

TSET Better Health Podcast Transcript

Episode 47: Physical Activity For Any Age and Ability

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Summary: Physical activity is not just for the young and athletic, it's for Oklahomans of any age and ability. Episode 47 of the TSET Better Health Podcast introduces listeners to Mark Ivy of NewView Oklahoma and his promotion of adaptive sports like beep ball -- a new take on baseball -- and other physical activities for fellow visually impaired persons. Executive Director Kathleen Fitzgerald talks about the Oklahoma Senior Games' variety of sports and activities, and OSG competitor Jamie Moore and her coach, Brock Hunter, explain their enjoyment for line dancing. Finally, TSET Campaign Manager Kelsey Nation discusses the many helpful physical activity resources found on the Shape Your Future website.

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[Theme music]

James Tyree: Hello everyone; welcome to Episode 47 of the TSET Better Health Podcast. This is your host James Tyree, associate director of Integrated Communications at TSET ...

Dylan Jasna: And I am Dylan Jasna, TSET associate director of campaigns and brands. The 2024 Summer Olympics are underway in and near Paris, France, and billions of people are watching. Some of the world's best athletes are going for Olympic gold, although many participants are fulfilling their wildest dreams just by being there, competing in the world's most celebrated games.

J. Tyree: I'm definitely watching and I'd bet many of our listeners are, too. But as I watch I'm reminded that you don't have to be an Olympic athlete to participate in physical activity. Persons of any age and ability can have a great time doing any number of games and activities of their choosing.

D. Jasna: This episode explores that very theme, "Physical Activity for Any Age and Ability." For instance, did you know that people who are legally blind compete in a baseball-like sport called beep ball? Tournaments for beep ball take place in Oklahoma and throughout the country, and we will learn more about that and other adaptive sports for visually impaired people who want to have fun and stay active.

J. Tyree: We'll also learn more about the Oklahoma Senior Games and the many opportunities it offers to Oklahomans ages 50 and older to practice and compete in more than 30 sports and activities. This includes line dancing, and I got to chat with a dancer and her team's coach.

D. Jasna: Like you said earlier, James, physical activity is for people of all ages and activities, and the TSET brand Shape Your Future provides tips and resources for moving more whether

at home, work, in school or wherever. Our colleague Kelsey Nation will tell us more later. But first, I am fascinated by this baseball-like game for visually impaired people and want to learn more, and James got to meet and speak with someone who is involved. Let's meet him and listen to their conversation.

Mark Ivy: My name is Mark Ivy. I am on the fundraising team for NewView Oklahoma, and recently heading up our adaptive sports initiatives.

J. Tyree: That's terrific. Well, can you start at the top by just briefly telling us about NewView? What do you do as a organization? Who do you serve and what do you accomplish?

M. Ivy: Sure. So NewView Oklahoma is the largest employer of folks who are low vision or blind in the state. And that bulk of employment comes from our downtown manufacturing location where we manufacture products like fire hoses. We're the sole provider for the National Forest unit. So any fire that's going on in our nation, if you see California wildfire coverage, you see a hose putting them out. Those are being made by folks who are blind or low vision right here in Oklahoma City.

J. Tyree: Wow.

M. Ivy: Wheel chocks, so the big blocks that hold the aircrafts in place when they're working on them on Tinker or any Air Force base, we do vinyl shower curtains, first aid kits, a plethora of products that we manufacture and put together for folks in our state and our nation. And that manufacturing facility is, the whole thing is adapted for a low vision or blind person to do manufacturing work right.

These are real jobs. And another thing I noticed in that manufacturing facility was that there's sighted folks working alongside as well, a super normal inclusive environment to where you felt like just a normal job. And so we have contracts around in our state, like out of Tinker, we have a Navy mail room operation, we have a call center in Travis Air Force Base, California. And then you're sitting, we're sitting in our low vision clinic where we have a couple of low vision optometrists. And basically, when you're at your normal eye doctor and you get diagnosed with an incurable eye disease, what's next?

