



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WE'RE MORE THAN YOU KNOW. WE'RE A CAUSE.



Terry retired from a busy and fulfilling career as a professional chef when she was required to go on disability due to severe osteoarthritis and diabetes. When she was 49, she lost her husband when he took his own life. Having lost so much, she had every reason to feel depressed and withdraw from others.

Terry had heard that exercise could help manage her health problems, and not wanting to go on insulin or other drugs, she made up her mind to contact the Southeast Family YMCA, even though she knew that a membership was something she couldn't afford.

But to her surprise, the Y provided her with a scholarship.

Today, Terry swims laps in the pool and is an avid devotee of water aerobics to improve her cardio strength and circulation. Hope Feder, a YMCA Personal Trainer, worked with Terry to set up circuit training on Y Cybex fitness machines to help strengthen her upper body. A spin on the stationary bikes completes Terry's fitness plan.

"Without the Y, I would not be able to live my life," Terry, 59, said. "I would be depressed and in a wheelchair."

Now Terry is 40 pounds lighter, has made many new friends and says she can't put a price on the mental health benefits that she receives as a member of the Y.

"I work out six days a week," Terry said. "The more I move, the better I feel."