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IMAGE Wellness Series: Love Yourself! A Self‑Love Exercise

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>> CHRIS NUSBAUM: Good afternoon, everyone, and Happy Valentine's Day to all. I learned about a different holiday yesterday, Galentine's Day is apparently a thing, the day before Valentine's Day, apparently, for the ladies to celebrate themselves. So, to all the ladies out there, Happy Belated Galentine's Day. I'm Chris Nusbaum, a Special Support Specialist here at the IMAGE Center for People with Disabilities, and our COVID Public Health Program, and this is the February installment in our IMAGE Wellness Series of events around health and wellness, providing that information in an accessible format and a format that is adapted in a way that's specifically designed for those of us with disabilities.

The IMAGE center for People with Disabilities is a center of independent living based in Towson, which serves residents of Baltimore County, Baltimore City, and Hartford County. We also ‑‑ most of our programs serve the counties I mentioned. We also have our Bridges Technical Assistance Center, which serves blind and visually impaired students across the state. But all of our other programs are specifically geared toward people in Baltimore County and Baltimore City and Hartford County. And you can learn all about what we do at our website, IMAGEMD.org, where you can also find the blogs that we're putting out as part of this IMAGE Public Health Program, and sign up for our newsletter, where we put out information about all of our programs, including what's coming up next in this monthly IMAGE Wellness Series.

We have a number of events in the pipeline, both of the virtual variety and of the in‑person variety, as the weather gets warmer, so stay tuned for that.

So, today, we're going to celebrate Valentine's Day just before those who have Valentines do those things with their Valentines that they're planning to do, with a chance to love ourselves. And we're privileged to have a guest with us to guide us through some exercises for loving ourselves. So, let's turn it over to my friend and colleague, Keyonna Mayo, to introduce our guest presenter.

>> KEYONNA MAYO: Thank you, Chris! Hello, everyone. I hope everyone is having a great day today. And our guest for today, Lahni Bergin. So, Lahni graduated from Frostburg State University in 2012. As much as she loved college, she loved developing. She developed some pretty unhealthy habits, so she began working out soon after graduating and changed her mindset, habits, and life one day at a time.

After losing 53 pounds, she enrolled at the National Personal Trainer Institute and completed a 300‑hour course covering anatomy, nutrition, program design, physiology, and movement analysis. In 2014, she received a diploma in personal training, and she has been a personal trainer for ten years. She achieved a Masters‑level status, and her goals have always remained the same: Help people, empower them, and become a resource in achieving through goals.

Her training style is focused on four things: Enjoyment, exercise, nutrition, and overall healthy living. She strives to help people of all ages achieve their fitness goals through hard work and learning what purpose for them. In her spare time, she enjoys working out, spending time with family, and listening to podcasts.

In January of 2023, her and her husband welcomed a baby girl, Lucy, and she is their pride and joy, and she makes them want to be their best, healthier, and happier version of themselves.

So, Lahni, you can take it away.

>> LAHNI BERGIN: All right. Well, thank you for that wonderful introduction. My name is Lahni Bergin. I first want to say thank you so much to the IMAGE Center for having me today. When I first accepted doing this, I felt a little bit nervous, but that quickly changed, because I love talking about this stuff. I think any of my participants who are here today that take my class know that I love this stuff. And so, I hope all of what we discuss today resonates with you all.

So, I'm going to go ahead and share my screen. I'm going to pull up ‑‑ I prepared a small presentation for us for today. All right, so, can everyone see that on the screen?

>> Yes.

>> Yes.

>> LAHNI BERGIN: Yes? Okay, wonderful. Wonderful. All right. Hi, everyone! My name is Lahni Bergin. I am a personal trainer, as you all just heard. This will be my tenth year as a personal trainer. And I first got into it when I was walking to my last final of college, and I just had this moment of realization where I had just become so unhealthy, and I really needed to make some major lifestyle changes.

So, shortly after I graduated, I started working out because I knew I needed to change something. I didn't really know what I was doing, so I hired a personal trainer, and then over the course of a year and a half, I did lose 53 pounds. And my goal started as weight loss, and then over that time period, it quickly changed.

I learned so much about myself, both physically and mentally, and that got me thinking that I can help people who want to change their life and know they need to make this major life change but don't know where to start. So, that's what inspired me, and I really feel like I'm able to connect with people, just when we're working out or being active. Yes, it's physical. All of that. We're moving our body and we're in motion. But a lot of it is mental, too. So, I really take pride in being able to connect with my clients in that way.