NewView's next. You got to learn how to be blind. You got to learn how to use a cane, assistive technology, anything that is getting your independence back because that's our mission, is maximizing your independence. We'll meet you wherever you are, whether you're a baby, whether you're a granny. And when my daughter, my precious Evelyn June was born, she's five now, but my wife is sighted. She runs a tight ship. Sometimes I call her my sighted warden, but she doesn't let me off the hook. I had to change diapers. How's a blind guy change diapers? And so they came into my home and just tips and tricks. And with my eye disease, I've retinitis pigmentosa, so I don't see anything at night. And then my peripheral is about eight degrees, like looking through paper towels rolls.

J. Tyree: Wow.

M. Ivy: And I tell people that I'm not bragging about changing diapers, but if you don't know how to be blind and you are dealing with that, people stop counting on you. People stop thinking you're capable of doing anything that, I mean, I've been sighted more than I've been blind. I'm 34. Started losing my vision teenage years, but drove till I was 22. So that was all new to me. And the majority of folks who lose their vision lose it throughout life. And folks don't know, the majority of people who are quote, unquote blind can see something. About 95% of folks can see whether it's light perception, tunnel vision like myself, but yeah.

J. Tyree: Given what NewView does in terms of helping people adjust to life as a visually impaired person or a blind person or the manufacturing aspect of it, why was it important for NewView Oklahoma to apply for one of these TSET Discovery Grants in order to bolster physical activity?

M. Ivy: Well, that's a great question because you can look at stats out there and stuff about just physical health for a person who can't see. Right. How do you get to a gym? How do you get decent food? There's a lot of folks who are obese with vision loss. I remember the first time, now I'll admit I loved getting my exercise. I was a pickup basketball guy, racquetball guy. My trajectory after high school was to go play junior college baseball for a couple years. But that's how quick my vision went. And so getting in the gym, I didn't have a problem with it, but after I couldn't play these sighted sports, it's like, well, now you have to.

And as my vision was going, and in this point in time in my life, I didn't want to use a cane. I was dealing with some, just processing what it's like to not see anymore. Very embarrassing. I'm sure any gym you walk into at really any given time, it's hard to, unless it's one of those 24 hours and you're there at 2AM, that thing's buzzing, right? And everything is just jam packed together. Again, huge umbrella of blindness. So for me, I'm going to be bumping into everything. I've tripped over things. I've tripped over a dumbbell someone left out and landed on a female who unfortunately, again, you don't know what you don't know. So I used to be upset about this stuff, but now I use it as a teaching moment. She thought I tried to grope her.

And I didn't have a cane or anything to show. That was a big reason I started using a cane, is so people understood. But we got a gal who, our front desk lady at our manufacturing facility, she gets on an Embark bus every morning at like 5AM. It takes her to the Y, then it picks her up, and then she goes to NewView. And yeah, that's awesome and everything, but she only does that because she can't get there by herself. And if she gets there any later, she can't find a machine. Who's going to read what weight it is? Right. And so through TSET, the stuff that we've provided at our own building is not just accessible with whether it's a little bump dot and a bump dot is something that goes on anything. I have it on my microwave numbers or my washer and dryer, but it just lets you feel something, be like, okay, that's the 10 pound weight. Okay,

that's the 25, and they're spaced appropriately, but more importantly, it's on our home turf.

J. Tyree: Yeah.

M. Ivy: The comfort is there. And so by allowing that, again in our home building, it takes away every single barrier to go get physical exercise as someone who's blind or low vision.

J. Tyree: That's terrific. So with the grant, what things did you purchase or what improvements did you make in order to help bolster physical activity? And have you heard any feedback from staff people?

M. Ivy: Yeah, so we just got some of our outdoor equipment in our garden area that TSET also helped us set up, which that garden area used to be our smoke hole. And so we canceled that. And also about a month before as we started getting closer to that TSET, the funding coming in, yours truly stopped dip in Copenhagen for, it's been however long, going on three years I think.

