

Margaret Koehler Enjoys Healthy Lifestyle and Helps Others Do the Same at England Oaks

As a retired nurse, England Oaks resident Margaret Koehler had dedicated her life to the wellbeing of others, but after a series of personal medical scares she realized it was time to prioritize her own health. At the advice of her physician, she joined a gym and began putting her own physical fitness front and center.



However, it wasn't long before Margaret turned her own therapeutic experiences into something that would benefit others. After 32 years of working as a nurse, she retired and began a second career as a "personal trainer for special populations." Her clients included people with chronic illnesses such as C.O.P.D., heart disease, diabetes, arthritis, fibromyalgia, obesity and multiple sclerosis.

In 2014 Margaret moved to England Oaks. She was looking for a community with plenty of opportunities for exercise and socialization.

"There is a resident activity center, a nice place to participate in activities with friends and enjoy a beautiful pool," said Margaret. She also loves the "well-kept grounds and the beautiful live oak trees in nearly every front yard."

Margaret quickly found her niche and began offering water aerobics and Sit and Be Fit classes at the community. "Many residents have cardiac issues and issues with arthritis, balance and strength. I do different routine each class so that I can cover all the problem areas."

Margaret is also a member of the resident association council and volunteers with a resident-run group "Helping Hands," which provides transportation for residents who are receiving medical care after-hours.

What she loves best about England Oaks is having access to structured activities and opportunities to connect with her neighbors. "Living here keeps me active, it keeps my friends active. You have something to look forward to every day."