I think after today, you'll be able to see that I love fitness. I love fitness, wellness, and all things health. So, I hope you enjoy what I've prepared for you today. Today is February 14th, so it is Valentine's Day. And the topic of discussion today is self‑love.

So, first and foremost, what is self‑love? Self‑love is the regard for one's only well‑being and happiness. So, it's safe to say, what everyone's version of self‑love is going to be a little bit different. What my version of self‑love could be completely different from yours. Maybe your version of self‑love is putting yourself through a really hard workout. Maybe it's gardening on a beautiful spring afternoon. Maybe it's walking the dog with friends. Whatever your self‑love moment is, it's kind of that moment of ah, and it just really helps you fill your cup back up, and you love it and enjoy doing it.

So, I have several things that I consider a form of self‑love, but I feel pretty strongly about one. Exercise. Exercise is 100% a form of self‑love. I feel passionately when I say that exercise is a form of self‑love, and what we put into our bodies is a form of self‑love. I think all of us would agree that we all want to live long, healthy lives. We want to spend time with the people that we care about. We want to reach those goals that we have. We want to spend time with loved ones. And part of that comes from keeping ourselves healthy so that we're here for a long time.

So, let's talk a little bit about exercise, what it is and what it does for us when we do it on a regular basis.

So, what is exercise? Exercise is the training of the body to improve its function and enhance its fitness. So, that could be doing laps at the pool, going on a hike with a friend, maybe you're going to the local school in your neighborhood and you're walking around the track throughout the week. It could be strength training. It could be doing Adaptive Seated Fitness with me on Tuesday. I think a lot of the times when people think about exercise and fitness, sometimes we get stuck in thinking it has to be one certain way, and it doesn't. It can be anything that you enjoy doing that you're going to want to repeat doing and do it on a regular basis.

So, exercise isn't one thing. I can't stress it enough, it does not have one look. It doesn't have to be done a certain way. It's whatever you are going to do on a regular basis. The choices that we make today have an effect on the kind of life that we're living tomorrow. I tell my clients that motion is lotion, and it's true. A body in motion is a happy body. We don't have to go super fast all the time. We find a pace that we can keep up with, and we just keep on doing it.

So, here's something worth mentioning. Exercise doesn't mean you have to walk three miles a day. It doesn't necessarily mean you have to have a membership to a gym. It doesn't mean that you have to exhaust yourself after every single workout. And the most important thing, I think, exercise, it does not mean you have to hate it; it does not mean you have to say, "Ugh, now I have to go and do my exercise for the day." It's so important to find a movement that you like to do.

I don't think it's a surprise to any of us that when we like doing something, whether it's exercising or playing cards or going on a walk, whatever it is, if we like to do it, chances are that we're going to want to repeat it and do it again because we have that enjoyment factor. So, if we're going to be exercising and keeping ourselves healthy, why not find something that we love, that we enjoy, and that's going to keep us healthy?

So, it's no surprise that exercising has a ton of benefits, okay? You can see these ones up on the screen. There are so many to choose from, and these are the ones that just really stood out to me. Personally, as you guys heard, I have a 1‑year‑old. She just turned 1 a couple weeks ago. So, the last year of my life has not been the best with sleep. So, prioritizing for me working out on a regular basis has helped me get the best sleep I can for this season of life that I'm in, reducing stress and anxiety. We all have those on a day‑to‑day basis, just whatever is going on at work, outside of work, with the kids, with our spouses, whatever it might be. We're all stressed out about something. So, exercise plays a huge role in reducing that.

Now, I want to look to the bottom bullet, because I feel like that is one of the most important ones. So, it reduces health risks for major things like certain forms of cancer, type 2 diabetes, and infectious diseases, such as the flu, pneumonia, and COVID‑19. Now, it is February. We are in the middle of winter, or sick season. I feel like once those holidays start and then just throughout the winter, it is just one thing after the next getting sick. You might know somebody who recently has been feeling under the weather. Maybe you've been feeling under the weather recently. I know my daughter's in daycare right now, so talk about sickness. It's always one sickness after the next, especially with kids and all those germs.

So, the power that we have today is the health that we have tomorrow. We don't know. The reality is that we don't know if we are going to get sick tomorrow or next week or next year, but we do know that by just finding time throughout the week, a little bit each day, that we are setting ourselves up for success in making sure that we are our healthest selves, so that when that sickness does come around, that we are able to fight it, get ahead of it, and get back to feeling like ourselves. Okay, because it sucks being sick, and none of us have the time to be sick, right? We all have stuff going on.

