



d

Jason Wallis, M.S. is the Founder and President of Fitness Over 50, INC. He arrived in Corvallis via Cougarville in Pullman, WA where he received a degree in Exercise Science in 1992. Jason then graduated from OSU with a Master's Degree in Exercise Physiology and a minor in Nutrition. He has been providing exercise training and wellness programming for mature adults in the Mid-Willamette Valley since 1994 and established FOF in 1998. Jason enjoys playing and coaching team sports, golf, and outings at nearby Bald Hill and MacDonald Forest with his son Jaxon, wife Susan, and their dogs.



Tyler Lancaster, B.S. is Fitness Over 50's Program Manager. He graduated from OSU with a degree in Exercise and Sports Science in 2011 after completing a practicum and internship at FOF. He then joined the staff as a full-time *Mature Adult Fitness Specialist* for the next year. In the Fall of 2012, Tyler he got married and moved to the Portland area where he worked as a physical therapy aide for two years. He returned to Corvallis to re-ignite his passion for the orange and black and jump back into the mix as a staff member on the FOF team. Tyler loves all sports, including golf, softball, and basketball and if you want to talk about Beaver athletics, he's your man!



Kimberly Marston, B.S. is from Wilsonville, OR and graduated from OSU in 2016 with a degree in Exercise and Sports Science. She had a year of volunteering at a Multiple Sclerosis Clinic before joining us at FOF. She started here as a practicum student and is excited to stay as a *Mature Adult Fitness Specialist*.

She loves sports, but especially basketball. She played up through high school and you can catch her at every OSU Women's Basketball game. After high school she picked up running to stay in shape and has now run 3 half marathons. She enjoys being active outdoors and everything orange and black. Go Beavs!

Chelsea Treischel, B.S. is from Cusick, WA. She is a 2014 graduate of OSU's Exercise and Sports Science program and originally joined the FOF staff after 9 months of experience in cardiac rehab at Albany General Hospital. Chelsea took a brief sabbatical to work as the Manager at a local Snap Fitness but is happy to re-join the FOF staff of Mature Adult Fitness Specialists.

She hopes to remain in Corvallis where she enjoys watching old movies, cooking, reading, and being active. Chelsea appreciates the Farmer's Market and downtown restaurants. Chelsea played volleyball in high school and continues to support the sport and cheer on the local teams.



Frank Beber lives in Eugene with his wife Kathy, as do their two grown sons. Frank's previous career was as a Chef in San Francisco and Eugene for over 30 years. In 2015 he decided to make a change in his life, return to school, and pursue a career in the fitness industry, specializing in working with mature adults. This year he received his AAS degree in Exercise and Movement Science from Lane Community College. The one word Frank uses to describe his first day at FOF and every day since is "inspiring." The members make him realize that staying active physically, mentally and socially will facilitate a longer, healthier life.

Frank also teaches classes at The Oregon Research Institute as part of a research study in senior fitness as well as strength, balance and conditioning classes at a senior residential facility in Eugene. Frank is an avid road cyclist and enjoys strength training. He is always available to help, answer questions, or just listen.



Chad Jones is originally from Albany, OR. He recently moved back to the area after spending six years in Shreveport, LA where he was a mentor for students wanting to improve their wellness. Chad also has experience as a CNA in long term care facilities. He is very passionate about Health and Fitness and has been an active participator and promoter since a young age. He is also a personal trainer at gym in Albany and does online coaching both of which give him more opportunity to share his knowledge with others so that they too can experience life in a fuller capacity. His goal is to make sure that you are functioning at your best! His belief is that the body was meant to do extraordinary things and anything you put your mind to you can accomplish.

In his free time, Chad enjoys training for and competing in bodybuilding competitions. He also participates in other areas of fitness like biking, swimming, yoga, cooking, or playing sports. If you ever have any questions don't hesitate to ask. He would be happy to help!

