



Name	Kathleen Kiely
Age	60 years young
Hometown	Danvers, Massachusetts
Zodiac sign	libra
Hobbies	I hike a lot, I read a ton, I bike, I garden
I deal with stress by...	My niece is a yoga instructor so she inspired me to learn. Connection to my core girlfriends helps, especially the caring and sharing we do for one another.
I prevent stress by...	I'm aware it's inevitable so I try to use humor to make it through the tough times! I like to help others and I am guided by my spirituality.
What I think about nutrition:	My niece is a nutritionist so she helps me figure out what I'm supposed to do-eat bright colors! I eat six smaller meals throughout the day.
What I think about exercise:	I do something daily. I just joined the Danvers YMCA and I got someone to help me learn how to lift weights for older people to build balance, core strength, and dynamic flexibility! My goals have changed over time-I just don't want to fall over.

Most favorite exercise:	I love Pickleball! I bike a lot on the Danvers Rail Trail. I like to lake kayak too—that's a huge part of my life!
Least favorite exercise:	I hate walking and running, I hate it.
I focus on my mental health by:	taking care of exercise and nutrition and connecting with close friends. I've had some challenges and I'm working on gratitude.
A fun fact about me is....	I spend my summers in Wolfeboro, NH! When I got out of Boston College I worked for my family's medical business. When my sister passed away I raised her two daughters.