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From Cubicle to Fitness Room

By Lou Fancher



Photo April Stevens To commemorate his 47th birthday, Orinda resident Steve Meagher set himself a goal--to ride his bike from the bottom to the top of Mount Diablo. An admirable goal, and many people make that bike trek each year, right? But Meagher's planned bike ride was unique, because his bike has just one wheel. Meagher set out early on the morning of August 29th to make his way up the 12 mile climb. He was within a hundred feet of the top, with the grade of the hill at 17%, when he started to struggle to stay upright. But the large group of friends and family members who were waiting to celebrate his ride (and enjoy some birthday cake) quickly came to the rescue. With a little help from his friends, Meagher was propped up on his unicycle and he finished the climb in two hours and 12 minutes. A. Firth

Meagher started with office exercises for golf, but thinks there's room for other sports. "There are things you could do at your office to stay in shape for tennis, soccer, all kinds of things," he says.

Swing-Easy Fitness is both practical and fun. With pressure to skip lunch, take on extra assignments, and be available 12/7, office workers can use the program to stay competitive on the job and on the green. And suddenly, a stapler is the perfect iron; an office chair increases your swing velocity.

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After successfully pedaling up Mount Diablo on a unicycle, what's an athletic, triathlon-type guy supposed to do next?

Steve Meagher's answer is a surprise: sit in a chair and write a book for golfers. Specifically, a self-published book titled, *Swing-Easy Fitness, The Premier Office-Based Golf Workout Program*.

"I played in a golf tournament with my brother," Meagher says, explaining how the idea for the book began. "He was a champion water polo player, and I'm a runner, but afterwards, we were really sore!"

Meagher, a physical therapist by profession, knew his aching muscles were the result of poor golf conditioning. As the founder of Site Solutions, a network of ergonomic physical and occupation therapists, he has spent the last thirteen years evaluating work stations and helping workers operate more efficiently and safely.

Meagher began to wonder: How can I help others who are stuck in an office during the day, but want to be sport warriors after 5 p.m.? His independent spirit and shoe-string budget meant he had to do it on his own.

"I found Blurb," he says, "they have online self-publishing software." Working with Jacob Meggers, an East Bay graphic artist, Meagher's *Swing-Easy Fitness* is close to completion.

An early proof of the book shows Meagher, in easy to understand photographs, demonstrating exercises and stretches in an office setting. Accompanying text explains the movements, offering both basic and advanced options.

Beginning with simple Stretch and Strength Tests, a reader evaluates his/her physical fitness. Identifying individual weaknesses is a key aspect of Meagher's practical approach. The book then moves on to specific activities designed to address flexibility and strength for golf.

One obvious question springs to mind when reading the book: why not do these exercises in a gym? Again, Meagher is full of surprises: "I'm kind of intimidated by the gym," he says. "They're all gym rats at a club, you know, big and buff," he says.