



HealthLINE

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Prime Time Profile

Rita Rewiski

CHP Active Senior

"I turned 60 this year and have found delight since January in an activity I first saw 27 years ago. The magic elixir is clogging. It provides weight control, coordination, balance, flexibility, endurance, right and left brain activity, memory, socialization, community service and is loads of FUN. The music defies you to keep still. Cloggers range in age from preschool to over 70. You can clog as minimally (for less strenuous exercise) or as enthusiastically (for greater exercise) as your personal taste (or body) dictates. I clog one night a week with the Tallahassee Mountain Dew Cloggers and twice a week at home practicing the steps. Our teachers make it easy to learn, and we perform for fundraisers like Relay for Life, the March of Dimes, and many others. If they taught clogging in schools, there wouldn't be an obesity problem with our children!"