But I think it's pretty amazing, if we think about it, that you, that me, that all of us, we have the power to control and influence how we heal and get better, and that is huge, if we think of it like that, that we can control all of that. And that's why exercise is so important.

And I tell people, exercise isn't something you have to do. Exercise is something you get to do. And for me, I know once I shifted my mindset a little bit ‑‑ because even though I'm a personal trainer, it's not like every day I wake up and I'm like, "Gotta go work out!" There are some days where I'm tired, I didn't sleep very well, or I've had a long day at work, and the last thing I want to do is work out, but I know that, okay, if I get a couple minutes in of movement, even if I do one or two things, chances are, I'm going to feel better.

And I believe that there is a place for everybody within the fitness world. Anybody can be here, and we're all going to benefit from it. And that's what I love so much about my job. Very rarely do I have someone come in, and they're like, "I'm A‑okay, no injuries, nothing's wrong, I'm ready to rock!" Okay, sometimes that happens, but a lot of times, we have people coming in, "This hurts," and knee or whatever it might be, but guess what? We can still always find things we can all do. So, there's a place for all of us within this space.

All right. So, I want to look at this. According to the centers for disease control, people who do little or no physical activity are more likely to get very sick from COVID. So, we know that when we exercise, we are literally building our immune system to be as strong as possible, that whatever comes our way, we're going to be able to fight it off as quickly as we can and get back to feeling like ourselves.

How we take care of ourselves, it truly matters. What we put into our bodies matter. Having a direct influence on how you heal is extremely powerful. And when we work out, our body literally releases a chemical called endorphins. Our body wants to feel good. It wants to move at its best.

So, today what I would like to do is we are going to go through a short workout, very similar to one that I would do with my Tuesday afternoon class. The great thing about this workout is it's 100% seated. You can choose to use some weights. You certainly do not have to use any weights if you do not want to, but the great thing is, is we're going to have a wonderful workout, either way. We're going to get our heart rate up. We're going to get a little bit of a sweat on. We're going to listen to some music, and we're going to have some fun. So, just to wrap it up, taking care of our body, heart, mind, and soul is a form of self‑love. So, I hope today after this workout, this makes you realize, okay, workout doesn't have to look like one thing. Maybe I'm doing a seated class. Maybe I'm doing yoga. Maybe I'm going out for a walk a few times a week.

All right, everyone. So, what I'm going to do now is I'm going to come and set up my computer, and we are going to go through a workout that we do very similar to my Tuesday class. If anybody would like to grab two small weights ‑‑ it doesn't have to be dumbbells, it can be water bottles, it can be two cans of soup. It can be whatever you like, okay? You can go ahead and get creative. We are first going to start with a mobility drill, so just move our bones, get our bones, tendons, and joints lubricated and ready to go. Then we are going to go into a warm‑up, and then we are going to actually get to some exercise, okay?

I'm going to put on some slower paced music. We are going to start with some mobility, just some gentle movement.

(Music)

>> LAHNI BERGIN: All right, everyone.

All right, can you guys hear some music? (Stevie wonder's Superstition).

>> LAHNI BERGIN: Can you still hear my voice? All right, let's get started. So, my friends who were in class yesterday, you know what we're going to do. Let's roll our shoulders back. We're sitting up nice and tall. We're going to start by looking up towards the ceiling. We're going to take a nice, big breath, nice, big belly breath. We're going to let all that air out. Exhale. We're going to go ahead and tuck our chin down towards the floor.

We're going to come over looking to our left‑hand side. And we're going to come on over to our right.

(Music)

And back to our center point. Let's go ahead and bring one arm across our body, make sure our shoulders aren't creeping up towards our ear. Excellent. Let's go ahead and switch on over to the other side, do that same thing. Beautiful. Very nice. We're coming back to our center point. Let's go ahead and get those hands overhead. We're going to hold this position. I want you to really think like you're stretching up, up, up, up, towards that ceiling. Let's gently add in that side‑to‑side sway, so you feel that beautiful stretch on either side of our body.

