



Barry Burkhart YMCA Testimonial

I am Barry Burkhart and I am living in Louisiana, Missouri on a long term work assignment. My home is in McKinney Texas. For my first 3 months in Louisiana, I, didn't realize a YMCA was even here. It only took one visit to decide I absolutely had to join. The pool is my salvation when it comes to exercise. I am a morbidly obese man in my early 60's. In retrospect, I am persuaded to believe God lead me to Louisiana, if for no other reason, to get me exercising. Since I started, just before July 4th, I have lost 35 pounds. I had no idea swimming could help me this much. The staff makes me feel like family, and I can't say what that means being so far from my own family. I hope and pray this assignment last's a long time. I have a long way to go to reach my goals. Thanks to everyone, including my fellow swimming pals, for all the encouragement and support in my new journey.