

March 4, 2011

Dear Donna,

Many of us, when we are visiting in the pool, talk about how much your class has helped us. Unfortunately, we never tell you! I personally have really benefited from your class. Every day my arms and legs get stronger and my stamina is increasing. My knees do not hurt as much, and now I can get up from a chair, usually at the first try!

An interesting side-effect is that I have started enjoying exercise. I used to avoid exercising and would find an excuse not to do it. Now I look forward to my sessions in the pool with you. I don't think in terms of "how much longer do I have to do this"! I have decided that I will exercise for the rest of my life.

Thank you!

Sincerely,
Flora B. Rider