

## “A Work in Progress

I began my quest for fitness at the Cantrell Center in March 2011. I knew it was time for a change- I was taking blood pressure and cholesterol meds and my weight continued to climb. I had recently retired from RAFB after (33) years of Federal service. While working and traveling extensively, I had little time for workouts. After retirement, I had no more excuses.

I was referred to the Cantrell Center by a co-worker. I was pleased to find the staff very friendly and genuinely concerned about “total fitness”. The atmosphere at Cantrell is relaxed, welcoming, and encouraging. I have made good progress in just (6) months and added new friends along the way. At my routine doctor visit last week, my weight was down, my blood pressure at “normal” level, and [I was] no longer in need of cholesterol medication. My physician commented, “I don’t know what you’re doing, but keep up the good work!”. Though I am new to the fitness routine, I know that this must become a lifestyle change. I can’t wait to see the results at my next check-up!

Thank you, Cantrell family!”

~Patricia McCutchin  
(September 15<sup>th</sup>, 2011)

