



TRAX TRANSFORMATIONS

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Healthtrax has helped me make a transition from my working life to my retirement life. I was very busy running a successful insurance agency for 30 years, being a primary provider for my family, maintaining 4 properties, and raising my grandson. Although I was active, there was no structured exercise in my life. I wanted to find the healthy, fit person I once was and Healthtrax is making it possible.

The beginning of my fitness path was Group Groove. The music and dance in a darkened room with a disco ball motivated me a great deal. The workout was exactly what I needed and encouraged me to try other group activities. I amazed myself with Group Power, lifting weights and getting stronger. Group Blast was a great challenge to keep up with the fast-moving steps. Group Active has helped me regain some balance I didn't know I lost through the years. It is never too late to start improving your body and mind. There is great satisfaction in being able to keep up with the program and see the results of your own efforts.

I am proud to say that I have lost over 22 pounds and many inches in the past year. I am seeing the curves I once had, and others have noticed as well. Although losing the weight is great, I have gained far more than I lost with the encouragement from the instructors. I have also gained many new friendships, motivation, energy, strength, self-esteem, confidence, personal satisfaction, structured activity, and a great new social life. Retirement may be the end of the working life but for me it became the beginning of my fitness life.

Healthtrax is a very clean, bright, open fitness facility. I am greeted with a smile each time and I feel welcome. Everyone is involved with your goals and the instructors celebrate your victories with you. There are numerous fitness machines and programs for everyone, a beautiful 80-degree salt water pool, spacious hot tub, steam and sauna rooms, clean private showers, huge locker room. There are even fitness machines for the ladies in the locker room! Healthtrax is my home away from home. I look forward to at least 6 hours a week of various workouts and still have energy to tackle my garden, clean my house, cook for my family, chase my two dogs, and tackle the clutter in the closets (actually, not so much the clutter in the closets).

Healthtrax rocks!