

# A YMCA Member's Weight Loss Journey

Laura started coming to the IV YMCA 7 years ago after her doctor recommended water therapy for her knee pain. It was also necessary for Laura to lose 30lbs. to be eligible for knee replacement surgery. As she started using the therapy pool more frequently, she noticed a water exercise class in the competition pool. Curious, Laura talked to several participants and they welcomed her to join the class.

So she started attending water exercise classes every Monday and Thursday morning and successfully lost the necessary weight needed for her knee surgery.

Three years later, Laura was regularly attending the water aerobics classes 3 days and 2 nights a week, losing another 60lbs. Between water exercise classes and changing to a low carb diet with no bleached flour products, she was able to have her other knee replaced.

Due to her passion and determination, Laura has kept the weight off and went from substituting as an instructor for the water aerobics class that started her on her weight loss journey to becoming a certified instructor for the IV YMCA.

When the pandemic hit in 2020, the original water aerobics instructor was apprehensive about teaching and wanted to put the class on hold until the pandemic subsided or was irradiated. So, Laura took this as an opportunity to fill in as an instructor and design her own aquatics class. She created her class for people who have arthritis and who are recovering from an injury or surgery. The class is called Fun Fit H2O and is held every M-W-F from 8:30-9:30 am in the competition pool.

Laura is now down a total of 200lbs. and remains active teaching Fun Fit H2O, playing racquetball and riding her bike. She is quick to say how she was able to stay on the right path to sustainable weight loss with the support of staff members at the IV YMCA and how everything the YMCA is meant to stand for helped in her success. Laura enjoys meeting new people and sharing her incredible journey to a healthier life.

