Push Pull® Senior Fitness Recognized with 2026 Best of South Carolina Regional Award

LITTLE RIVER, SC, UNITED STATES, September 9, 2026 /EINPresswire.com/ -- Push Pull® Senior Fitness, a fitness center designed specifically for adults 55 and older, has been named a 2026 Best of South Carolina Regional Award winner, recognizing its focused approach to helping seniors build strength, confidence, and long-term independence.

Founded by Greg and Brenda Hoffman, Push Pull® Senior Fitness was created by seniors, for seniors, with a clear understanding of what fitness means later in life. The goal is not vanity or intimidation. It is quality of life. From carrying groceries to getting out of a chair safely, the center helps members strengthen the muscles and movement patterns that support everyday independence.

What sets Push Pull® apart is its intentional design. The center features senior-friendly Keiser pneumatic resistance equipment, recumbent steppers, and easy-to-learn push/pull routines that are short, simple, and results-focused. Members work in an environment surrounded by peers, free from the confusion and pressure often associated with traditional gyms.

“Push Pull® was built around the needs of seniors because we understand how important strength is to staying independent,” said founders Greg and Brenda Hoffman. “Our mission is to make fitness approachable, effective, and encouraging for adults who want to feel stronger and live better.”

With its slogan, “Push Pull For Life,” the center continues to emphasize wellness that is practical, sustainable, and rooted in real results. The 2026 Best of South Carolina Regional Award reflects Push Pull® Senior Fitness’s growing impact and its continued commitment to helping older adults age with strength, confidence, and community.

For more information, click here.

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