We're going to drop one arm and we're going to tilt over to one side, so you feel that nice stretch. Very nice. Let's go ahead and switch on over to the other side, of course. Excellent. We're coming back to our center point. Let's go ahead and go into those forward shoulder rolls, that nice, big, exaggerated movement, coming up towards our ears, getting all that tension out of our shoulders. Do that same thing, but we're going to put it in reverse. We're going to do a few more. Very nice. Shake it out. Get all that tension. All right. Short, sweet, and to the point.

All right, my friends, here's what we are going to do next. We are going ‑‑ I'm going to pause this music just for a moment. We are going to go into a warm‑up. So, we have seven exercises that we're going to be doing, okay? We're going to do them back‑to‑back‑to‑back. They're about 30 seconds each, okay? So, 30 seconds, seven exercises. That's a lot, so be mindful. We want to think a nice, steady pace, okay? So, we're going to do 30 seconds, seven exercises. Once we get to the end, we're going to take a quick little break, little breather, 40 seconds, and then we're going to do that one more time, okay? Now, remember, we keep that break, that 40 seconds, very short. We want to start to feel our heart rate go up, get that sweat going, want to start feeling a little bit uncomfortable, okay? And then we'll go through it one more time, all right? So far, so good? All right, guys. I'm going to put on some faster‑paced music. Let's see, Self‑Love Warm‑up.

(Music)

All right, can you guys hear me? All right, guys, we are going to start with some alternating chest taps. So, sitting up nice and tall, we're taking those hands and we're bringing them in front of our chest. One, two, one, two.

(Music)

That's very good. Make sure we're sitting up nice and tall. Now, remember, you can certainly go faster than me. You can go slower than me. You don't have to look the exact same. Like I said before, motion is lotion, so you just keep that body moving and grooving. In ten seconds we're going into our side‑to‑side reaches. Five, four, three, two, and one. Nice, big reach. Very nice. Good. 20 seconds on the clock. All right, everyone, here's what we have coming up next. We're going go into some alternating bicep curls. Five, four, three, two, and one. Let's see it. One, two, one, two.

(Music)

Very nice. We're bringing those hands up, one at a time. Quick posture check. Are we sitting up nice and tall? Are we engaging our core? There we go, good. It's adjusted.

All right, we're going to bring those arms to the middle and then up overhead in five, four, three, two, and one. We're coming out and up, out and up. Very nice. Do what you can. We're bringing our hands into a letter T and then up overhead like we're making a letter I. We have about 15 seconds on the clock.

All right, so, my participants know this next one, like we're washing the windows. In five, four, three, two, and one. Let's see you get those squeaky clean windows. Yes, we have got little windows, we've got bigger windows, you choose.

We have about 15 seconds remaining.

(Music)

All right, we are getting ready to go up. We're climbing our imaginary rope in five, four, three, two, and one. Just like we're going up to the top with that rope. You can have big arms. If you want to keep them a little bit closer to your chest or belly.

(Music)

Wonderful! You guys look great! All right, we have one more. We're reaching for something across the table. Five, four, three, two, and one. We're going to grab something.

(Music)

Yes. Love it! 20 seconds. That break is upon us. We are recovering in five, four, three, two, and one. Very nice. All right. So, we have a quick 40‑second break. You definitely feel like that heart rate is starting to go up. We're going to take a breather, get a drink.

(Music)

All right, so, we have about 20 seconds. We're going to go through those exercises one more time. If you feel like you're ready to roll and you want to go right into it, go for it. If you feel like you need a little extra time, that is A‑okay as well.

All right, let's start back with our alternating chest taps in five, four, three, two, and one. Let's hit it. Last time with our warm‑up.

(Music)

Good. We have about 15 seconds remaining. 15 seconds. Let's get ready for those side‑to‑side reaches. Five, four, three, two, and one. Side‑to‑side reach.

(Music)

excellent! Nice paces! All right, let's get ready for those alternating bicep curls. Five, four, three, two, and one. One, two, one, two. Very nice. Good transition.

(Music)

We are under 20 seconds. All right, for our next one, we're bringing those hands to the middle and then up overhead. Five, four, three, two, and one. We're coming out and up, like we're making that letter T to our letter I.

(Music)

In ten seconds, we're going to be cleaning those windows. Five, four, three, two, and one. Let's see it. Yes. This one is fun to do.

(Music)

Yeah, you can get a little side‑to‑side action in. 20 seconds on the clock. All right, guys, we are climbing up to the top of that rope. Are we ready? Five, four, three, two, and one. It's our second‑to‑last one. Good. Keep it moving. We have about 20 seconds.