J. Tyree: Wow.

M. Ivy: And there's been a couple stories about that, and I can count five folks who have kicked it since you all have come into our lives. So thank you for that. But yeah, so we have an outdoor little area and then upstairs where again, we have some showers that will be available in the near future, so you're not going around sweaty or anything. And whether it's ellipticals, free weights, again, and it's all adapted and spaced out to where you're not tripping over things, you're able to know what you're lifting, things like that.

J. Tyree: Nice. Very, very nice. So in addition to the walking areas and the equipment that people can use on site, I know that you've also been involved with beep ball as well. I got to actually volunteer at a recent tournament in Norman, and it's a game I've never seen or heard of before, but it's really fascinating. So can you share with us what exactly is beep ball and how do people play it?

M Ivy: So beep baseball is baseball for the blind. And as I said earlier, a lot of folks who are blind can see something. So to make it an even playing field, every player is blindfolded. And so there's six defenders and then there's a pitcher, but the pitcher is on your team.

So if I'm batting, the pitchers on my team and he wants me to hit the ball. Right. And so he's sighted and he's about 25 feet away. Right. And so I'm at the plate and they teach you a cadence since you're obviously not seeing it, and the batters actually not even listening for the beep, it's all cadence. So he'll say, ready, set, pitch. When he says the word pitch, that balls leaving his hand.

J. Tyree: Okay.

M. Ivy: And the batter is and swing. And if the batter has a consistent swing path, not every pitcher but our Hall of Famer pitcher who's got three world series rings, this guy will find your bat.

And if you hit the ball, there are, so in normal baseball you got three bags or three bases. In beep baseball, you have a first and a third, and they're like a tackling dummy. They're like four and a half feet high, and there's a volunteer running a switch. So right when there's contact made, one of those bags 100 feet away will start buzzing.

And then that balls in play, beep, beep, beep, for the defense to go find. If I touch that bag before the defense controls the ball and says ball, it's a run. Now if they control it before I get to the bag, it's an out. So there's two outcomes every single play. And again, taking off and running as fast as you can with a blindfold on, it's something,

M. Ivy: You got six defenders out there running everywhere, not running into each other. Communication, right? And I failed to mention there's two sighted spotters for every defense, and they're allowed to yell one number. So the defense is, everyone has different strategies, but it's sliced in zones. So if I'm in the three zone, right,-

J. Tyree: Okay.

M. Ivy: And the ball's hit, our spotter is allowed to yell one number. If he says anything else, it's a penalty. So he can go three. So at least I know I'm probably going to be involved in this play, and then my teammates know to communicate with me so we're not running into each other and stuff.

J. Tyree: Okay.

M. Ivy: Yeah. So that's beep baseball in a nutshell. I also think it's hilarious being called the Lookouts as a blind baseball team. And so that's our name across the board, and we were able to put together a team, but then these other sports, we were just, even though we have the largest group of folks who are blind in the state working with us, not everyone's willing. You saw how violent that game can be.

J. Tyree: Yeah.

M. Ivy: That's not for everyone. And so we were like, okay, there's goalball, not for everyone but these younger kids, we've been getting to go to Muskogee School for the Blind. We got to put on a clinic through our own camp that NewView runs, Oklahomans Without Limits OWL Camp. And I've got probably 25 texts from parents wanting their kids to be involved now. And that is the coolest thing that this whole initiative has brought to me. Cooler than our team going to the World Series next month in St. Louis for a week. Because those kids, like this is a direct quote. A parent said that they thought their kid was too blind to play sports. Right. And they were, but that's where it ended. It's almost like when at the very beginning when I said, your eye doctor diagnosed you with an eye

disease that's not curable, what do you do? Well, you don't just sit there, but if you don't know what's out there, you do.

J. Tyree: Right.

M. Ivy: And so we've been able to utilize that funding to reach these folks, and the sky's the limit now because once you get the parents buy-in too, we're definitely building the future for folks who are low vision or blind, and there's a million things that we can get going. There's blind rowing, so on the water and there's blind bowling. There's different things for whether you're 70 or whether you're 10. We want to get to a point where we have a nice little handful of sports to where you can get out and about.

