



DIANE FUERST YMCA TESTIMONIAL

In 2018-2019, I underwent two major surgeries. I had total hip replacement on my left hip and 5 months later on my right hip. Within a week of the right hip replacement a blood clot formed which was extremely painful. Several months later as I recovered from the stress my body went through, my orthopedic surgeon suggested I try water aerobics to help strength my muscles and joints. I had to use a cane when walking and he thought water aerobics would be greatly beneficial.

I started low impact water aerobics in May, 2019 at Twin Pike YMCA in Louisiana, MO, with Mary Ann Harris as my instructor. Since that time my recovery from the hip surgeries has been amazing. I have more flexibility in walking and bending over. It is no longer necessary for me to use my cane.

Water aerobics also helped my bone density. In 2017 my bone density test revealed I had borderline osteoporosis. In September, 2020, I underwent the bone density test again and my results show I am in the high area of the normal range. The technician who performed the test stated it was because of the water aerobics that I have been doing since May, 2019 which made the difference.

Twin Pike YMCA thank you for offering water aerobics classes. I don't miss anymore classes than I have too!