

Vicki Kulas

Beat Parkinson's Today

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Teaches mostly in Suffield & East Windsor

Credentials: Silver Sneakers Training, certified ASFA Senior Fitness Association, lifelong interest in fitness, past aerobic instructor at YMCA's and for local businesses.

Thoughts about teaching for BEAT PD TODAY

Clients have shown me how powerful the concepts of drive and determination are. It is so rewarding to be part of this program and experience this. I am inspired daily by my clients.

What do you do to stay in shape?

I go to Health Trax 3x's a week and participate in group classes which include weight training, cardio, core and balance work. I also participate in a yoga/pilates mix class. My goal is to stave off the inevitable breakdown of age!

And one more thing.....

I do know a little bit about struggle. Ten years ago, I went to the doctor's and experienced a health scare!! Lots of my numbers were too high, too low and/or generally going in the wrong

direction for optimal health. Then and there, I committed to a lifestyle of healthy eating habits and exercise.