M. Ivy: So it's,-

J. Tyree: It's made a huge difference.

M. Ivy: It has brought me personally the most joy in the 10 years I've been in NewView.

M. Ivy: All they knew is they couldn't play sports. And that's the coolest thing, is you have more opportunities to play adaptive sports throughout your entire life than you do sighted sports. I mean, that's just the fact and the South has never been as active as the coast and up North. And when it comes to adaptive sports, Texas has come a long way in the last 10 years, but Oklahoma, like we've held the most competitive biggest goalball tournament that's ever happened in our state. Right.

J. Tyree: Right.

M. Ivy: We got New Jersey, and Tennessee, and Chicago, and all these teams on a waiting list for the tournament that you helped volunteer at. And so what I've noticed is when you can provide an opportunity, teams will come and it's wild how they even get here. They'll take a Greyhound for 12 hours, sleep on it overnight, get there and just play for all Saturday, game Sunday morning and go back and they're like, yeah, that's perfect. And it's wild. But that's how important it is and how much people are itching to play.

And again, I tell this to everyone. It sounds cliché or a little dramatic. We could not do it without TSET. And even more importantly in that we would not have a future of this without you all either, because again, we don't have this funding forever, but the impact that it has made through you all's support has got the buy-in for Oklahoma to be a real player in adaptive sports going forward for the foreseeable future. And that's exciting.

J. Tyree: All I can say now is look out for NewView.

M. Ivy: Look out, baby.

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- D. Jasna: It was great to hear and learn about NewView Oklahoma and the many ways they help visually impaired people – including Mark himself – live full and active lives. And increased opportunities for physical activity, whether in adaptive sports or simply walking or working out, plays an important part in that because it builds both body and spirit.
- But NewView isn't the only entity that expands opportunity for physical activity and competition for Oklahomans. There's also a great program called the Oklahoma Senior Games, which brings the Olympic spirit prevailing now in France right here to our state for older Oklahomans.
- J. Tyree: I recently spoke with the executive director of the Oklahoma Senior Games, who later put me in touch with an Oklahoma City competitor and coach. We'll hear from them in a little bit, but first let's get an overview of the Senior Games from someone who knows.
- K. Fitzgerald: My name's Kathleen Fitzgerald and I'm the executive director for the Oklahoma Senior Games.
- J. Tyree: Okay. So basically speaking, what are the Oklahoma Senior Games? What ages do people have to be, how do people participate, things like that?
- K. Fitzgerald: Well, first of all, they're the best kept secret in Oklahoma. People just don't know about us, but I'm here to change that. We are games for seniors 50 and over, so you have to be 50 in order to participate. Well, there are four exceptions. There's cycling, there's badminton, table tennis, tennis, and one other sport where you can be 40 and over to participate. And we do that because there aren't enough people 50 and over to make a really good table tennis tournament at this point. Now, in the future, that could change. And the same thing for tennis. We need to have more people so that the tournament's interesting. We don't have that problem in track and field, and for sure we do not have that problem in pickleball.
- J. Tyree: Very good.
- K. Fitzgerald: This year we're going to have, I am sure, well relatively sure, sure as I can be, that we're going to have 400 competitors in pickleball. And the reason that there are that many is because A, the sport is a really good sport, the rules and so forth. When they created, it's a recently created game, unlike tennis where the kings played it back in the 1700s. The rules are modern rules and they take away the advantage that a powerful serve would have. So the serve is to get the ball in play and then you can't just stand right up at the net and smash it. You have to be back from the net. And then the play at the net is gentle and kind and controlled. So you have to have both good back court skills and front court skills. So people like it. It's interesting.

So we never have problems getting pickleball players. All right. So that's a couple of the sports, but we have 32 different sports and there's something for everyone. If you're a person who, let's say you don't really like to run, but you're strong, so there's archery. Let's say that you enjoy the pub scene, we have corn hole, there's shuffleboard, there's bowling. So there are many sports that are like that. But on the other hand, there are sports like the pickleball, like track and field, swimming where you train and you know what your times are, you are working towards a goal with your times. So there are a variety, a huge variety of sports.

