



Randolph-Asheboro YMCA

# MY Y STORY



**David Boone**  
(right) with member  
John Clawson (left)

All of my life I have been very active and health conscious, from serving in the military to riding my bike on the beach. All of that came to a screeching halt when I was diagnosed with Parkinson's disease four years ago. I was forced to give up every day hobbies of mine such as cycling due to being on a blood thinner. My specialist informed me of my need to stay active. After multiple weeks of physical therapy I knew I had to find a place I felt comfortable. The Y was the place for me. I was able to connect with other members as well as staff. I remember being in one day two years ago and doing my usual when another member came to me and asked if he could join me. Little was I aware of the brother like bond I would come to build with John Clawson as he trained me. The Y is a close knit family to me with my spin class, the staff, and other members; it's more than just a gym. -David Boone

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