All right, let's get ready for our last one, just like we're reaching across the table. Five, four, three, two, and one. Nice big reach.

(Music)

Excellent! 15 seconds. We are wrapping up our warm‑up. Five, four, three, two, and one. Very nice! Excellent! All right. How we feeling, so far so good? Yeah? You can already feel those endorphins, right? All right, guys, I'm going to go ahead and bring the music down just for a moment. All right, excellent! So, we got through our mobility portion of the workout. We got through our warm‑up. Now we are going to jump into our workout.

So, we are going to be doing just one block, but we have eight exercises, okay? So, the way that we do things is we're going to do exercise number 1, we're going to do exercise number 2, and then we're going to do an active recovery, which is about 30‑32 seconds. Our active recovery for today is shoulder taps, okay? So, we'll do our first workout, our second exercise, and then we'll go into our shoulder taps.

Now, if you feel like you're ready to just keep moving and grooving, you can go right into your shoulder taps. If you feel like, okay, I kind of need to take a little bit of a break, take a break. If you want to watch for a moment or need to get a drink of water, that's what the active recovery is for, okay? Whenever somebody needs to be in that moment, okay? We're going to all kind of be at a different spot, so you just do you and whatever's best for you. Remember, this is your workout of today, okay? So, we have eight exercises. We'll go in pairs of two, active recovery, two, active recovery, until we get to the end. Okay? You feeling good? Yeah? All right.

Now, the last thing ‑‑ two things ‑‑ I lied, two things. Each exercise is about 40 seconds, and we have two of them back to back, so I want you to keep that in mind, okay? We want to think marathon, not a sprint. You don't want to burn out in that first 15 to 20 seconds. Okay?

And lastly, I promise I'll let you all know if I'm going to use one weight, two weights, or no weights. Remember, you don't have to use weights, okay? This is your workout, just as long as you're having fun and moving. Okay. We ready? All right, guys, I'm going to change the tunes one more time and we're going to get through our workout.

(Music)

All right, can you hear my voice? Okay! Wonderful. The music sounds okay? Good? All right. Now, for the first two exercises, I'm not going to use any weights for the first two. I'm just going to be using myself, okay? We are going to start with our jumping jacks. Five, four, three, two, and one. Let's get those arms moving and grooving. Remember, we can bring them out nice and big to our sides, or if you want to stay a little bit closer to our hands and our face, that's okay.

(Music)

That's our halfway point. We have 20 seconds remaining. Great. In ten seconds, we're going to throw some punches. Five, four, three, two, and one. Let's get those hands right underneath that chin. Yes, find that nice big reach with those punches. Very good. Nice, steady breathing.

We are under 20 seconds. All right, we have about ten seconds, which means we have our first active recovery sneaking up. Are we ready? All right. Five, four, three, two, and one. Let's tap it out. Yes, very good. All right. So, this is our first active recovery. Now we have 25 seconds. Big, deep breaths. Feel free to grab some water, if you need to.

Now, for the next two exercises, I am going to be using two weights. That is our ten‑second warning. Go ahead and start grabbing your weights, if you need to. We're going to start with our bicep curls, in five, four, three, two, and one. We're bringing those hands up, yep, and right back down. Remember, we don't have to be using those weights. We're doing that same thing with our arms and our hands. We're bringing them up and then right back down. Yes, very good. You guys look great! We have about 15 seconds.

All right, in ten seconds, we're going to add one extra step. We're going to add in that press. Five, four, three, two, and one. Let's bring it all the way up and then right back down. Yep. Awesome, Linda, good! Nice, Kristine, good! We have 25 seconds.

(Music)

Ten seconds on the clock. That means our second active recovery is coming up quick. In five, four, three, two, and one. Let's tap it out. Wonderful! Very good! All right, so, that is our halfway point, okay? We are four in. We have four to go.

For the next two exercises, I'm just going to be hanging onto one weight. All right, we have about ten seconds on the clock. We are going to be starting with our halos, in five, four, three, two, and one. Yep, we're coming up over our head. If you want to stay down a little bit lower that's A‑okay. No weight, no problem. We're doing that same thing with our hands.

(Music)

Excellent. 20 seconds on the clock. Great. In ten seconds, we are going to be pressing that weight out and up, in five, four, three, two, and one. We're coming out and we are coming up. Yep, beautiful.

