

LIVE WELL - BE WELL

MARK'S STORY

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“It’s not how hard you fall, it’s how high you bounce”



I can honestly say that since starting this job I have been blessed with meeting very positive, outgoing, and friendly people. One of the very first members that I met was Mark Panassow. I remember Mark walking through the doors of the UFC with a huge smile on his face. With each visit to the gym, Mark always greets everyone and asks how their day is going.

Mark was nominated by UFC members for his personality, dedication to working out and his young at heart attitude. He is known by many of the members here, including the medical students. He is the perfect example of the Guatemalan Proverb “Everyone is the age of their heart”. Mark’s heart is young, big, and full of warmth which radiates when in his presence. One of his favorite physical activities is playing basketball. You may find him in the gym shooting hoops and playing basketball with the guys. Mark plays basketball three to four times a week. He says it keeps him motivated, he enjoys his teammates, and he likes to keep up physically with the medical students. Along with shooting hoops he lifts weights at the UFC. He also participates in a church softball league, and can be found playing basketball and volleyball at other Hershey locations.

Mark has always been active and started playing basketball in junior high. In college he majored in physical education and recreation and played all sports. He finds that being active helps relieve stress, clear his mind, along with helping the body physically and mentally. Mark has seen individuals in their 70’s and 80’s that are physically in shape and still very young at heart. These individuals, his wife and daughters, and the medical students are what inspire him to keep active and working out. He knows that what he does now for his body (maintaining cardio fitness and weight lifting) will help him later in life. If you think you are too old to play remember this, “Men do not quit playing because they grow old, they grow old because they quit playing”. (Oliver Wendell Holmes)

When plateaus or “I don’t feel like working out today” blues hit Mark, he works through it. He also recognizes that it may be his body saying it needs rest or get creative and change up your current workout routine. For those who would like to start working out, you are never too young or too old. Seek the advice of a fitness professional and create a plan for a regular fitness routine that you can accomplish. Change up your fitness routine periodically to avoid boredom, listen to your body, and push yourself to come in. Like the quote says above, which inspires Mark, “It’s not how hard you fall, it’s how high you bounce”. We each have set backs, bad days, sickness, injuries; it is the determination, mind over matter that determines our own personal strength which leads to our physical strength. Mark is a perfect example of that.

The question to ask yourself, “How old would you be if you didn’t know how old you were?” (Satchel Paige). If you answered a young ripe 20 something year old, then I say let’s grow old with Mark, for the best is yet to come.