



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ALL BETTER TOGETHER

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Tim & Judy Siebert January 2015



**"You can do anything for one minute!"
-Jackie Meyers**

For the past 3 decades, Tim and Judy Siebert have been involved with the Stevens Point Area Y in many different facets.

When their children were young, they were looking for the proper environment to enroll their children in swimming lessons. Since the Y provided a swimming program that was available to young children and ran year-round, the Y was the perfect place to start.

As a SPASH teacher, Tim enjoyed utilizing the Y in the early morning hours and this habit has followed him into retirement. He enjoys swimming and walking in the Adventure Pool. The water allows him to remain active while reducing the stress on his joints. Judy prefers to utilize the treadmills, bicycles and weights in the Wellness Center as well as the wide variety of fitness classes that the Y offers.

Even though they prefer to use different areas of the Y, their reasons for doing so are very similar. Both Tim and Judy believe that exercising and socializing at the Y is the best way to start your day. Judy says, "Exercise gets the 'retired body' moving." Tim states, "Combining the exercise program with socializing makes the work easier and makes it fun." Their main goal with exercise is to maintain good health so they are able to keep up with their three grandchildren with whom they spend quite a bit of their free time.

Tim and Judy are an inspiration to others, both through their commitment to the Y and for their involvement in the community. Tim is the president of the Stevens Point Historical Society and they both took part in caring for the Stevens Point youth by working for the Stevens Point School District before their retirement.

If you are looking to start a new exercise program, take Judy's advice. "Simple goals are best. Exercise with a partner and take your time to get to know others who come to the Y." All of these pieces of advice together, will be a great start to a successful exercise routine.