

In the past

I was active Ran 5K a couple of times a week, do boot camps and was a member of another gym since 1990's. However most of that time, I just paid the membership but did not go. I found it too busy and intimidating. I kept paying because I really wanted to live a healthy lifestyle thought I would go.

5 Years ago my Mother was diagnosed with dementia after she went missing for 24 hours. That was the turning point when I stopped looking after myself. Mistake # 1 the stress of a fulltime job and going to the Valley every weekend and worrying about her took a toll. I gained 20 pounds and found that I was extremely fatigued after only a year of keeping this pace.

I went to my Doctor, and she sent me for blood work (came back normal). She said I was 48 and it was natural to be more tired. I would not accept that and went to a naturopath who began treating me for adrenal fatigue. After a year I did feel a bit better, but something still was not right. My naturopath suggested I start working out again even though I was tired. FYI I was still paying my old gym membership and had not even set foot in the place for two years. No one ever called to see what they could do to get me back to working out. When I did go back, I decided I cannot work out here, and canceled my membership that day.

I knew I still needed to exercise and would not do it on my own; I do much better in a group setting. I remembered seeing the posters for the Purdy's Fitness, so I made an appointment to check it out. I work right next door at the Marriott Hotel, so it was convenient. It was the beginning of November 2015 I met with Tammy. We discussed starting out slow and maybe doing some yoga classes. She gave me a free pass to try out a class, and I was pretty sure I was going to join her beginner Pilate's class. I went home excited; I loved the feel of the gym it felt just right for me. The next day I found a lump on my inner thigh that turned out be a 6 .5 cm cancerous tumor. I was operated on in Dec and again in Jan. I remember calling Tammy and telling her I would not be able to use my free pass. She was very supportive and told me to let her know when I was ready to come back she would be there for me. I thought that was great customer service. Remember my other gym just took my money for years, I was not even a member of Purdy's yet and Tammy was there for me.

In March of 2016, I called her and said: "I think I am ready". I started her beginner platies class that month, for the first time felt I was really on the mend. I wanted to embrace a healthy lifestyle, decrease my stress and increase my strength. My surgeon was pleased with my recovery and did not think I would need any other treatment but sent me to an oncologist just to be safe. She strongly



recommended radiation. I was devastated, I had just completed my first 8 week Pilates sessions and was feeling like I was moving forward. My oncologist told me that the radiation would make my leg hard and I would always have issues with it. In talking with Tammy, I told her I did not want to stop what I was doing, so she suggested I continue with Pilates while I was getting treatment until I go too tired. So I started 8 weeks of Radiation 5 days a week. I made it to week 5 of the next Pilates Session before I had to stop. I was pretty proud of that.

Present

In June I finished my treatments and took the summer to recover. In September 2016 I went back and told Tammy I was ready to start again. This time I joined the next level of Pilates and joined the gym as a full member so I could do yoga a couple of times a week as well. I continued on this path with Tammy and the Yoga instructors giving me alternate moves to accommodate my leg. It was not long before I started to feel stronger. In Nov I went to my oncologist for a follow-up appointment, and she said that my leg was really good it was not as bad as she thought it would be for hardness. She asked me what I had been doing, and I explained to her about Pilates and Yoga she said that is helping and never to stop.

Since then I have participated in the New Exhale session that was offered. It was one of the best programs I have ever taken. It was a mixture of Movement, Yoga, Balance and Pilates. There was an assessment at the beginning of the 12 weeks and one at the end. I was very pleased with my results. There was a big improvement with my hamstring flexibility and shoulder mobility. My posture assessment showed the most improvement; my hips were originally shifted 1.94 inches to the left now they are only shifted .61 of an inch. I lost a couple of inches and a couple of pounds which is good, but the best part is I feel so much stronger mentally and physically. You cannot put a price on that feeling.

I have now signed up for the Pilates plus class and have been experimenting with the other classes offered this season. I did my first (but not my last) spin class last week. The Monday Yoga class is another favorite of mine. In September I was not able to do a proper child's pose due to the radiation damage to my left thigh. Just last week I realized I was doing it almost perfectly. That feeling was awesome 😊

I am very Grateful to Purdy's Fitness and in particular Tammy who have played a big role in my journey. I have come out the other side healthier stronger and a new love for both Yoga and Pilates. I appreciate all the little extras that are available i.e. Exhale class, Physical Assessments, Personal training. I am now looking forward to increasing my cardio and strength training. I have just gotten started. This Gym is great they really care about their members. THANK YOU for being there when I needed you. 😊

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