



Andrews Chapel UMC UMW holds a thirty-minute chair exercise class, “Fitness For Witness” using the Zoom meeting format. The sessions are held Tuesday and Thursday at 9:00am.

UMW member, Betty Carter leads the group in chair workout exercises. The routines highlight a mixture of stretch exercises, balance exercises and flexibility exercises. Betty encourages each member to work at their own pace and to listen to their body. She says that the most important thing is to have fun and to keep moving! With member’s feedback and the option to avoid exercises they are not comfortable with or don’t have the space to do, the group has come a long way in meeting their individual and group goals. Current routines involve:

1. March with Arm Swing
2. Sit to Stand
3. Standing Hip Extension
4. Side Leg Raise
5. Single Leg Stand
6. Overhead press
7. Biceps curl
8. Wide leg squat



Betty encourages all local UMW units to take advantage of our down time with COVID-19 to invest in their own form of “Fitness For Witness.”