



Randolph-Asheboro YMCA

# MY Y STORY



**Gail Henley**  
with husband Joel

I have been a member of the Y for many years, unfortunately I have not been very consistent in coming. I have the best intentions but they usually dwindle out sooner than later. You would think at 62 I would have all this figured out. Sometimes I think at my age it doesn't matter anymore about eating healthier or exercising. But it DOES matter — at ANY age! A few weeks ago I was in Felix's Hip Hop Dance Class and I noticed the shirt he wore that said—IF YOU ARE TIRED OF STARTING OVER, STOP GIVING UP. I felt that message was for me! So, here I go again, starting over. As a registered nurse, I know the things I need to do and have spoken to my patients, family and friends about the things they need to do to accomplish their weight loss goals. Now I need to listen to my own advice! Thank goodness for the YMCA and my husband, Joel. He is an active member and always encourages me. I love that the Y offers so many different activities! I really enjoy the dance classes with Felix & Adrienne. I see so many energetic, active older adults that are in great shape, and I want that for myself & know I can make that happen here at the Y.

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