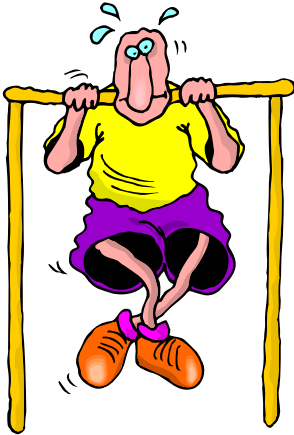


The Fitness Scene

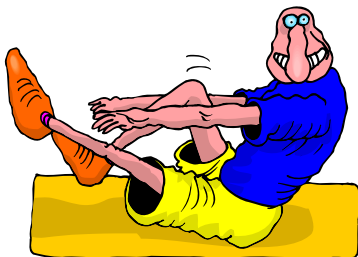
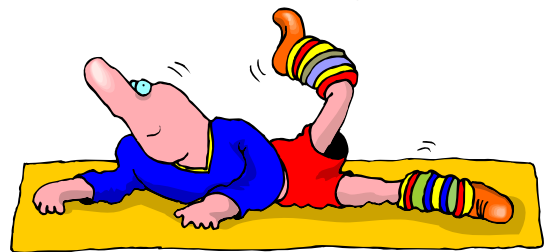


Life Care is a health-care company, and our focus – rightly so – is on the services we provide for our residents. Their safety and wellbeing are paramount in the pursuit of our mission. But the fitness of our associates is important, too. We cannot serve our residents the best if we are not at the top of our game.

Wellness, then, is vital, not only in the performance of our jobs, but for the sake of our personal pursuits and family responsibilities. To that end, Life Care has a wellness committee, led by Jennie McClaren, senior vice president of Human Resources, at our corporate offices to remind us of the value of, and to promote, healthful practices. Similarly, each of our centers has such a committee for the same reason.

Not everyone climbs on the wellness bandwagon, however, and many choose to offer interesting excuses – and often humorous commentary – for avoiding the exercise scene. Here is a collection of such observations:

- “My grandmother started walking five miles a day when she was 60. She’s 97 now, and we don’t know where she is.”
- “I joined a health club last year. Spent about 400 bucks. Haven’t lost a pound. Apparently, you have to show up.”
- “I have to exercise in the morning before my brain figures out what I’m doing.”
- “I like long walks, especially when they are taken by people who annoy me.”
- “I have flabby thighs, but fortunately my stomach covers them.”
- “The advantage of exercising every day is that you die healthier.”
- “If you are going to try cross-country skiing, start with a small country.”
- “I don’t jog. It makes the ice jump right out of my glass.”



Perhaps this is evidence enough to lace up your walking or jogging shoes and hit the trail. Some people go to great lengths to explain their non-participation.

– Beecher Hunter