

MY "Y" STORY

PHAT..... PRETTY HOT AND THICK!



I started going to the YMCA because I have problem with my back and legs. First, I started going to the gym but that didn't make me happy because there were only a few things I could use. Not giving up, I found out the Y offered water aerobics. I gave it a try.

That was the right move, I met new people fell in love with it. I decided to take swimming lessons. Well, I still don't know how to swim, but I am now very comfortable in the water. My instructor Kristin was great. During the time of my lessons, Kristin had to have an emergency C-section. I never resumed with my swim lessons, but I have hope that one day I will. I still practice what Kristin taught me.

During a check-up with my doctor, I was asked what activity I was doing. I told him I go to the Y and take swimming lessons and also participate in water aerobics 4 times a week. His response was so positive. He told me to keep up what I was doing.

When I walk in the Y and get that personal greeting from Tracy, I feel ready for my class. I got to the point that I wanted to add something, Lisa Redwine one of the Y's water aerobic instructors, challenged me to try a spin class. She knew I would try and I would not give up!

I have one thing to say, do not let your size or your disability stop you from trying. If you find out that it doesn't work try something else. I can feel the change in my body. I have lost weight, my muscle stays stretched out so I don't have problems. I figured out how I could get on the bike and I do what I can do. Denice Davis the Wellness Director and spin instructor always says do what is comfortable to you. Hearing that takes away the stress of trying to 'keep up'.

So, PHAT ladies or gents come out and join me in spin class or water aerobic class. Your body will love you and arthritis will not.

You meet the best people there and make new friends. Stay tuned for PHAT... Pretty Hot and Thin!

The thoughts of DEBRA JOHNSON