



Steve Sarns

UMRC & Porter Hills Foundation Board member, Steve Sarns, is a passionate advocate for improving the health and wellness of older adults. Steve's goal is to motivate people to be their best and to remain active at all ages and stages of life.

In graduate school at the University of Michigan, Steve studied exercise physiology and gerontology, examining the intersection of exercise and aging. As Vice President of Sales and Marketing for NuStep, Inc. in Ann Arbor, Steve created the concept and helped develop the NuStep Recumbent Cross Trainer to assist with cardiac rehabilitation and physical therapy, and for fitness use in senior living communities. Today, people all over the world use NuStep products to regain strength and health.

After the sale of NuStep, Inc. in 2017, and receiving a cancer diagnosis, Steve retired (he is now a five-year cancer survivor), but continues to actively volunteer and advocate on behalf of older adults. This includes leading a men's group with participants at Huron Valley PACE (Program of All-inclusive Care for the Elderly) in Ypsilanti and chairing the 2018/2019 Washtenaw County American Heart Walk. Steve serves on the boards of the University of Michigan Kresge Hearing Research Institute, Saint Joseph Mercy Ann Arbor and Livingston local board, and NuStep LLC in Plymouth, Michigan. He has also written a book about his journey as a cancer survivor.

The UMRC & Porter Hills Foundation is honored to have Steve's compassion, enthusiasm, and expertise on its board.