



Dane Scag

# real people real results

By Jeanette Hurt

**S**ome people may say they're "too old" or "too set in their ways" to try a new exercise program, but Dane Scag can prove them wrong. This month's Fitness Together success story focuses on a very remarkable man who has no time for people who make excuses—he's too busy getting things done. He's now in top form, both mentally and physically, and he just started working with Fitness Together last year. And, by the way, did we mention that this Elm Grove resident is 87?

Prior to his "retirement," Dane managed to fit in a variety of careers, including founding three different companies and teaching physics at the university level. Today, he travels, flies his own plane and even fixes his plane. Still, despite these and many more entrepreneurial activities, Dane works out regularly with his Fitness Together trainers. Just before he flew off to Colorado, Dane and Fitness Together consultant Pete Piranio sat down to discuss his experiences.

### What led you to Fitness Together?

Dane: "I received a letter from them. It was a very encouraging letter, but it was also a very challenging letter."

Pete: "We know that it is a challenge for people to get started in exercising, and what we try to do with our marketing is different from what you might find in other exercise facilities. Instead of showing pictures of these really fit people who are about 22, we try to talk about accountability. We believe we need to do something to get people motivated so we invite people to just come in for one hour."

Dane: "It was a little bit of throwing down the gauntlet, too, to just come in for an hour. So I came in for an hour."

### But you stayed a lot longer than an hour, you joined the program.

Dane: "They gave me a physical assessment...let's see how fit you are and how strong you are. Then, every eight weeks, they did another assessment. Within two-and-a-half months, the changes were so striking."

### Tell me about those changes.

Dane: "Well, most importantly, I have to tell you I'm a pilot, and to keep my pilot's license I needed to take a medical physical. I was quite sure before I came here that I would not pass it. I was concerned about my blood pressure. My systolic blood pressure was at 155. Then, very shortly it started to come down, and it came down so dramatically to 144, and now it's 132. Let me tell you, I passed my pilot's test handily."

### Were you involved in exercise or physical activities before you started working with your trainers at Fitness Together?

Dane: "I had always been active socially, but when I turned



Photos by Lee Wickersheimer

40, I started to gain weight, and I became flabby. So at the age of 40, I started running. And from the time I was 40 until I was 70, I ran two to three miles a day, every day, seven days a week, snow, rain, sunshine. My weight, which was about 210, came down to about 160, and then it stayed at that.

“But when I turned 77, I stopped running because of my knee, and my weight started to creep up again. You feel kind of helpless, that it is a sign of growing old. Sometimes you feel less capable of doing the things you used to do. But that’s all nonsense. I feel, starting at age 86, that I have reversed the signs of old age.”

**Tell me what you have reversed.**

Dane: “Well, the first thing I noticed was my blood pressure. That’s probably the single most important thing because if you can keep your blood pressure down, you can prevent stroke and heart attack. Another thing is, I would get fatigued when I walked up my basement steps. I had to pull on the railing. I thought that was something I just had to live with. Now, I can prance up the steps without holding onto the railing at all.

“One of the other changes I could see was...I have an airplane, and I am my own mechanic. It got to the point where I could hardly pick up a part, and once it was on the ground, I couldn’t pick it up. Here, they taught me how to get up from touching the ground and how to pick it up.”

Pete: “I think part of that is we base your program on what your goals are. Then, we do functional training, how to get up the stairs, get up off the floor. If everything’s machine based, as it is in many health clubs—you get on a machine and it’s guided motion—that’s not going to help you a whole lot with balance and control while you’re trying to take a part off of a plane or walk up a set of stairs. You have to train your body to do that. Functional training helps accelerate that.”

**FT** Real People, Real Results  
 FITNESS TOGETHER  
 1 Client 1 Trainer 1 Goal

I have gained more **FLEXIBILITY,**  
 better balance,  
**STAMINA**  
 & **strength!**  
 than I thought possible  
 Carolyn R., Whitefish Bay

Lost **8 inches**  
 Lost **7% BODY FAT**  
 Rebecca Leichtfuss, Oconomowoc

Lost **15 pounds**  
 Lost **4 inches**  
 Stephanie Brand, Delafield

Lost **7% BODY FAT**  
 Increased upper body strength  
**BY 61%**  
 Kay Klaas, Dousman

**Your Trainers Salute You!**

Lost **9 pounds**  
 & **2 inches off WAIST**  
 Nikki Etheridge, Brookfield

Lowered blood pressure  
 from **142/82** to  
**126/80!**  
 Mike Erwin, Mukwonago

After 11 months, my blood pressure  
 went from **160/110**  
 TO **125/80**  
 and my cholesterol at **253**  
 to **153**  
 John Shaughnessy,  
 Mequon

Lost **10 total inches**  
 Lost **4 inches off waist**  
 Renee Stamm, Brookfield

**Our Clients Look Good In Public Because They Train In Private!**

Dane: “But with that, it changed other things. I’m more anxious to do things, I’m anxious to travel. The quality of life, the various things I enjoy, have improved as well.”

**What was it like to get started in an exercise program at age 86? Was it harder to get started than at age 46?**

Dane: “It’s no different, and as a matter of fact, it’s easier than I thought it would be and I questioned whether I would see the improvement I was striving for. The program is set up so that you develop one set of muscles at a time.

When you do the exercises—sometimes very simple things like lifting a medicine ball—pretty soon you’re tightening the muscles and you can feel the change.”

**Have other people noticed the change in you?**

Dane: “I’ve been around the Waukesha Airport for many years, and many people who fly planes are doctors. One retired physician, whose weight had climbed up to 300 pounds, saw me getting stronger and tougher, and he asked me what I was doing. I told him, ‘you’ve got to go to Fitness Together, give it a try.’ He was skeptical, but since then, he’s told me he’s never felt better.”

**What is your advice to other people who are afraid of starting a new exercise program?**

Dane: “The most successful business person works a 70 or 80 hour work week, which is about 3,000 or 4,000 hours a year. What if I were to tell these people that if you put in 150 hours a year, you can improve every single aspect of your physical being and throw in your well-being on top of that? I’m telling you, it can be done. I think the hard part of this story is that people are going to be skeptical. Someone is going to read my story and think I’m different from them, but I’m an ordinary guy, physically. Let me leave you with a poem. ‘Playful little puppy dogs remind us we should live with gay intent, and departing leave behind us, footprints in wet cement.’” **FT**