

Here's my story: it's not a story of lost pounds or inches, or getting my life back. Mine is a story of maintaining my health and fitness levels.

I suffered through a lot of back issues as a teen and was diagnosed with a minor spinal defect which I was born with. My doctor at the time advised me that if I maintained a strong core - it would protect my back, probably the best advice I ever got from a doctor. And he was absolutely right, over the years if I let my core strength lapse I would undoubtedly injure my back somehow. However, if I maintain an exercise regimen I can keep strong and avoid back issues. And if I do get a tweak or a spasm, I can recover quickly.

By combining strength training and cardio-vascular exercise at spin class, No Mercy class, training with Darryl, or pilates with Tammy I am able to maintain a healthy life style which allows me to be active and have that slice of pizza or a beer without putting on the extra pounds. I'm 56 now and am in better shape than I was at 40.

I do this with the help of the Purdy's Wharf fitness team. I find the atmosphere is inviting and by attending classes at specific times it keeps me motivated and keeps my coming back. It's great to get the personal attention and we have a lot of fun in the classes along with the groaning and cursing. I also find the programs motivating such as the 90 day challenge we recently completed.

Keep up the good work team, from one of your longest members, Clarence Verstege

