Physical Training - At 40 Years Old?

Story told by Tina Menhennick from the NMU Military Science Department

I admit it sometimes I get crazy hair brained schemes in my head, once they are there I can't get them back out. This semester was no different. I asked permission from LTC Kyle A. Rambo, Professor of Military Science at Northern Michigan University and also my supervisor, to join the Physical Training class that meets at 0630 on Monday, Wednesday and Friday. He approved.

0500 on Monday, August 27, I awoke. Nervous, anxious, could I do this?

Would I be able to keep up? Would everyone laugh at me? Heck, I am 40 years old and about 35 years out of shape!

Then I looked at my clothes I had put out the night before and knew I could not exercise in front of everyone with those SHORT shorts. I drove to Walmart and bought a pair of workout pants to wear. SFC James Hoffman laughed at me when he found out, he couldn't believe I went to Walmart shopping, before showing up to PT at 0630.

The first day was confusing, not knowing what to do and when to do it. I found myself following the person lined up in front of me. Warm-ups were fairly simple, not too hard to do, except the abdominal exercises. Then we ran. Thank goodness for Mr. Martindale, he stayed with me to the end of the first lap, which I later found out was just over a mile. It has been YEARS since I've ran that far without stopping or without being chased by a wild animal!

I made it. Each session is getting better, maybe not necessarily easier, but it is getting better. When I can't do something CDT Daniel Sackmann encourages me to do something that I can do, can't do sit-ups, then do 20 push-ups!

We are beginning our fourth week and everyday I feel so much more energized. The encouragement from each of my fellow workout buddies is priceless to me. I am so very grateful and thankful that I get to call NMU ROTC Program my place of employment. It's so much more than that, I am encouraged and strengthened by the teamwork and sense of pride being instilled in us. I am an American and I will be in shape soon!