



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MY Y STORY

## I DISCOVERED THAT “ZERO GRAVITY” IS MY FRIEND

About one year ago, I began pool exercises at the suggestion of my doctors. I have so many injuries that gravity makes life really difficult and exercise especially difficult.

I started out in Lynn’s “Stretch & Strengthen” classes in the Training Pool. I was an athlete, so I know HOW to work out. The key is to concentrate on each movement and to “feel” the muscles working. I appreciate instructors who teach how to exercise properly and where you should be “feeling it”. Lynn is one such instructor and I am grateful to her for her discipline.

I began attending more classes, every time pushing myself to do more and stayed in the deepest end of the pool to get more resistance. In a matter of months, I gained more range of motion and I started to feel stronger. Then I ventured into the Lap Pool for other classes, which I would not have been able to do without pushing myself and gaining strength in Lynn’s classes.

I have especially appreciated Mo’s challenging and creative workouts. It was marvelous when I first felt the benefits of my discipline. I began noticing things were easier to do, like standing up from a seated position! In just a couple of months, I noticed I could get on the floor to greet my dogs properly and stand back up much easier, not groaning in pain. Yes, I still feel pain but feeling stronger really feels good. Feeling firmer muscles feels great. I try and attend a pool class five times per week.

I’ve come a long way since I joined the “Y” a year ago. I’m happy to share my knowledge and experience. You’ll recognize me....I’m the one in the deep end huffing, puffing and ... floating.  
- Karen

