

Fit With Delta

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IN THE NEWS - City & Region



Members of Delta Sigma Theta Sorority, Inc. promote annual programs and community events that focus on the sorority's five-point program thrust: economic development; educational development; international awareness and involvement; physical and mental health; and political awareness and involvement. Amid growing concern for America's physical and mental health, the Philadelphia alumnae chapter partnered with the City Avenue LA Fitness to host a "Get Fit with Delta" event recently.

(Delta Photo 1 – Charlotte Parris learns exercise tips from personal trainer Mark Tomlin during "Get Fit with Delta" day. — SUBMITTED PHOTO)

Mark Tomlin has managed the personal training program at LA Fitness for the past three years. "Having a membership at a health club is the first step many women are willing to take," said Tomlin.

"You maximize your membership when you take advantage of everything the club offers. I believe that proper use of equipment, managed exercise program and the classes offer members an excellent opportunity to maintain a healthy exercise lifestyle.

"Always stay physically active. I see the payoff when I look at an 84-year-old member who is more flexible and healthier than our 20-something members. Don't take your body for granted," Tomlin said.

Participants received a free day of membership privileges including personal training instruction and all-access to LA Fitness. Many of the women enjoyed fitness tips, weight training, group aerobics classes, spin classes and moves to stay fit. Spa Bavu Owner, Diana Klein, made a special appearance and facilitated several breathing and relaxation exercises with the women. "Bavu" is a Swahili expression meaning inner strength and power. Klein is dedicated to personal well-being and renewal and encouraged all participants to make this a personal goal.

Tiffany Gibson is a registered nurse with a passion for nursing and public health. She is also a regular contributor to the chapter's monthly newsletter, Delta Health Watch. Gibson has written 15 quick tips for people who do not like to exercise as well as tips on smoking cessation.

"I believe in physical and emotional fitness," said Gibson. "There is a direct link between the two," said Gibson. According to the 2008 CDC findings, Pennsylvania's obesity population was 27.7 percent. "For this reason, the benefits of exercise are critical to all."

In a recent Delta Health Watch article, Gibson highlighted a few benefits of exercising, including: reduce the risk of developing coronary heart disease, hypertension and diabetes; burn calories, prevent obesity and keep a good body figure; strengthen bones and reduce the risk of osteoporosis; improve the agility and flexibility of joints, and prevent injuries and falls; and help relieve pressure, soothe anxiety, boost confidence and enhance mental health.

Delta's work in prevention and wellness translates to health education programs, health fairs and provision of health care services. Delta also supports medical research that examines illnesses that victimize specific segments of the country's population. For learn about other mental and emotional health initiatives sponsored by the Philadelphia alumnae chapter, visit <http://www.phillyalumnae-dst.org>. For information on the City Avenue LA Fitness membership and personal training programs, visit www.lafitness.com or call 610- 664-4282.