

## Camp Avenidas 2008 at Little House Presenter Biographies

(in alphabetical order)

### **Keynote: *Physical Activity – the Ultimate Aging Pill***

**Anne L. Friedlander, PhD** is a Senior Research Scholar and Director of the Major Project on Mobility at the Stanford Center on Longevity (SCL) where she is developing innovative strategies to enhance mobility and function throughout the lifespan and promote collaborative efforts between academic research and industry. Dr. Friedlander has broad research experience in the areas of enhancing human mobility and performance, environmental physiology and using physical activity to reduce risk for disease.

### ***Bones for Life***

**Aviva Bernstein, CFP** is a certified practitioner of the Feldenkrais Method of Movement, teaching individuals to use their whole body cooperatively and effively in a smooth and fluid movement, to avoid straining particular regions of the body. Aviva is also a certified teacher and trainer of teachers for the Bones for Life (R) exercise program designed to improve bone health, posture and balance. She offers group classes and individual coaching in both Bones for Life and the Feldenkrais Method from her office at Integrated Healing Arts in Palo Alto and is dedicated to helping people of any age maintain a healthy and active life.

### ***Nutrition for Fitness: Eat to Optimize Your Strength and Endurance***

**Gerda Endemann, PhD** is a biomedical researcher and nutrition consultant in the Bay Area with a BS in Nutrition from Berkeley and a PhD from the Massachusetts Institute of Technology. For more than 25 years, Dr. Endemann has conducted basic research in heart disease, fat metabolism and cancer. She has authored numerous scientific journal publications, as well as *Fat Is Not the Enemy*, her book offering an accessible and accurate account of scientific research on fat nutrition and health concerns, including heart disease, cancer, blood sugar regulation and weight control.

### ***A Solution to the Omnivore's Dilemma: A Nutrition Scientist's Perspective***

**Christopher Gardner, PhD** is assistant professor in the Department of Medicine at Stanford University, and the Director of Nutrition Studies at the Stanford Prevention Research Center. His research focus in recent years has been primarily in the areas of phytochemicals, plant-based diets, and heart disease prevention and treatment. He conducts clinical trials, and analyzes epidemiological data. Dr. Gardner's current research includes studies funded by the National Institutes of Health examining the potential health benefits of soy isoflavones, ginkgo biloba, garlic, and popular weight loss diets. He publishes his research in major medical journals, and is a nationally renowned speaker for his work in the field of nutrition.

### ***Pilates and Chi Walking***

**Hensl Lise** is a certified instructor in ChiWalking, ChiRunning, Reposturing Therapy, and Pilates. She was trained and certified by Danny Dreyer, founder of ChiRunning and Aaron Parnell, founder of Reposturing Dynamics. Hensl teaching focuses on increased body awareness, educating the body to move with greater balance and efficiency and regaining the ability to move without pain and injury.

### ***Scenic Walk***

**Hal Makin** is the chief Camp Avenidas “gopher” and as a fitness devotee, Hal has been leader of the Avenidas and Little House Walkers and Striders since its inception.

### ***Tibetan Medical Qigong***

**Tim Nguyen, MS, LaC Dipl. OM** of the Energy Wellness Center in Palo Alto, earned his MS degree from American College of Traditional Chinese Medicine in San Francisco. After graduation he went to China for post-graduate advanced study in Qigong, acupuncture and herbal medicine where he worked in hospitals of Hangzhou in Zhejiang province.

### *Stepping Strong*

**Patricia O'Brien, Executive Director, Lifelong Fitness Alliance** began swimming competitively from the time she was 5 and continues to expand her activities through running, hiking, tennis and biking. Her background is in nonprofit management and development, and has worked in several art organizations, as well as senior service and social service organizations. Her philosophy regarding fitness and wellness is a holistic view, which emphasizes the importance of physical activity along with brain fitness, good nutrition and healthy lifestyle.

Lifelong Fitness Alliance, formerly Fifty-Plus Lifelong Fitness, is a 30 year old organization, whose mission is to advocate lifelong wellness and bridge the gap between awareness and action by providing information and opportunities for health and fitness.

### *Hatha Yoga*

**Mimm Patterson** brings 15 years of teaching experience and over 20 years of yoga practice and with it, a joyful yet nurturing exuberance to her classes, balanced by a deep respect for the tradition. Although Iyengar influenced, Mimm enjoys drawing from other yoga sources to build a safe but challenging flow of postures that will strengthen, stretch and restore. Mimm teaches Yoga at Avenidas and her classes are always filled. When she's not standing on her head, Mimm is a body-worker specializing in therapeutic massage, reflexology and Reiki.

### *Move It!*

**Gloria Wallen** is a certified Adaptive Fitness Technician who specializes in teaching exercise to older adults both in the class or privately. Gloria has been teaching exercise classes at Avenidas for over 6 years, and with her upbeat humorous style, is beloved by her students.

### *Exercise for a Healthy Heart*

**Robin Wedell, RN** is a registered nurse who has had over 20 years experience in cardiac rehabilitation and cardiovascular nursing. She has worked both in the hospital, research setting, and outpatient cardiac rehabilitation. She is currently Director of the Cardiac Therapy Foundation of the Mid-Peninsula, serving the bay area for over 37 years.

### *Shoe-Fit Analyses*

**Shyamal Kapadia** is Assistant Manager of Road Runners Sports, world's largest running and walking store. He is also a runner who understands the importance of wearing the right shoes. Shyamal has over 14 years of experience in fitting the appropriate shoes to the appropriate feet and activity. He has participated in numerous corporate health fairs including Oracle, Electronic Arts and more.

**Camp Director: Judith Taksa Webb, MA, CPG**, a nationally credentialed gerontologist, is the Avenidas Manager of Lifelong Learning and Leisure. She holds a Master of Arts Degree in Gerontology from San Francisco State University with a focus on fitness and aging, a Personal Fitness Trainer certification, and an Adaptive Fitness certification. Judith is founder and director of Vintage Athletic Association, a non-profit organization dedicated to the encouragement and promotion of fitness/athletic activities for older adults and is on the Board of Directors of the Lifelong Fitness Alliance. Judith has spoken on fitness and aging topics at many national conferences. She taught as an adjunct instructor in fitness at Canada College and the Cardiac Therapy Foundation of the Mid-Peninsula. Judith practices what she preaches – a consummate exerciser, she is particularly fond of marathon running, good food and wine.