J. Tyree: How often are the games held? When do they take place and where do they take place?

K. Fitzgerald: The way that we've organized the games, and I was interested in this because the Olympics is copying what we're doing. When the Olympics come here, they've chosen the best site for each one. For example, Oklahoma City is hosting the River Sports. All right, well we've done the same thing. We've chosen the best site in the state for the games, for each specific game. So for example, the cyclings being held at Fort Sill in Lawton. We have the pickleball is in Oklahoma City. The volleyball is in Oklahoma City at Pearl Beach. River Sport is hosting the dragon boat races, and Perry Chamber of Commerce, they're hosting the 5K road race. So they're spread out all over the state to make it as inclusive so the people.

J. Tyree: And when do they take place?

K. Fitzgerald: They start at the very end of August. Our first event is a bowling event, and that's in Shawnee. So that's in August. Then most of our events are in September and October. There are just a couple in November, we have our ballroom dance and that's followed by the black and white ball. So that's a social activity that we have that goes along with the games because what we found is it isn't just fitness that's important. It's really important as you get older, to have social connections.

J. Tyree: You kind of just touched on that in terms of fitness and the social aspect of it, but how big of an impact can participating make for the athletes and for the coaches and their families?

K. Fitzgerald: Well, what I learned a long, long time ago is your body was made to move. It's a very simple concept. You need to get the blood up to your head and down to your feet, and then you have to get it back from both places and you're carrying nutrients up and waste products away. And if you don't do that, your body will, it's still going to function, but it's not going to function as well or as long. And what the games do is they provide, it's like a carrot, it's like a goal for you to work towards. You know that the games are coming, you know that October is coming, so you plan to train.

And it's actually the training part that's the secret of the games. It isn't the event itself, it's the friends that you make through the training. And yes, you see the people, the same people year after year after year if you participate. But as you train, then those

people become your friends. They're going to make sure, let's say you're a golfer and you're at some point in your life when you're not able to get to the golf course because you don't drive anymore. Your friends that you've made will help you get there. So it's fitness and it's companionship.

J. Tyree: Very nice. So my final question for you is this, Oklahoma Senior Games is a wonderful organization. How is TSET involved with this?

K. Fitzgerald: TSET is probably the best thing that ever happened to us. TSET has provided a grant where we are able to train seniors 50 and over in lifetime sports. What happens is when you go to school, you learn volleyball, you learn basketball, you learn softball, you learn football, you learn soccer. But how many of those skills do you use when you're 50, 60, 70 years old? They're not skills, there isn't any carryover value. So TSET comes in and they say, we will give you free lessons, we will give you up to 20 free lessons, but you do need to A, attend 80% of the sessions. B, you need to sign up for the games. So it's TSET's way of encouraging people to learn new skills and then to become part of the game so that they get the social interaction. Then you get to participate in the games and that's always fun.

J. Tyree: That is nice. So does the grant pay for the coaches who work for the participants?

K. Fitzgerald: Yeah, the TSET pays for the coaches, it pays for the facilities and it pays for the administration of finding the coaches, helping to find the participants. And it was originally set up so that the coach would find all of the participants. Because we're so spread out we can't afford to take out a television commercial and say, sign up for table tennis in Oklahoma City. That's just not practical. But the coaches in each locality, they know the people that could benefit from the lessons and they have the major responsibility for finding people. But the senior games also helps to find people.

J. Tyree: All right, I do have one more question for you, Kathleen, and that is how do people find out more about the senior games?

K. Fitzgerald: We have our very own website and it's okseniorgames, that's games plural.com, okseniorgames.com. So you can go there, all of the information is there, but we also, if you have further questions or just really want to talk to a person, we have our office telephone number and that's 405 821 1500. A real person is there that can help answer your questions.

