



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MY Y STORY

LIVE WELL AND FEEL SWELL

The summer before my 16th birthday, I was diagnosed with arthritis. I am now 68. Over the years, arthritis has taken its toll. Last January, I heard about a program called Live Well offered through our local hospital. The Burbank Y was a partner for the program and provided a free six-month membership for participants. When I was accepted, I jumped into Y activities with both feet. It was not easy for me at the beginning and many days I didn't want to exercise at all, but I stuck with it.

At the end of the Live Well program, I hadn't lost any weight. I had, in fact, gained weight. Oh, but that made me so happy. By working out, I replaced fat with muscle and reduced my BMI by 2%. I had a surprised physical therapist comment that I actually had strong abs! I lowered my risk of falling from 84% (very high) to 39% (low). I would never have thought that at my age, I could make such big changes in my life, let alone in just short six months.

I renewed my membership. I love the community and new friends. I can't imagine my life without the Y now.

~Gai Loper

