



Q&A With Jill Bronsky, MS

What was your inspiration for writing Keeping Your Parents Active and Independent?

While working with older adults, I found that their children did not have the necessary information on how their parents could stay healthy and functional. While the children are a huge part of their lives, they really did not know what activities their parents could perform or have the knowledge on how to increase their parents level of activity. Many believed that it was all or nothing and many chose to do nothing. What they didn't realize was that even small changes in movement can make a huge difference in their independence. The best part, the children can receive some "worry-free" time and the visits together are less stressful and more enjoyable. Parents have control over on how they age- they just need a little guidance and some motivation.

How did you start to write?

How many times do you hear “I should write a book?” I was one of those individuals. I felt that I had the knowledge and expertise to write, but I would only do this when I had time. As you can imagine, I never found the time. It was only when I attended a Functional Aging Summit in Phoenix, Arizona and met Nicolle Gebhardt of Niche Pressworks did I really begin the writing journey. She helps small business owners like me write self-published books. She was exactly what I needed. Nicole helped me navigate through the book writing process, gave me inspirational ideas, kept me focused, and most of all, kept me on a schedule. The editor, Crystal Yeagy, was so supportive of my efforts and I appreciated her time and commitment to making my book come together. If you ever get that “itch” or desire and say “I should write a book” -go for it!!

What did you learn about yourself in writing the book?

In some ways it seems counterintuitive to have to learn to know yourself, but writing can help do that. As I became an empty nester, writing gave me the direction and the opportunity to express myself. Just knowing that I have the chance to be able to share my experiences and knowledge with others, gives me much enjoyment and self-worth. While I am a little competitive, as my golf partners would tell you that, I believe I might have taken on the book writing process as my own challenge. I also found that I could actually sit for a while at my computer and not talk for a period of time. This was quite a change from my usual work day where I am constantly moving and communicating with others.

The excitement and encouragement of my family and friends has been wonderful! I am so grateful for the Elderwood Village of Williamsville, NY for their support. While I have taught classes at the independent living facility for over 15 years, I never anticipated the enthusiasm and the help I would receive from them. Having them sponsor my book launch party is more than I could ever imagine.

What do you see as the biggest fitness challenge affecting our older adult population today?

I believe the biggest fitness challenges today for older adult participation is motivation. How can you not be motivated when you know that if you exercise, you can increase physical performance, reduce falls, improve mobility, increase strength, and feel better? I have been in the fitness field since the 80's and I have seen more information now than I have ever seen before about the positive benefits of older adults exercising. Yet, many still find it easier to sit and do nothing. I tell my clients and anyone who will listen – it's not too late and you're not too old!!!

What is next for you?

I will continue to provide my group exercises and personal training programs to the older adults in my community. As I move forward, I will be celebrating the next step in my career by promoting my new book. I will offer hope and opportunity so that I can help others be better prepared to deal with their parents physical limitations. I am so excited to help change the lives of families as I continue to encourage physical activity and exercise at any age. My book and I will be going "on the road" and providing speaking engagements to organizations and to groups.



www.forwardfitnessinc.com

jill@forwardfitnessinc.com