

# "Have Fun Every Day Workout"

Interview with Kathy Vegter Dean on her 60th Birthday

by Fitness@60

Fitness@60: Kathy, we heard you just celebrated a birthday. Are you really that old?

Kathy: Assuming you heard "60," you heard correctly.

Fitness@60: Another rumor. You've had 6 children?

Kathy: Again, correct.

Fitness@60: You look great. Many women, half your age, with half the kids would be happy to look that good.

Kathy: Thank you. That's special to hear.



Fitness@60: What's your secret?

Kathy: Good genes don't hurt. Aside from that, I've never really worked a program, but I've always had a plan: eat healthy, stay active, and have fun. I guess I'd call it my "Have Fun Every Day Workout."

Fitness@60: Explain.

Kathy: I don't go to the gym, but I thrive on action. For years, instead of going out to eat on Friday nights, Steve and I have gone rollerblading or biking: 20-25 miles.

Fitness@60: What about winter when you don't ride your bike?

Kathy: That's easy. Since I love to dance, I have fun with fast-paced dance videos.

Fitness@60: Sounds fun. Tell me more.

Kathy: Since we were in our 20's, instead of going to a movie, sitting still and eating buttered popcorn, we go out dancing. Our hangout is a great lounge called "The Butterfly" that hosts a live band. Every Saturday night till the band quits at 11:00, you'll find us zipping around the dance floor to light rock, jive, fast swing, and peppy foxtrots.



Fitness@60: Tell me about your getaways.

Kathy: Our favorite getaways are bike trips. We bought bikes when we were 24 and take several bike trips a year. We were "young and dumb" then. On Labor Day, with no training, we hopped on our bikes at dawn and rode down to Steve's parents house in Sterling, 85 miles away. Made it by noon. For a while we lived north of Beloit. Most Saturdays, we rode over to New Glarus, ate an ice cream cone, and rode back. Round trip: 95 miles. We've ridden ever since, usually 3-4 trips per year. But not as far now. Not often over 60 miles in a day.

Fitness@60: Did you find ways to stay fit and have fun while raising your kids?

Kathy: Certainly. We commonly took our children for hikes in woods on Saturday afternoons. And each of our children rode the Sugar River Bike Trail both ways (45 miles round trip) with us when they were either 5 or 6 years old.

Fitness@60: No wonder you've stayed fit. Are there any things you've had to stop doing?

Kathy: I was a Zumba fanatic, but my knees can't take so much bouncing any more. I still do some basic exercises to flatten my abs and tone my muscles.



Fitness@60: Is your work part of your "Have Fun Every Day Workout"?

Kathy: Certainly. Our family owns a coffee house, roastery, and bakery. I'm the head baker. I'm on my feet baking about 25 hours per week. That beats sitting at a desk.

Fitness@60: Do you run errands in a car?

Kathy: Well, we've always been a one vehicle family. Even raising children. Steve rides his bike most everywhere. But I enjoy riding a bike to the grocery store, too. En route, I see neighbors, friends, trees, birds, and sky.

Fitness@60: Any special diet?

Kathy: No, not really. Mostly I eat fresh fruit, fresh vegetables, and fish or chicken. As I've gotten older, I've even had to cut back on quantities of good food like that.

Fitness@60: Anything you've done special lately that would





typify your “have fun every day workout”?

Kathy: Steve and I just marked 40 years together. Celebrated the whole weekend. On Friday night, we joined the Milwaukee “Jumpin’ Jive Swing Club.” Danced vigorously till midnight. On Saturday, we biked the Interurban Trail north of Milwaukee. Both Ways. 66 miles. We showered and danced till midnight at a high-octane Salsa Club. Lots of fun. Plus a workout. Certainly not drudgery. Rested Sunday.

Fitness@60: I’m tired just listening to your 40th celebration. Sounds like you still have plenty of romance. The mags say you burn calories in bed. How about you?

Kathy: Assuming conservative estimates of 75 calories in a half hour—we regularly burn plenty.

Fitness@60: Ha! Yet another reason you named it your “Have Fun Every Day Workout.” Have you changed your wardrobe much as you’ve aged?

Kathy: Well, I’m conscious of not dressing too young, but Steve says I still look great in whatever I wear. A few years ago, I started asking if I should stop wearing a two piece. Every year so far he says, “I’ll let you know. But not this summer.”

Fitness@60: Any final words? Can you sum up what you mean by “Have Fun Every Day Workout”?

Kathy: Eat great food, and stay active. It’s more fun to dance, than watch a movie. There’s more happiness in bike riding than going out to eat.

Fitness@60: Thanks for your time.

Kathy: My pleasure.

