

Seniorcise with RUTH™



R

uth Bolin, a passionate and enthusiastic volunteer physical fitness facilitator, has been leading “Seniorcise with Ruth” classes for over 18 years.

Ruth is a survivor of life’s ups and downs, facing adversity with the help of her loving family, doctors and guidance of Christian faith. She survived cancer surgery and treatment twice in the 1960’s.

While in recovery from open heart surgery in 1981 her doctors said she needed to keep active for the surgery to be successful. Thus she began her physical fitness programs for older adults; a walking program and “Seniorcise with Ruth”.

Join Ruth as she leads you on a self-paced exercise program for people of all ages. Her popularity has grown over the years and many people recognize her for the many years her classes have been on television. Her bright smile and cheerful attitude will encourage you to move and get going. As Ruth always says, “If you see someone without a smile, give them yours.”

Ruth feels blessed by her passionate ability to encourage and provide wellness to all the people in her classes and hopes that this video will help people get more active.

Copies of “Seniorcise with Ruth” on VHS or DVD Video are available from Austin Digital Media for \$19.95 each plus \$3.20 shipping and handling. CREDIT CARD ORDERS may be called in to 512-451-7874 or FAXED to 512-451-3248. Allow two weeks for delivery. For shipments within the state of Texas, USA, Add 8.25% Sales Tax.

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