

**"Two years ago, I could not walk to my mailbox without gasping for air. It was simply too far and I couldn't breathe. After 18 months and with the help of my cardiologist, I progressed to the point I could consider a form of exercise. After several months of research, I chose the water aerobics at the Cantrell Center. I didn't know if I could keep up or not, but I had to start somewhere. If I couldn't do the water aerobics, I would move into the water walking class. Boy was I scared! I hate to fail at anything! Well, thanks to the Wellness Evaluations and the Instructors in the classes, I made it through the first class. Then the first week... and then the first month. Yes, it was hard for me. I was sore. BUT I always seemed to feel an energy burst after every class so it motivated me to return and do more. It has been almost 6 months since my first class. I've lost almost 15 pounds and 2 sizes. My blood pressure is down and my heart rate is too. My long term goal was that I would walk or run in the Cantrell Center 5K in 2012. Yesterday I took it one step further and purchased my shoes for that race. I am grateful for Jon and Mike who encourage me and many times pushed me to do my best in each and every class. They believed in me and I believe in myself. And now I can RUN to my mailbox!"**

***-Margaret Warren (Wellness Member)***

***August 17<sup>th</sup>, 2011***

