



Randolph-Asheboro YMCA

MY Y STORY



Berta Neal

My husband, Rick, and I joined the Randolph-Asheboro YMCA in 2009. **It was one of our best decisions.** Since then we have made lots of new friends, improved our health and enriched our spiritual life.

The Y has done so much for my health. I have had two knee replacements, one hip, and a plate in my arm since we started. Water Aerobics helped before and after my surgeries. After my hip surgery I have used the recumbent bike and the NuStep recumbent cross-trainer. Everyone is so helpful and there is such a variety of things to do for exercise you never get tired of the same old routine.

The Y is a place to meet old friends and make new ones. There is always someone to talk with and make exercise go by faster. I have met lots of friends from my past and Rick's past. We are now all friends. We also have met many new people we count as friends.

There is also a spiritual side of the Y. They offer a bible study on Thursdays at 12:15pm. We have attended some of these and they are always uplifting. Also, twice people have asked to pray for me while I was at the Y. Once it was a total stranger who was on a bike beside me. The other was when I was waiting on surgery for two broken bones in my arm and Larry Reid, Y Ambassador and Y Member, asked if he could pray for me. He did and when I had surgery one of the bones had healed.

The YMCA is just a wonderful place, filled with good people and means to improve your way of life.

Share your story today! Pick up our My Y Story card at the Front Desk!