



Sandy Shade YMCA Testimonial

My name is Sandra Sue Shade. I am originally from Jerseyville, IL but I have lived here in Louisiana Missouri for 50 years. I made the same New Year's resolution most everyone makes...lose weight and get healthy. The only difference this year... I am determined.

So, I talked to my doctor who advised me to do 30 minutes a day on the recumbent bike. I was perspiring but I didn't feel as if I was getting anywhere. So, I took to walking in the pool. I had forgotten how to float on my back and completely forgotten how to swim. After all, I am 70 years old and haven't swam in 40 years.

Through much help from everyone on the staff at the Twin Pike Family YMCA I am again swimming. I have my self-confidence back and I have a marvelous group of new friends.

Oh, and the icing on the cake as I write this, I have lost 30 pounds. No Pandemic is going to stop me!!!!