

Sandi Cowell

My name is Sandi Cowell, I grew up and lived in Waco, TX and moved to Elizabeth, CO in 1986 with my husband, Brent. Who by the way is a native Coloradoan.

I grew up in a large family and not a lot of people know this but my dad was my inspiration growing up. You see, he had really bad asthma but that did not stop him from doing the two things that he loved; his profession of concrete work and being involved in baseball, whether it be playing catch and/or hitting balls with us, going to the Waco minor league team games on the weekends, or watching his eldest son and eventually one of his grandkids play on a team. He was a person that could not sit still and I believe I strongly believe that I take after him. I too have always loved and been involved in as many sports as I could in school and as an adult. When I was young, I ran track, played volleyball, basketball, etc, and as an adult, participated in a women's softball team, played on an intermural recreational volleyball team and loved it.

Exercise was bread into me, so I love to stay active but unfortunately, I received some rather unexpected medical news when I was in my 20s. I was diagnosed with RA (Rheumatoid Arthritis) which was a mind boggling since no one in my family had any signs of having it.

Lucky for me, I was able to find an excellent Rheumatologist and have been seeing him ever since. Even though there are some excellent drugs that help with the progression of the disease, I strongly believe that keeping active and eating healthy also makes a huge difference.

After the local exercise establishment closed in Elizabeth, the group of women that were members found Stayin Fit. After a few years of being a member and attending various classes; Zumba, Tabata, Piloxing, Zumba Toning, and/or pretty much coming in every day to exercise, I decided to become a Zumba certified instructor, then a Tabata instructor, then a Strong by Zumba instructor, and lastly a Zumba Toning instructor. I love it all, love meeting new people and enjoy helping anyone that wants to improve their health.

Lastly, I will say to everyone, decide to better yourself, not only physically but mentally as well. It is hard work and takes some dedication, but we are all here to help you reach your goals or just to keep you going day by day. Keeping active has helped me so much and I would love to see you at the gym.

Come join me in anytime for Zumba Toning on Thursdays @ 5:30pm and Saturday mornings @ 7:45am for Tabata.

Zumba Toning: Zumba Toning keeps Zumba's essence while focusing on strength training the arms, abs and thighs. Zumba Toning incorporates weighted toning sticks, which come in 1-pound and 2.5-pound sizes, to the Zumba workout that participants use almost like maracas. The toning sticks function like dumbbells to act as resistance weights.

Tabata: Tabata is a style of high-intensity interval training (HIIT) that involves 20 seconds of exercise at your maximum effort, followed by 10 seconds of rest, for a certain number of rounds.