Quick posture check, are we sitting up nice and tall? Hey, Ciara, very good. Awesome, Leslie! 15 on the clock, everyone. All right, we are getting ready for our third active recovery. Five, four, three, two, and one. Let's tap it out.

All right, this is our home stretch. We have two more exercises and an active recovery. For the last two exercises, I'm going to be hanging onto two weights. All right, my friends, let's bring this home. Go ahead and start picking up your weights, if you need to. We are going to start with the chest press in five, four, three, two, and one. We're sitting up nice and tall. Bring that chest up.

(Music)

Yes, very good. We have about 25 seconds. Whoo! Keep it moving. We have about ten seconds. We have our lateral raises to finish up, in five, four, three, two, and one. We're bringing our hearts up by our sides, almost like we're making a T or like we're flapping our wings. Very nice. Excellent! You guys look great! Here we go, keep that head up, keep that chest up. There you go, yep, like you're nice and proud of yourself. 15 seconds!

(Music)

All right, guys we getting ready for our last active recovery in five, four, three, two, and one. Tap it out! Very nice. Last one, 30 seconds of work. We have ten seconds remaining. We are wrapping up our workout in five, four, three, two, and one. Very nice! Excellent, everyone!

All right, guys, I'm going to bring the music down. Wonderful! Very nice! Did that feel good? You get moving and grooving? Yeah? All right, so, I am going to put some slower‑paced music on, and we're going to do a little bit of a stretch, okay? And then we'll talk about some of the stuff that we just did. All right, where is our... today...

(Music)

(Stand By Me)

Okay, it's a little soft, but are you guys hearing music? Yeah? Okay, great. All right, guys, wonderful job! Okay, so, here's what we're going to do. We're going to do a couple of the exercises that we did for our mobility, and then we're going to do a couple new ones, and then we're going to finish up with some deep breathing, okay? So, let's start again. We're going to tuck our chin down, looking down at the floor. Take a nice, big belly breath. Let's go ahead and come on up, looking towards the ceiling.

We're coming back to our middle point. Let's go ahead and look over to our left. And let's look on over to our right. And back to our center point. We're going to gently tilt our head over to the left, so we feel a nice stretch on the right‑hand side of our neck.

Let's go back to our center. Tilt over to the right.

(Music)

And back to our center point. We're going to bring one arm across that body. Very nice. Let's go ahead and switch over to the other side, take a nice, deep breath. And back to our middle. I'm going to take my opposite hand on my opposite leg and turn into our self. Back to our center point. Switch over to that other side. And back to our center point.

Let's go ahead and bring our hands together. We're going to interlock our fingers, push away from ourselves. Let's bring those hands up overhead and we're going to hold this position right here. Nice, big breath. Add in our side‑to‑side motion. And we're going to drop it to one side. And we're going to switch on over to the other side. And we're coming back to our center point.

All right, everyone, we are going to finish up with our deep breathing, so we're going to be sitting up nice and tall. We're going to do five deep breaths. We're going to be inhaling through our nose, exhaling through our mouth, and we're going to use our arms as we fill ourselves up, okay? So, sitting up nice and tall so we can take a big inhale through our nose. Exhale. All that air out. Good. Celebrating what you just did. Big inhale into our nose. Beautiful. Good. And exhale. Let all that air out. In through the nose. Exhale. And two more. Take a big breath in. Exhale. Let all that air out. Now we're going one more time. Let's take a big inhale. Into our nose. And exhale, let all that air out.

Let's give ourselves a round of applause! Yay, for doing that for today. All right, I'll go ahead and bring the music way down.

All right, guys, so, that is an example workout of the class that I teach on Tuesday afternoon for Disability Partnership. Every week it's a little bit different, but our goal's always the same, to have fun, to get our body moving, to get ourselves working, but ultimately, to have fun, because if we have to do this, we have to work out consistently to be healthy and be well, then we might as well like what we're doing, right?

So, thank you so much, again, to the IMAGE Center for having me today to have this discussion with you and go over this workout. And again, my name is Lahni. You can find me over at Disability Partnership. I teach the Tuesday class at 4:00 p.m. Thank you!

>> CHRIS NUSBAUM: Thank you, Lahni. This has been a lot of fun, and I've been surprised at ‑‑ I know for me, I don't know how much this is true of anybody else, but I know for me, I was surprised at how much my heart got pumping as I was sitting. I was like, I'm working up a sweat here. I'm sitting at my desk, and I'm doing these exercises, but I'm feeling it!

