

# Walker Methodist Plaza: DrumFIT

*Bringing community together during challenging times*

Walker Methodist Plaza is an Independent Living, Assisted Living and Memory Care community located in downtown Anoka. In Spring 2020, they were awarded a SHIP mini-grant to train four staff as facilitators in **DrumFIT**, as well as purchase the accompanying equipment. DrumFIT is a fun, upbeat, choreographed workout to music in which participants pound drum sticks on exercise stability balls. The workout improves cardiovascular fitness and can be performed seated or standing.



Image courtesy of Cindy Jacobson, YouTube

***"I am so grateful for this grant!  
These past five months have  
been rough for our residents and  
at this time to have the  
opportunity to bring them  
something new, fun and exciting  
has been priceless!!"***

***Cindy Jacobson,  
Life Enrichment Director  
August 2020***

Walker Methodist Plaza started offering DrumFit classes to residents in August 2020. They limited class size to ten participants to allow for proper social distancing and were at maximum capacity nearly every session. After just five weeks, there were 120 total participants. "I just had a gut feeling it would be something our residents would love," said Cindy Jacobson, Life Enrichment Director.

Check out a video of DrumFIT at Walker Methodist Plaza [here](#).



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