

“I was very overweight, just had a pacemaker put in, crippled with arthritis needing a cane for 10 years, and was taking many pills for my blood pressure & high cholesterol. I was considering selling my house since I could not take care of my property. Dr. Davis suggested, **STRONGLY**, that I try going to the Cardio-Rehab Program at the YMCA first.

I met with the Y's Lorrie Williams, RN, who started me out with physical therapy in ProCare and a weight & diet program with the Y's dietitian. Each listened to my goals and what I wanted out of life. After working with ProCare for 3 months, I was walking without a cane in the Y and then stopped using it at home. I had been assigned a trainer who worked with me to increase my time & endurance in each area of weight training.

One year after starting this program, I entered and completed the Fred Ciotti Race!

To date I have lost 54 lbs., am doing all my own house and yard work, and have cut down on my pills. I thank God for putting all of these wonderful & dedicated people in my life. They have helped me get back a life I never thought I'd have again!"

~~ **Robert Gentile**