



Stronger and Smiling at 74

Thelma Robinson is a senior who loves becoming stronger.

Since moving into Brookdale Belle Meade last year, the 74-year-old has been a daily participant in the community's B-Fit classes. She especially enjoys doing the bicep curl during the sessions, using one or two-pound weights.

"You can really feel the pull," said Robinson, who says she relishes gaining strength. "You can feel the muscles moving. I like that."

She appreciates the impact of resistance and light weight training on her health. It helps my heart; it helps my body," said Robinson. "My balance is good."

Robinson also walks the length of the community 10 times most days to incorporate aerobic activity as well as strengthening into her routine. She credits this well-rounded fitness approach with helping her make the most of retirement. "I think that's the reason I'm so active now," said Robinson. "It's because I do exercise."

Robinson, the mother of three, was a full-time homemaker for some years and also worked for Ingram Industries in Nashville, Tenn. These days, she enjoys spending time with her family and participating in a range of Brookdale Belle Meade's activities. And of course, among her favorites: the B-Fit classes.

"That's fun," she said with a smile at the end of a recent session, still glowing from her workout.