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Hi. My name's Bill Weary. I'm 74 years of age and I've suffered from back pain for most of my life. About six years ago it got intensive and the back pain severe and I had a real difficulty with it.

Initially I came to the YMCA because of the price of the membership when comparing with other gyms. The machinery is top quality and, of course, the staff at the YMCA are top notch.

They look after every individual here and know them all by first name, give them an individual programme – which of course everybody should have – follow through that programme and even tell you when your time is up, to have a new one.

I said about my sore back and they said, "Right we'll get a programme for you and help fix that". Six weeks later I went along to the specialist here who said, "Your back is fixed".

My wife has had Parkinson's for over 30 years and, just to illustrate how exercise has helped her, the first time we visited the doctor two years ago, my wife went in on a wheelchair. The second visit, six months later, she needed a walker. And the doctor couldn't believe it, last year, when she walked in just assisted. She said "You're the first person I've struck with Parkinson's who's actually improved". Her abilities got better and I put that purely, utterly, down to gym work.

I have been with YMCA now for six or seven years. I'm no longer having back problems. This is the best thing that's ever happened to me and I'd recommend it to everybody.



BILL'S STORY