***** MUSIC *****

D. Jasna: More than 30 sports and activities; that's a lot for participants to choose from! I also like the wide range of activities, from track and field and swimming to ballroom and line

dancing. James recently interviewed a line dancer and her coach right before a team practice session in downtown Oklahoma City. Let's meet them now:

Jamie Moore: I'm Jamie Moore and I am the community engagement lead for the grid innovation and integration team here at OG&E.

J. Tyree: All right. And you are a line dancer.

J. Moore I am a line dancer.

J. Tyree: How long have you been doing this and what got you into it?

J. Moore So on my old team, I was part of the community outreach. And OG&E really cares about seniors, so we wanted to get involved in the Oklahoma Senior Games, so we decided to do a sponsorship. And I met Janet and Janet was like, "You should create a line dancing team." And so I told Janet, "Well, I'm not 50 yet." And she said, "Will you be 50 by the end of the year?" And I would, so I was responsible for putting together a line dancing team. And so, here we are.

We started practicing for the competition last year, July 9th. And for the competition this year, we got the band back together probably about May 15th.

J. Tyree: All right. How often do you guys get together to practice?

J. Moore We practice every Wednesday at 4:30 in our company's, what we call the grand room. It's a multi-functional space here at OG&E and it's got nice slick floors for practice, and so we have a grand old time.

We have 12, give or take a few, on our team because several have scheduling conflicts and so we average about seven people per practice I'd say.

J. Tyree: Was it very easy to get people to sign up for this or was it difficult or how did that go?

J. Moore I think we all want to be active and we all are a very active bunch, but I think the fact that we have so much fun with each other and we're like a little family that we keep each other going. So I think that encourages us to show up and participate and get active.

J. Tyree: That sounds good. So it's not just good for your health and everything, it's a lot of fun too?

J. Moore Oh, it's really an emotional uplift every week. When we miss, every week we look forward to getting back together and we laugh for an hour and we stumble and we practice and we're just here for the fun.

J. Tyree: What's it like working with Brock?

J. Moore: Brock's really awesome. He puts up with us. I say he's got the patience of Job because we're all old and he's young and so he's very encouraging and willing to, if we have troubles, he's willing to help and change up the steps if they aren't working for us, so he's great. We've got the best coach for sure.

J. Tyree: Very nice. Well, if someone is very experienced in life and they're like, "Oh, man. I'm not as young as I used to be and all that." What advice would you give that person about just finding something that they like?

J. Moore: I say go for it because I've started doing things. You only live once, so I say try it, you know? You only have one shot at it, so I say go for it for sure.

J. Tyree: That's very, very good advice. What are you looking forward to as the games approach and you guys actually compete? Because you have a lot of fun here, the competition comes up and what are you looking forward to there, especially with the Olympics coming up here?

J. Moore: The best part about our competition day is the energy and the adrenaline and riding over. Unfortunately, for us, we're in Oklahoma City so we have to road trip to Tulsa and so we have to get up early, but we carpool and all ride together in caravans. But the best part for us is putting together our outfits. We've had a lot of fun with the costumes for sure.

J. Tyree: What do they look like?

J. Moore: Well, you'll just have to wait and see.

J. Tyree: All right, very, very good. Yeah, is there anything else that you would like to mention just about your experience about either getting the team together or practicing or participating or just what you're learning to do or just how you feel?

J. Moore: Well, so I was very reluctant because I don't think of myself as an athlete and I for sure don't think of myself as a senior. I'm right at 50. I don't feel like I'm a senior, but I'm so thrilled that Janet was very pursuant and persistent to get us to get a team together because it's been just an experience of a lifetime really, because we have so much fun together and we're just like a big family. You'll see when you watch us practice.

J. Tyree: I'm looking forward to that. And then just for our reference, who is Janet?

J. Moore: Janet is over the Oklahoma Senior Games line dancing competition event.

J. Tyree: And now let's meet the line dancing team's coach.

Brock Hunter: Well, my name is Brock Hunter and I am coaching them for the Senior Games line dance competition, and actually, we're having a blast with it. It's going really well.

