

# BCMGA Member Meeting 4/20: Gardening Exercises

## Hello Benton County Master Gardeners:

Our next member meeting is **Monday, April 20<sup>th</sup> at 7:00** in the Sunset Room. The door opens at 6:30 and after announcements the presentation will begin shortly after 7:00 p.m.

**Speaker: Nick Beauchamp, instructor and trainer at Fitness over Fifty**

**Topic: "Strength Training and Injury Prevention for Gardening"**

We plan to arrange the room so that attendees have the option of trying out the exercises. All exercises are done standing and require no special equipment or attire.

Membership meetings are open to all members of BCMGA - Master Gardeners and trainees – and the public. Wear your badge for an additional raffle ticket. Bring a treat to share to earn another raffle ticket.

The Sunset Room is on the **east end** of the county's Sunset Building, 4077 SW Research Way, Corvallis 97333. Other entrances are closed at that time. **UPDATE: For security reasons we can't prop open the door. If you arrive after the meeting starts look for a posted cell phone number by the doorbell. Text the number and a volunteer \*may\* let you in.**

To attend remotely, use this Zoom link:

<https://oregonstate.zoom.us/j/94124096821?pwd=nUxxo8TD7QrVse0js0voGAVUab0ZNa.1>

Password: 985453

Phone Dial-In Information

+1 971 247 1195 US (Portland)

## Program details

**Presentation:** Gardening is a dynamic activity that works the entire body. It requires mobility to not only get on and off the ground, but to be prepared for the many funky positions we often put ourselves in. It tests the stability of our shoulders and wrists, whether we are moving heavy soil/compost around, digging, wheelbarrowing, or reaching far to prune. Most obviously, the bent over positions that we often hold for far too long take a toll on our back, knees, and hips. This presentation will give you the tools you need to prevent injury and physically perform at your best, holding positions longer, reaching further, and carrying heavier loads. It will cover simple exercises that can be performed anywhere with no tools at all, while also including ideas for how to get the most out of your gym. Gardening is much more fun when we can work pain free! I look forward to helping you have a strong season!

**Speaker:** Nick Beauchamp graduated from the University of Central Florida with a degree in kinesiology (the study of sport and exercise science). He began his career working with high school athletes of all sports and eventually transitioned those skills of

dynamic program development into working with the general population. He currently works at Fitness Over Fifty teaching classes and working with clients 1-on-1. He also owns his own company that specializes in fitness education. Nick has been a gardener himself for the last four years, has a direct understanding gardening challenges, and has designed a plan to be better prepared.

See you there!

--

Laura Horsey

**Co-Vice President, Benton County Master Gardener Association**

[laura.horsey@gmail.com](mailto:laura.horsey@gmail.com)

503.381.3265 cell