

Last year I was a 58 year old women. Today I am a 58 year old young women. What Happened? I made the decision to get fit and join the Gainesville Health and Fitness center. We had a family membership. My husband went 3 times a week. He was getting younger and stronger, but I was becoming a little old lady. One day I shocked everyone and decided to get fit too. My goal was to complete a 600 mile cycle in Oregon this September. Knowing that I wasn't a real exercise fan, I hired a personal t trainer, Scott, two times a week. What Scott did was, 1. make me go to the gym, 2. make me exercise the way he wanted me to. With his encouragement and my dedication I rode 60 miles yesterday at 12 miles per hour. Exercising with Scott has truly changed my life.

Clare Jones