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Godelieve and her client was recently interviewed by the ARC of Somerset.  
Update: Jennifer and her housemates are going the Special Olympics States! YES!!!

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## Updates & Upcoming Events

Recently featured in the recent ARC of Somerset Newsletter & hosting the warm-up for their Saturday, June 6th 2015 Step Up for the ARC Walk & 5 K Run



Exercise for Life and The Special Olympics  
By Lisa Marie Arieno

Jennifer Gordon is a 46 year old woman with developmental disabilities who resides at Bethel Ridge group home in Basking Ridge. For over 15 years, Jennifer has made a point to be active in her home and community with her love for the outdoors and speed walking. Godelieve Babey, owner of Be Fit Anywhere, LLC, is a Personal Fitness and Movement Trainer based in Hillsborough, New Jersey. She offers training designed for each and every abled body. In 2007, Godelieve was introduced to Jennifer by a family member with hopes that as a client, Godelieve would have Jennifer stay on a daily nutrition and activity regime. From there, Jennifer's ambition to be fit grew bigger with her specific training that included softball, speed walking, relay racing and jav throwing. Since 2007, Jennifer has committed to the Somerset County Track & Field Festival in early May and participating in the Special Olympics of New Jersey each June. Over the years, Jennifer has steadily increased her medal athletic performance including last year where she received a gold medal at the New Jersey Special Olympics for her perfect throw during

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