J. Tyree: What's going well with this particular group?

B. Hunter: Well, okay, so because of the experience from last year, they knew a little bit more about what to expect this upcoming competition as far as the costumes and what kind of songs they wanted to perform to and the different dance moves. They're not starting at ground zero like they did last year. And it was great last year, but we're just having a blast with it every step of the way.

J. Tyree: Literally every step of the way.

B. Hunter: Literally.

J. Tyree: So what do you teach them?

B. Hunter: Well, so I start off with the different basic steps and see where they are as far as what they're capable of and what they're wanting to incorporate into the dance. And then I also teach them the different steps for the songs that they're wanting to perform to. So in this case, we're actually creating some choreographies for songs that don't typically have line dances. So it's a little bit outside of the normal line dance genre as far as music goes, but it's been interesting and entertaining.

J. Tyree: How are they taking to it?

B. Hunter: They love it. They really do enjoy it. I know last year it was funny because as it got closer to competition, there were people in the building that would see the lights going and hear the music playing and they'd be poking their head in the window trying to figure out, "Hey, what is this and how can I be a part of it?" And so this year we've gotten a few new people that did see what happened last year and did see how much fun it was.

J. Tyree: What was that experience like last year for you?

B. Hunter: Last year it was really, very entertaining and the whole time I prepped them to just have a good time, show up, have fun, and that's exactly what they did. They went, they had a good time. It was very team building. It was just fun all the way around.

J. Tyree: Do you instruct dance with a wide variety of people with your professional background?

B. Hunter: I have a little bit of history. Actually, my professional background is a financial planner, but as far as the dancing goes, I do have a little bit of history in teaching line dancing, couples country, a little bit of waltz, a little bit of two-step, a couple other things. And I've taught at a studio here in the city and then also at a place here in Bricktown. But as far as the line dancing goes, right now I've got five different teams that... Well, it's really

been great though. They all, there's so many different levels of talent that people bring to the floor and it's just fun working with the different groups and it's been great.

J. Tyree: What have you seen from people who are older but still getting out there, getting after it?

B. Hunter So that is one of the... It really is so great to watch because a lot of times people will show up and maybe they don't even know the first step. And they go from just barely being able to move their feet to the beat of the music, to learning the steps and figuring out how to do different turns and moves and grapevines. There's just a lot of opportunity for them to learn, but as long as they stick with it, what I've seen is all of a sudden they'll realize that they're wrapping their brain around certain things and their mobility is improved, their balance, and actually short and long-term memory.

It's funny, the different things that over time develop in a way that you wouldn't necessarily anticipate just from line dancing of all things, but they do. They figure out how to do the moves easier and they get a better grasp on it. People that were getting dizzy in the beginning doing a three-count turn all of a sudden do it like it's nobody's business.

J. Tyree: Very nice. So if there is someone out there who's not as young as they used to be, as I said before, but they're thinking about just doing something just to be active, whether it's just getting out and about, taking on some sort of activity, like line dancing or something else, what advice would you tell them if they're still kind of on the fence about it?

B. Hunter: I would say be gentle on yourself because a lot of times people will come in the very first practice and maybe they don't know anything and they just feel uncomfortable and out of place, but if they keep showing up and just relax into it and learn a little bit over and over and over again, that adds up. And so many times I've seen it happen where it just takes a little bit of time and all of a sudden, they're having a blast with it. Muscle memory kicks in and you start doing dances you didn't even think you could handle in the beginning. And that would be my advice, just be gentle on yourself, have fun, and give it some time.

J. Tyree: Very nice. All right. Well, thank you so much. I appreciate it.

B. Hunter Sure. My pleasure.

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J. Tyree: The Oklahoma Senior Games make physical activity more fun and accessible for numerous middle-aged and older Oklahomans throughout the state.

