



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Tom's Story

Tom had a heart attack at the young age of 37 and endured a quadruple bypass at age 50. However, looking at him now, you wouldn't guess he's actually 71 years old. Tom has been coming to the YMCA for three years. When he first visited the Y, Tom hobbled in on crutches due to a deep thigh bruise caused by his heart medication.

"I realized that if I wanted to keep doing the things I enjoyed, I needed to get in shape and keep active," Tom said. The Y staff set them up on a structured exercise program that began with stretching to increase flexibility.

"I feel that I am getting expert instruction of safe but rigorous exercises, increasing my strength and quality of life" he said.

"I have more energy and feel better both physically and mentally since living a healthier lifestyle," Tom said. "I enjoy spending time with people that have the same goals as me. My social life now involves the Y.



MORE SUPPORT

The Y. So Much More™