And by the way, what a playlist! An awesome playlist! So, I have a question, but I'll let everybody go first. Does anybody have any questions for Lahni?

>> Dorothy BOVE: Thank you so much! And I love the fact that it just gets you doing your thing. I mean, like, you have a home for yourself. You feel good afterwards. So, thank you.

>> This is Imanilmani Graham with the center. This was so much fun and got me out of my rest today. Thank you so much! If you could put your information in the chat about how we could sign up for your class, that would be great.

>> LAHNI BERGIN: Yes, absolutely! Yes, I'm so happy that you all enjoyed it. I love as a personal trainer being challenged in new and different ways of how, like I said, having a space for everybody, like what does that mean? What does that look like? So, I love figuring out how we can still be working, even if you are in a seated position, in a standing position, whatever it might be. So, I've really enjoyed kind of fine‑tuning this class from week to week, but definitely over the years so that, like, we are having fun and we are sweating, and it doesn't matter if we're sitting down or using weights or using no weights. So, and the music, I just, it's my pride and joy. I love making those playlists every week, so I'm happy you guys liked it. But I'm going to put my contact information, my email, and then I'm going to put the Disability Partnership website as well in the chat, in case anybody's interested in visiting the site and learning more about the classes. There are several different kinds of classes that are offered there.

>> Leslie Austin: I love the music, by the way. I think you had the best music out of all of the classes they offer.

But I did have a question. So, like, how do you keep on going ‑‑

>> CHRIS NUSBAUM: Who is speaking, by the way?

>> Leslie Austin: Oh, Leslie.

>> CHRIS NUSBAUM: Go ahead, Leslie. I just wanted to know who was talking. Go ahead.

>> Leslie Austin: Okay. How do you keep it fun? Because I started it just to do something fun with my friend, because we both, like, use wheelchairs, have a hard time getting out. So, this was, like, fun. But then, as time went on, it's like, I started thinking, like, what other thing should I be doing? Like, I'm not doing enough. And it becomes, like, oh, like you know, if you're working out, then maybe you should, like, I don't know, like eat healthy. Like, then I start to worry about, like I'm not doing enough. And it becomes not fun. And I'm like, I need to go back to just, like, doing it when I was just, like, doing it with my friend. But, like, how do you get back to that? Like, I don't know.

>> LAHNI BERGIN: Yes, I think that's a great question. And I go through that myself, too. I mean, I do this for my full‑time job, and I'm constantly doing fitness stuff, and there's still times where I'm like, eh, eh, you know. So, I think it's definitely those highs and lows and going through maybe like a rut sometimes. But I think as far as not worrying about doing enough, the fact that you're doing that activity and you're doing something is always going to be better than doing nothing. And there's going to be some days where you're like, I'm all in this, I'm really liking it and enjoying it, and maybe some days you get through a workout and you're like, eh, you know, it might not have been my best workout, but I did something, and I did it for myself. My body thanks me for it. So, I think, ultimately, Leslie, just having fun is just knowing, like, that you're doing something good for your body, knowing every workout won't be your best workout or your most favorite workout, and just the fact that you're doing something.

And then, as far as the nutrition, I mean, I think we all generally know what the good verse the bad is. And I say it's a balance, right? If we tell ourselves we can't have certain things, then we're going to want certain things more. So, still being able to give yourself those things while still being mindful. And sometimes that just takes an honest conversation with ourselves. But yeah, just keeping it fun, keeping it interesting. Yeah.

>> CHRIS NUSBAUM: Clara says in the chat, "Thank you for a great workout. I had a great time and loved the music."

>> LAHNI BERGIN: Yay! Love to hear that. Thank you for being here.

>> CHRIS NUSBAUM: Any other questions? We have about five minutes left.

>> KEYONNA MAYO: I don't have a question, but I just wanted to thank you again for doing this. And you will see me on those Tuesday workouts, because ‑‑

>> LAHNI BERGIN: Yay!

>> CHRIS NUSBAUM: Me too.

>> KEYONNA MAYO: I almost want to ask if I can take the day because I need a nap!

>> CHRIS NUSBAUM: Right.

>> KEYONNA MAYO: You know, I am ‑‑

>> CHRIS NUSBAUM: You've got another call at 3:30, Keyonna.

>> KEYONNA MAYO: I know! I am just very much out of shape, because you know, before COVID, just being up and just very much being very active, and then doing, not really doing much, lounging around the house. I was nervous to weigh myself when I went to the doctors recently because I know I gained weight, you know, but you'll definitely see me on those workouts, because I need it. I need it.

