

Scaling New Heights at Eighty Years Old

BY NANCY MARRS AND
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that you are too old to do something.”*

Nancy has been a client here at On the Move Fitness since January of 2018. In that time, she has shown up consistently, ready to work and work hard. That hard work recently paid off when she decided to get out of her comfort zone and do something audacious to mark her 80th birthday. Nancy, who isn’t specifically a hiker, decided to tackle Mt. Bierstadt, a 14,000-plus foot mountain in Colorado’s Front Range. Here is her experience, in her own words:

“I decided to do something special because I turned 80 years old in April. Climbing a mountain appealed to me; I had never done anything like that before. We chose October 4th as the day to go and decided upon Bierstadt Mountain. I started taking long hikes to train for the climb, making sure to go uphill for half the hike. Two neighbors, Elizabeth and Liron, agreed to climb with me. Although the weather forecast wasn’t ideal, we stayed with the plan.

“We were met with 25 to 30 degrees wind-chill and 50 mph wind gusts. We were cold, and our energy was sapped by both the wind and the cold. At 13,622 feet, I decided to turn around. We still had to make it down the



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mountain. At the end of the day, we had traveled a total of 7 miles over 8 hours.

“At first I was disappointed because I didn’t reach the summit of the mountain. But, as I thought about it and spoke to other people who had climbed it, I came to realize that getting as far as I did and making it safely back down was a real accomplishment. I feel good about setting a goal and following through!

“I couldn’t have done this without the strength and balance training over the years at On the Move Fitness. My leg and core strength helped me to climb up and over the big rocks in the trail. The added benefit of strength training is building bone. I have

been able to increase my bone density through training with heavy weights. Several times, especially going back down, I was able to catch myself and avoid falling. The balance training in all my workouts paid off.

“Don’t let anyone convince you that you are too old to do something. You have two choices: sit and complain about how you feel, or work to build strength and do fun and exciting adventures. I recommend the second option!”

Deb Brown is an NSCA Certified Personal Trainer and the owner of the On The Move Fitness Personal Training Studio located in Conifer. For more information about how we can help you get in shape for winter fun, please visit www.onthemovefitness.com or call us at 303-816-1426.
