

Old Friends Find New Strength, Together

Around the Wellness Center, they are known as Thelma and Louise. Louise Pulliam, 82, and Doris Kearney, 90, both are long-time volunteers with Fauquier Health and work out consistently at the Wellness Center.

Doris hurt her knee and shoulder in a fall on the golf course in 1981. After water therapy at the Wellness Center's therapeutic warm water pool (located off-site at the Fauquier Health Rehabilitation & Wellness Center), she decided to join the Wellness Center "to keep the joints oiled."



Lillian Pulliam and Doris Kearney are longtime friends who like to work out together.

Louise joined in 2006, and the friends can often be found laughing and talking on side-by-side treadmills or exercise bicycles. They like the stretch and balance classes, too. Both credit exercise physiologist Sara Freeman with teaching them exercises that keep them strong and limber. Doris adds, "My doctor says, 'Whatever you are doing, keep it up!'"

Louise says she exercises to keep her body in motion. "I see a difference. I can put in 5 or 5 ½ miles at a time on the bike or treadmill. Many seniors find themselves restricted by their lack of mobility. I consider myself very fortunate."

She adds, "Before I joined the Wellness Center, I thought I wouldn't fit in, but I feel very comfortable here. All the staff members are well trained. I lost my balance once on the treadmill, and John (Ferguson, fitness instructor) was right there to catch me."

Louise says, "Sometimes two people who are alone seem to be able to do more together." Sometimes the ladies will just wind up at the Wellness Center together without even planning to. Wellness director LeAnn McCusker says, "The other day they showed up at the same time — and wearing the same outfit!"