

"Fit-n-Happy"



Super boomer Sue Beugen, 73, working out in her backyard

By Jerry Barber

Sue Beugen just celebrated her 73rd birthday. She's happy, healthy, pain-free and, in her words, "aging responsibly."

"For me to age responsibly is to properly care for myself so as not to end up a burden for my family and to keep working to make the world a better place."

Animals and pet laws for their protection have been a passion of hers since childhood. "I want free spay and neuter clinics in every city in the country. This will help prevent the need for their unnecessary suffering and being euthanized."

About two years ago, Sue was physically "on the ropes." She was overweight, with high blood pressure and cholesterol, arthritis, and she could not make it through an afternoon without collapsing into her bed exhausted.

Sue's life partner, Jerry Barber, a former firefighter and EMT says, "I could see my Suzi was very close to a heart attack or stroke. I truly believed that I might be losing her." Her doctors agreed.

"Instead of drug therapy, we created a lifestyle change", says Jerry. "We call it our Health Assurance plan." It includes proper nutrition, regular exercise and a de-stressing regimen."

Using a nutrient rich/low carbohydrate diet and cleansing program, Sue shed 40 pounds, and lowered her blood pressure and cholesterol levels to perfect. Even her cravings for sweets disappeared.

"I had so much excess energy that I began to want to exercise for the first time in my life."

Jerry's son, Pat, a coach with CrossFit training, offered them a membership at the gym in Redwood City, CA. CrossFit is described as "constantly varied, functional movements, performed at high intensity."

"It is a short, very intense workout and we felt great afterwards and the CrossFit community seemed to get a kick out of having us oldsters there," says Sue.

The choice of music and volume, and the sheer intensity and competitive nature of CrossFit, led Sue and Jerry to build their own gym in the tranquil garden of their backyard. "CrossFit taught us that fitness doesn't require costly machines to get a good work out."

"I sometimes do air squats with our 15 pound cat and our three dogs are always ready for a brisk walk. And we love doing ring rows and lifting free weights."

But they missed the community support, an important component of the CrossFit program. "So we've started an online community of our peers on the Internet we've named "Super Boomers."

"We provide insight, encouragement and opportunities that Boomers need to not only survive another 50 years but to remain Fit-n-Happy and productive right up to the end."

To learn more about Super Boomers, go to: <http://www.super-boomers.com>. Email: beug2@comcast.net. 650.207.2209