

Fitness at Highview Hills

When people think of living at a senior community, they probably don't imagine residents getting stronger every day, needing fewer medications than when they first moved in, moving around with ease, playing Wii bowling in competitive matches, and sleeping better at night. However, this is exactly what is happening at HVH. Two major reasons for the change: Highview Hills' onsite Fitness Center and even better yet, its full time fitness instructor – Brent Fuller.

One resident, Claire Birkeland, boasts, "All this exercise is good for the body, but it's even more important and significantly beneficial for the soul." You begin to feel more 'normal'. Even though you may be stiff or walk with a cane, you are still capable of 'playing'. No matter how old you are, you still want to 'play' and Brent brings that out in all of us. Claire, among many things, coached tennis in her previous life. She has MS and said that after her time in the Fitness Center she has made remarkable progress. It amazes her that a leg that should medically have no feeling is now getting feeling back due to her consistent exercising and Brent's professional guidance.

Another resident, Susan Youngberg, says, "One of the best things about living at Highview Hills is that we get the opportunity to stay fit right under our roof. In addition to a lot of wonderful equipment, we have Brent! He is such an asset to have here. He's an absolute 'gem' to work with and he really listens to each of our specific needs/goals and customizes our workouts to what we need. "

She continued, "I told him I wanted to strengthen my upper body. He listened intently and then developed a plan to help me continue to improve my strength, range of motion, and he continues to assist me one-on-one with resistance training for my osteoporosis. He even found a way for me to do modified sit -ups in my wheelchair. His instruction has helped so I can raise my arm to paint in our Art Studio, which I enjoy. The regular routine exercise has helped to control my blood sugars to the point where my physician has significantly decreased my medications for diabetes. "

Brent , who has a B.A. in Exercise Science from Minnesota State University-Moorhead, says, "I am here full-time to help monitor issues that affect the body during exercise including hypertension, diabetes, current medications, neuromuscular complications, after hip and knee surgeries. " Brent takes time with each member and sets goals, one of which is usually helping with balance. He likes to motivate his participants and says, "If I can get a client to see just a tiny bit of hope that the effort they put forth in exercising is directly related to their goals – that's how seeds of intrinsic motivation start to grow."

Highview Hills, a 55 and over senior community, is celebrating their one year anniversary on September 30th. The only Lakeville senior living community with four levels of living – Independent, Assisted, Memory Care and Care Suites -- has 94 residents with another 16 people moving in within the next two months.

Highview Hills by Walker, the next generation in senior living, is part of the Walker Methodist family of senior living communities, serving seniors since 1945. For more information, contact 952-985-5155.