

# Healthy Living<sup>®</sup>

El Paso Times

Monday, July 27, 2009

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## UTEP Kinesiology Department gives older exercisers a fun option

**By María Cortés González**

El Paso Times

EL PASO — Seniors looking for a new way to get exercise should consider heading to the University of Texas at El Paso this fall.

UTEP's Department of Kinesiology is registering participants for its Golden Age Fitness Program through August. The program is for peo-

ple 60 and older who have a doctor's permission to exercise.

Sandor Dorgo, assistant professor of kinesiology, said the program offers more options than traditional exercise programs and has been popular. In fact, he said, the program has a high retention rate.

"Last fall, over 90 percent of individuals who started the

program were still in the program by the end of the semester. I think that expresses how much people like it," Dorgo said. About 170 people participated last year.

The exercise program will begin the first week of September and will be offered twice a week with three time options.

Please see **UTEP 2D**

### Sign up

- ▶ **What:** Golden Age Fitness Program.
- ▶ **Who:** People 60 and older with a doctor's permission to start a fitness program.
- ▶ **When:** Registration continues through August. The program will start the first week of September.
- ▶ **Where:** UTEP Department of Kinesiology fitness center.
- ▶ **How much:** \$25 a month.
- ▶ **Details:** Older adults interested in the program will be expected to attend an orientation session and provide a doctor's note saying they're healthy enough for regular exercise.
- ▶ **Information:** 747-6091; [www.physicalfitness.utep.edu](http://www.physicalfitness.utep.edu).



# UTEP

Continued from 1D

"Our program is well-rounded and complex. And it is an environment specifically created for older adults, so they feel comfortable," Dorgo said.

The program is a combination of workouts in the Sun Bowl and weight training at the department's exercise center. Kinesiology students will work with the participants and monitor their progress.

Robert A. Arriola, a retired electrical engineer, has enjoyed participating in the program for four years.

"You meet new people ... and it keeps your mind and body going with exercises for strength, flexibility and balance," he said.

As an extension of the classes, Arriola has started an organization, the Golden Age Fitness Association, to promote fitness and fun.

"We want to schedule talks on nutrition and

anatomy and invite people to come. And you don't have to be 60 exactly; it can be bit under," he said.

Other ideas for the group include planning travel trips, dinners, tailgates and visits to UTEP sports events.

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