- D. Jasna: And TSET offers an online resource that anyone in Oklahoma and beyond can tap into for fresh ideas and resources to get themselves and their families moving more. Let's meet a TSET brand manager to learn more information on that.
- Kelsey Nation: My name is Kelsey Nation and I'm a campaign manager at TSET, and one of the brands that I help manage is ShapeYourFuture.
- D. Jasna: Today we are talking about the fun and benefit of physical activity for people of all ages and abilities. So I want to ask, what physical activity, tips and resources can ShapeYourFuture offer for families and individuals?
- K. Nation: Yeah. So ShapeYourFuture.com has a lot of tips and tricks to work out, get in physical activity no matter your age, location, or time barriers, really great resources. If you've never worked out before or if it's been a long time, we have tricks on how to start. We have a huge list of kid-friendly activities, ways to keep kids active on break, lists of free local activities, how to make your walks fun. And then also we have themed scavenger hunts and gardening tips for all ages, so really a wide variety of resources. And we also post a lot of ideas on our socials too, so on Instagram and Facebook, and following us can give you fresh ideas and ways to stay active so you don't get bored because sometimes, I know that I like to vary up my physical activities, so following us is a great way to see all those resources.
- D. Jasna: Is there anything new for this summer on the website?
- K. Nation: Yeah. We have a great testimonial where someone moved every day for a month. So he was really committed and he decided just, "Hey, this is the month to do it," and it's very realistic too. There's some days that he didn't get to move because we all know we have those days, so taking a look at that blog is a great way to get inspiration on, "This might be a change that I want to make in my life," and then we also have a blog that talks about nine backyard summer games for kids, so just really fun ways to get active if you have kids to celebrate the summer.
- D. Jasna: That sounds helpful. Now, it's recommended for adults to get at least 30 minutes of physical activity a day, most days anyway, and for kids to get 60 or more minutes. But most people are really busy with work, school and whatever else, and it can be difficult to schedule that big a chunk of time for exercise or physical activity. So how can we get that much movement when meeting this recommendation can seem so daunting?
- K. Nation: Absolutely. I get that. I have two littles at home and it's very difficult for me to get in the amount of physical activity that I need. I know my kids are getting it, but it's hard to get those chunks of time. So if you're crunched for time, you can actually break up your physical activity. It doesn't have to be all at one time. So maybe you're going to take shorter, smaller bursts of activities, like a 10-minute walk in the morning and then maybe in the afternoon you work out for 10 minutes or play with your kids, and then end your day with a 10-minute walk after dinner and you can start small. So maybe you

take the stairs instead of taking the elevator. Maybe if you work a desk job, you can get up and move around every hour. You can do things in short bursts like that so that it adds up to 30 minutes each day. It doesn't have to be all in one chunk, which is nice.

D. Jasna: That's good to know. And from what I understand, the website has good tips regardless of where you are, if you are at home, at work or out and about. Wherever you are, you could do a little something, right?

K Nation: Absolutely. We all know that we have certain barriers to working out or staying active, eating healthy, all of those things. So if you are short on time, if money is an obstacle for you, if location is an obstacle, any of those things, we have tips on how to overcome them so that we can live our healthiest lives.

D. Jasna: Alright. My final question for you is what is the website address?

K. Nation Yes, the website is shapeyourfuture.com.

D. Jasna: OK, shapeyourfutureok.com. Thank you for your insights, Kelsey. We appreciate it.

K. Nation Yeah. Thanks for having me.

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J. Tyree: You know what, Dylan? You really *can* get in the game and be physically active, regardless of one's age and ability. And the health benefits for your cardiovascular system, your body and your mind, even from moderate levels of movement are well-documented.

D. Jasna: Very true. And just as Olympic athletes inspire many of us, your physical activity can, in turn, inspire others to move more for better health. And speaking of better health, thank you for joining us for this episode of the TSET Better Health Podcast. You can find this and every episode at Oklahoma.gov/tset/podcast or wherever you listen to podcasts.

J. Tyree: We also thank our guests Mark Ivy, Jamie Moore, Brock Hunter and Kelsey Nation for sharing their insights and experiences with us.

D. Jasna: Have a great day and until next time, this is Dylan Jasna ...

J. Tyree: And James Tyree wishing you peace ...

D. Jasna: And better health!