



*Patty and Scoop made a commitment to each other
and a commitment to their health.*

A traditional 40th anniversary present is rubies. Patty and Scoop Everist got so much more from their kids for their 40th—a healthy new lifestyle.

“When our kids gave us a year membership to the Mercy Fitness Center, we joked that maybe they wanted to keep us around for longer.
Once we got started, we decided to keep up with it.”

Patty saw her mother in a care facility fighting osteoporosis and unable to get around as she aged. “So much has changed today in regard to how we can prevent conditions like osteoporosis. Doing yoga, using the treadmill and elliptical and other weight bearing activities is **helping us keep healthy and fit as we get older.** It really makes a difference.”

“We could get a workout at home, but to be honest, we just aren’t good at actually doing it. **By showing up at the Fitness Center every week, we’re making a commitment to our health, and to each other.”**

Patty and Don (Scoop) Everist, Mercy Fitness Center members, 7 years.
Cedar Rapids

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