A quick scan of the animal kingdom wouldn’t necessarily lead one to connect penguins with fitness. They are shaped rather like bowling pins and, you know, they wobble when they walk.

But trainer Bonnie Smith of Fit for One Design in Newport Beach actually translates their side-to-side motion into a leg and core exercise. She even named it after them.

Here’s how to do Penguins:

● Begin with your feet shoulder-width apart as you stand on top of an exercise band, one end of the band in each hand.

● With your legs straight, shift your weight to your left leg and lean your body to the left, lifting your right foot off the floor a couple of inches. Maintain contact between the band and your raised foot. Slowly move your right leg in and out to work the inner and outer thigh. This also engages your abs, as you try not to stumble. Now return the right foot to the floor and repeat on the other side, this time raising the left leg.

● To work the back of the legs, first extend the right leg back and forth slowly, again maintaining contact with the band, then switch to the left leg.

“What I love about working with the band in a standing position is that you’re working on your balance, and we all know as we get older how important balance is,” Smith says. “We want to strengthen the muscles surrounding our hip joints, so that if you take a fall, these muscles will support the joint so you don’t break anything. Because as we get older, which is going to happen with all of us, we don’t want to fall and break our hip.”

Whenever you’re in a standing position creating movement, Smith says, your abs are working about as hard as they would doing a traditional crunch. As with all exercises, proper form is key with Penguins, to get the greatest impact from the move and to limit the chance of injury.

“It’s important to make sure you roll your shoulders back – draw your shoulder blades together so that you’re working on your posture,” Smith says. “You want your chin up, shoulders back, and then extend back. You’ll see how difficult it is and how you really have to engage your abs to support your body. The abdominal muscles are your stabilizing muscles.”

Waddle your way to fitness

BY LEO SMITH AND LONDON HALL

Step 1: Start Penguins with your feet about shoulder-width apart, standing on an exercise band.

Step 2: Shift your weight to the left leg, raising your right foot slightly off the floor.

Step 3: Shift your weight to the left leg, raising your right foot slightly off the floor.
Not knowing about PACE, Orozco thought she was being sent away from her family. "I cried and cried," she said. "I didn't want to go to a nursing home."

But instead, she found a place of community. A PACE driver picked her up at her home and took her to the center, where she sees several hours before being dropped off at home again.

"At this place, we find calmness and peace," Orozco said. "I have gotten better. I have more peace. I am comfortable, my health is better. I have more peace, I can be myself again. I can help myself," she said.

"I am very happy here," she said. "Everything is in one place, which makes it easier to take care of everything I want."

"I don't have to worry about anything anymore," Orozco said. "I am very, very happy here."