

2023 SESSION

INTRODUCED

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HOUSE RESOLUTION NO. 485

Offered February 23, 2023

Commending Millette Wardell.

Patron—Helmer

WHEREAS, for 12 years, Millette Wardell has helped seniors stay active and stay engaged with their community by teaching specialized Zumba courses; and

WHEREAS, Millette Wardell was working as a coach at Curves when she discovered Zumba, a fitness program that focuses on cardio routines inspired by Latin American music and dance; she officially became a Zumba instructor in 2011 and taught her first class only two days after receiving her license; and

WHEREAS, Millette Wardell typically teaches Zumba Gold, a Zumba style with lower intensity workouts that can be modified to fit different paces and ability levels; she began her career teaching classes at local senior centers and was invited to teach regular classes at Wakefield Senior Center and Little River Glen Senior Center; and

WHEREAS, about five years ago, Millette Wardell also began teaching Zumba classes for Stay Active and Independent for Life (SAIL), Fairfax County's fitness program for adults 65 years of age and older; she helps participants dance to the best of their ability, no matter their age or physical condition, and can even accommodate participants in wheelchairs and with walkers; and

WHEREAS, during the COVID-19 pandemic, Millette Wardell set up a Zumba studio in her home and hosted courses electronically via Zoom; many of her regular senior clients joined in, along with participants from across the country and around the world; now, therefore, be it

RESOLVED by the House of Delegates, That Millette Wardell hereby be commended for her service to senior residents of Fairfax County as a Zumba instructor; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates prepare a copy of this resolution for presentation to Millette Wardell as an expression of the House of Delegates' admiration for her work to promote good health and fitness in the community.

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