olds. She was hit by a snowboarder this winter, tearing her MCL and hurting her ACL, which could have been detrimental! Instead, Vicki now walks, swims, and does Pilates while building strength to get back to the gym! Selfishly, she also is a wonderful Grandmother and MIL. She can find the good in any situation and instills the importance of determination and persistence daily. I'm happy to nominate her for 50 over 50 at Liberty."