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The Superhero Walker

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Get your camera, that “Superhero” walker is walking again! How did this happen?

Recently, I commented on a social media post about my home exercise program. ‘Stretch, walk, and walk some more while wearing my superhero costume, complete with cape and magic wand.’ The question is not why but why not?

I have this walking exercise mastered; been practicing since a toddler. Walking in my neighborhood during the past year is both life-saving and cost-effective. No gym fees. No driving. Lots of attention wearing my superhero cape.

Walking is a simple work-out, great for the heart, lowers blood pressure, strengthens your bones, eases stress, and boosts your morale. Start slow and build up to 30 minutes 5 x a week. Hey, personal assistant, start my stopwatch. I walk on the sidewalk but walking on the beach or in a swimming pool is also great exercise. Always check with your healthcare provider before starting any new exercise program.

When walking, watch the weather. Florida weather has 3 seasons, hot, hotter, and disgusting. Choose a safe area, stay hydrated, wear good sneakers, and always apply sunscreen. Keep your rhythm by listening to music, your playlist, or favorite podcast. Wear a hat, maybe a silly hat, or a superhero costume. Raining, no problem, put on your superhero costume and walk inside your home. And smile!

During an afternoon walk, I noted happy faces, butterflies, and rainbows drawn on the sidewalk by a mystery chalk artist. I grinned, ear to ear! I answered with design of my own. Drawing those smiley faces makes me smile! Sidewalk chalk, a great morale booster for this superhero walker.

Cleaning out the garage, I found a red, bouncy ball. Yes, I am the superhero bouncing that red ball. Bring a friend on the walk and throw that ball around. Improved balance and coordination are added benefits of bouncing the ball. Another twist, I started to exercise my arms while holding the ball. Hands overhead, to the right, to the left.

The addition of arm exercises even without a ball turns an otherwise lower body workout into a full body workout.

Another childhood toy rediscovered, the yoyo! Walking while playing with a yoyo, wearing my superhero cape is quite a feat for this adult! Is this why the yoyo was found in the kids’ toy section of the store?

Even after the Covid-19 restrictions are lifted, I will continue this exercise routine of stretching, walking, and then walking some more but with my accessories! I am that carefree kid again with sidewalk chalk, a red bouncy ball, playing with my yoyo while wearing my superhero costume.

Walk and walk some more, as if your life depends upon it, because it does! 🌀

The Yesteryear of 2021

Marlene Wolf

Looking back to the 2021 year,
events happened far and near.
Couldn't foresee the changes,
affecting everyone of all ages.

In our hearts we did know
best to stop and go very slow.
In our souls we did find
our priorities were realigned.

New meanings glowed each day.
Joys of life shone in a new way.
Curiosity and learning about
mostly in our home were found.

Appreciating each other more,
with trees and flowers to adore.
The sun and moon lit the way,
as nature's love is here to stay.

Each person worked to survive,
as we each did really thrive.
Finding new ways to embrace,
in the frame at a different pace.

Going forward with a new attitude,
the days became filled with gratitude.
The message from 2021 is so clear,
have confidence to go forth without fear.