



A Day at Clare Health and Fitness

By Abigail Kulick, Main Street Manager

Clare Main Street is home to the only IPFA (International Physical Fitness Association) approved exercise facility in Clare County. Located at 412 McEwan Street, Clare Health and Fitness has been a community workout establishment for nine years. Owner, Randy Hale purchased the downtown gym four years ago and has dedicated himself to providing a full service fitness facility for the community.

Clare Health and Fitness is a place for people of all ages to experience top of the line physical training opportunities, including a full line of state of the art resistance training, toning and cardio machines, tanning, nutrition planning, access to a computerized health management system and a variety of aerobics classes, including kick boxing, step aerobics and spinning. They will also be introducing a Pilates class beginning in the fall.

Randy has shaped his gym to provide fitness opportunities to satisfy the needs of anyone who may walk through his door. Between equipment, classes, nutrition planning, and personal assistance, Clare Health and Fitness is able to assist members who are interested in strengthening, losing weight, gaining weight, toning, or overall, just staying healthy. Randy wants his members to feel good about their fitness routines so Clare Health and Fitness offers the assistance of qualified trainers to custom build fitness programs tailored to each individual body type and designed to meet members' specific needs. These trainers teach members the proper way to exercise, the correct foods to eat, and how to track their progress with a health management program.

Randy's Main Street location provides his business exposure to traffic and provides his customers, a safe, friendly, and easy to find atmosphere. Due to the convenience of Main Street, Clare Health and Fitness is visited by many downtown business professionals on their lunch hour or directly before and after work. Randy enjoys being part of a small community where people are encouraged to stop and chat on the street. Randy compares his gym to a family; staff and members care about each other and enjoy encouraging one another to meet their goals. I witnessed this firsthand as I watched Randy make it a point to call and offer concern to a member recovering from surgery. I was very impressed by this kindness because I knew it would be rare to find someone with more dedication to their members. Clare Health and Fitness serves people of all ages. Randy truly enjoys working with his senior citizen members because of their determination to stay healthy. Randy has a few members over 80 years old who have had multiple hip replacements and knee surgeries, yet continue to make daily visits to Clare Health and Fitness in order to rebuild the strength in their bodies.

Janelle Whitfield is the Fitness Technician and Manager of Clare Health and Fitness. Randy feels very fortunate to have Janelle's assistance. He boasts that she has a great personality and is excellent with members. She is particularly helpful with the female demographic, as women tend to be more comfortable working with a female trainer. Janelle has extensive experience with supplementation and has helped Randy expand his line of supplements to include supplements for protein, fat burners, energy, appetite control and numerous vitamins. Clare Health and Fitness also provides meal replacement bars, shakes and a small juice bar.

Clare Health and Fitness members are also accustomed to another familiar face; Autumn Case, a Main Street neighbor from Isabella Bank and Trust is not only the instructor of the gym's spinning class but is also the fiancée of Randy Hale. Autumn and Randy will be wed June 4, 2005. Randy loves Autumn's contribution to his business and says she is excellent at focusing on the needs of individual members.

Randy's passion for healthy living reaches outside his business as well, Clare Health and Fitness proudly sponsors members involved in fitness events including, breast cancer walks, fitness contests, the Chamber of Commerce Red, White and Blue basketball tournament, marathons and a local volleyball team. By sponsoring his members' fitness events Randy is not only contributing to the community but is encouraging the importance of a healthy lifestyle.

Future plans for Clare Health and Fitness include expanding personal training services, offering seminars for non members on nutrition, exercise and stretching, more training sessions for employees and continuing to drive health and fitness results. The downtown gym is up with the sun Monday thru Friday at 5:00am and calls it quits for the day at 9:00pm. Weekend hours include Saturday from 7:00am-1:00pm and Sunday from 9:00am-1:00pm. With IPFA standards and over 500 members, it's no wonder why Clare Health and Fitness is important part of Clare Main Street.