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I've always been heavy, not terribly out of shape, but there was a lot of room for improvement. I'd tried a diet or two, joined a fitness center, but nothing really changed. I knew something had to be done, but my specialty happens to be avoidance.

Then in December of 2017, I had a moderate heart attack. Cardiac Rehab had a lot of suggestions, but one thing I had heard from a friend (now deceased) was how she had started Tai Chi, and how much she enjoyed it and how relaxing and easy it was. I asked the rehab staff, and while they also had heard some positive things, they had no experience with Tai Chi (now based on my experience, they recommend it)!

With the need to have a gentler workout without raising the heart rate (at least for 6 months) I looked into Tai Chi. I e-mailed Legacy American Martial Arts, (and a couple other schools) and was pleasantly surprised on how fast Ms. Bushey responded. Out of the 3 schools contacted, she was the first to ask why I was interested, possible goals, physical condition; not just going through a times/prices list. She assured me that she could work through my limitations and adapt things as necessary. So I signed up.

I must have been quite the challenge! But I felt welcome, and really enjoyed the class, I left feeling relaxed, and good! Ms. Bushey keeps checking in with each of us to see how we're doing, and it's obvious she is really concerned with each of us! Now 2 years later, I attend Tai Chi classes 3 times a week, and use the videos she provides to fine tune at home. My balance has improved, blood pressure is down, I've become more flexible, and am feeling better. I'm not tired and run down anymore.

About a year ago, I started with her at Genesis Fitness for personal training, with one workout session each week, to help improve my cardio conditioning, balance, strength and flexibility. She built a workout of challenging and easy to learn exercises, with a minimal amount of equipment needed! We began with easy conditioning, working within the limits the cardiologist set, and as I've gotten stronger and healthier, the workouts have gotten more challenging. I have exercises for balance, coordination, and cardio.

Two years later, my only regret is not finding Tai Chi and her training much sooner. I haven't been to the Chiropractor in a year and a half, my balance and conditioning have really improved, I'm eating healthier, my blood sugar is under better control due to her suggestions on diet and exercise, and my blood pressure is staying close to normal with minimum medication! My doctor and cardiologist couldn't be happier!

I highly recommend Legacy American Martial Arts and Genesis Fitness.

Thanks for the help, patience, experience, and FUN!

Tom Fournelle