>> LAHNI BERGIN: Good, good. Well, we look forward to seeing you. And every week it's a little bit different, so come on by.

>> KEYONNA MAYO: I will be there.

>> CHRIS NUSBAUM: One more time. Any more questions? Katrina asks in the chat, "Thank you for a great workout. How can I sign up for classes?"

>> LAHNI BERGIN: So, I in the chat box, I have dropped the link for Disability Partnership. It's just www.disabilitypartnership.org. There are a lot of resources on the page, but there is a section where you can look at the classes and be able to sign up for that. And there are all different kinds. There is the seated adaptive fitness. All of them are seated. There's yoga, there's boxing, line dancing, zumba.

>> CHRIS NUSBAUM: Oh, doing.

>> LAHNI BERGIN: Yeah, so go check it out. Www.disabilitypartnership.org.

>> CHRIS NUSBAUM: I have a question. This is Chris. I have a question. I wasn't familiar with a few of the exercises we did in the workout. So, mostly for the benefit of those who couldn't see what you were doing on the video, what were the window washing exercise and the payload exercise? Could you just describe those?

>> LAHNI BERGIN: Yes. So, the window washing one, I literally think of it as a little wax on, wax off action. So, literally taking our hands in a circular motion. And I always say, you know, you can choose if you have little windows or big windows. You can kind of choose if you want to go big or go small. There might be a fancier, more technical name for that exercise. I happen not to know it, so that's why I just call it the window washers. And I feel like people can kind of for the most part say, okay, that might look like just putting our hands in a circle. So, that's that one.

And then, what was the other one, Chris?

>> CHRIS NUSBAUM: Payload.

>> LAHNI BERGIN: The payload ‑‑

>> CHRIS NUSBAUM: At least that sounded like what you were saying.

>> LAHNI BERGIN: Oh, the halos! Halos.

>> CHRIS NUSBAUM: Halos, sorry, okay.

>> LAHNI BERGIN: Yep, so, the halos, if we're holding a weight. So, it's like we know that an angel has a halo over head. So, this is kind of a take on that, but it's just bringing it up over our head and then switching over to the other side. And then with that one, we're trying to keep our torso nice and still, so we're not kind of compensating all over the place, but just bringing it up and over.

>> CHRIS NUSBAUM: Okay.

>> LAHNI BERGIN: Yep! And of course, there's always different ways. If there was any limitations, I always say, you know, we can keep it down closer to our face or chest, if we want to come up nice and big overhead. The great thing about any of the exercises that we do is there's modifications. We can make them easier. We can make them harder.

>> CHRIS NUSBAUM: Great. Well, once again, thank you, Lahni, for leading us through that workout and joining us today. Sounds like you'll have many new people, many new people in your class, Keyonna and I being two, and many of the other people here. So, thank you so much for leading us through that and getting all of us a little more activity in our day. And thank you to everyone who joined us in that activity today, both here on Zoom and for those who joined us on Facebook. This was our first try of streaming a Wellness Series event on Facebook. So, if you're watching on Facebook Live, thank you. We'll do that again.

We'll have a recap blog post of this event, which includes all of the contact information that Lahni put in the chat and a summary of what happened today and how to sign up for classes and all that stuff. That will be put out in a couple weeks. And when we put it out on our blog, I'll also send out an email to all of you that has all of that information. In the meantime, you can check out our blog at IMAGEMD.org for all of our public health posts and other stuff that the IMAGE Center does, including our next IMAGE Wellness Series event, which happens on the second Wednesday in March. Hint, hint. That one is going to be about nutrition. So, for the person who was talking about eating properly, that is what that one is going to be about. So, we're going to have a nutritionist and a health coach here, and we're going to have some fun with that.

>> LAHNI BERGIN: That will be great.

>> CHRIS NUSBAUM: It's going to be fun, and we'll have a lot of other things coming down the pipeline. So, just stay tuned for all that. So, again, thank you all for joining us and Happy Valentine's Day, whatever you may be doing. Thanks for coming!

>> LAHNI BERGIN: Thank you guys.

>> CHRIS NUSBAUM: Have a great day.

>> LAHNI BERGIN: Thank you so much.

>> Have a great day, everyone.

>> LAHNI BERGIN: Bye.

(Session concluded at 3:04 p.m. ET)

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