



MEMBER SPOTLIGHT

Boonslick Heartland YMCA

AUGUST 2021

MEET SHERYL

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HERE IS HER Y STORY:

I started coming to the Y for my body, to lose weight. I have not only lost weight, but I have also improved my heart health and joint health.

The classes and consistent exercise have benefited my mental health as well by decreasing my anxiety and improving my mood.

CHECK OUT THE REST OF THE
INTERVIEW ON THE NEXT PAGE!



HOW LONG HAVE YOU BEEN PART OF THE Y FAMILY?

I have been a Y member off and on for years. A couple of years ago I started using the pool for rehab on my knees after surgery. Last year I took a chance and started coming to Dance2fit. Since then I have joined other classes as well.

WHAT'S YOUR FAVORITE THING ABOUT THE Y?

My favorite thing about the Y is the feeling of family from the moment you walk in the door. Everyone is welcoming and friendly, both staff and other members.

WHAT'S YOUR FAVORITE Y MEMORY?

I have lots of good memories of the Y most recently completing the Ironman challenge. Never in my life did I ever think I would enjoy excising much less pushing to do an Ironman in a month.

HOW HAS THE Y HELPED YOU REACH YOUR GOALS?

Along with surgery, the exercise and encouragement I have received have helped me to lose 188 lbs so far. Pushing my towards my weight loss goals.

DO YOU HAVE ANY ADVICE FOR ANYONE INTERESTED IN BECOMING INVOLVED AT THE Y?

Find an exercise or class that you enjoy it really does make exercising fun. Keep trying. Make suggestions to the Y on classes you would like if you don't see it.

WOULD YOU LIKE TO SHARE YOUR Y STORY?

We'd love to hear it! Reach out to our Member Engagement Director,
Tammy Huntsperger at tammyh@bhymca.org