

Ida Wilson

*"Have a set routine for workouts
and don't let other things
interfere or take the place of
taking care of your body"*

Ida Wilson has been a member at the Solana Club for 4 1/2 years. As is a springboard/trampoline coach she is very proud to have created the Crown Valley diving team in southern California. She has also formed the Fight Smog Jog running club which grew to 175 runners. Ida has competed in the masters diving program since 1976, and has won 23 masters nationals diving championships and the 1990 Pan Pacific international masters games. Ida was also on the staff of the 1984 Olympic games in Los Angeles and the 1988 Olympic games in Seoul South Korea. Ida, her six children, and one of her grandchildren are competitive divers. Ida is very active for her age, working out three to five times every week. Some of her activities she at Solana are bike, treadmill, machines, and stretching. She won the "Biggest Loser" contest where she lost 21 pounds. She also came in second in another Solana Club fitness contest. She enjoys training for her diving camp, running, swimming, the trampoline, dancing, movies, concerts, reading, sewing, and spending time with her six children and fifteen grandchildren. Since joining the Solana, Ida has gained flexibility, better weight management, and her cholesterol has improved. Ida has said The Solana Club is a friendly atmosphere, very clean, great machines, never crowded, and convenient.



Member since December 2007

Ida's motivation at the gym is her daughter' they make it fun and go shopping or to lunch afterwards. Ida is a true inspiration to everyone being active is fun no matter what your age. Her words of inspiration are to have a set routine of workouts and don't let other things or people interfere or take the place taking care of your body, do some form of exercise everyday.

WORKOUT



Training for diving competitions



45 minutes of cardio and weights 3-5 times a week



45 minutes of stretching and all contest