

Intro (studio):

For the new year's resolution, many people might have decided to lose weight, get more muscles, or something that relates to their health. Next, I'll show you a fitness class that has been gaining popularity among seniors in NYC.

Narration:

On January 1st there was a free fitness event at a community center. (It is the Marlene Meyerson JCC Manhattan.) Many seniors came to try a variety of fitness classes. Among the popular classes was the one that utilizes eurhythmics. By and large, eurhythmics has been thought to be for children's musical education.

Narration:

The participants move to the piano music freely but there are some prompts. When the piano sounds go higher, they are asked to move their arms higher. When the piano sounds go lower, the movement also follows. They move to the continuously-changing melody and tempo.

Interview/gentleman:

You are using a different part of your brain that you don't use. Just doing weights itself doesn't do probably much for your brain as much as this one might do.

Interview/lady:

I really felt more alive, like I wasn't so sure of everything, I wasn't doing everything boom, boom, boom, like my habits. I sort of forgot what my habits were.

Narration:

The instructor is a renowned music teacher, Leslie Upchurch.

Leslie Interview:

It's kind of a brain-body fitness. You are not necessarily sweating or huffing and puffing but you are moving and your brain is engaged (the) entire time. So, it is a fitness.

Narration:

Ms. Upchurch has been teaching eurhythmics mostly to children for over 40 years.

Based on her expertise, she started her own eurhythmics-based program for seniors 4 years ago.

This is a class for seniors, who have been taking her class every week.

Class direction by Leslie:

So then we get to 2, What can we do for "2"? Maybe we can all put your drum up and play each other. You are going to put yours up.

Narration:

This exercise using drums works on memorization.

Students are asked to remember 4 different positions to hit drums, and they change positions on Ms. Upchurch's prompts. This is an exercise that requires quick reaction upon hearing a musical cue on the piano.

Class direction by Leslie:

No matter which way you are going, if I go like..., (a high, quick piano arpeggio) you just go whoop! We'll start with a swinging one. (This refers to the scarf motion by the group.)

Narration:

As soon as students hear a short phrase on the piano, they need to raise their arms higher.

Eurhythmics for seniors promotes better health while moving to the music.

Leslie interview:

You don't want to stagnate as you get older. People tend to get set in their ways. So if you do this, and you do this and you do this, then these parts of your brain go. So, that's firing up your brain and that's keeping you brain-fit.

Studio:

Japanese anchor: I took eurhythmics classes at school when I was young. Are they also popular in the USA?

Michael: Yes, it's very popular. The music school where Ms. Upchurch teaches offers more than 40 eurhythmics classes a week. My son, who is in 1st grade, also does eurhythmics at school, and he says it's his most favorite class. I haven't seen his class but through today's report, I now understand why it's fun. Eurhythmics class for seniors are just starting to get popular and Ms. Upchurch is one of the teachers who are tailoring the class for seniors.

Japanese caster: They can use their bodies and brains, and it seems more seniors will enjoy taking eurhythmics classes. By the way, what is your new years resolution?

Michael:.....