



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# THE Y. SO MUCH MORE.

## Joanne Agel

Being an active nurse, always on my feet, walking up and down the halls for 8-12 hours a night, I didn't think I was that "bad" off! Being 5'4" and maxing out at 346 pounds, the doctors told me that something needed to be done. I was told that I had diseased arteries, high blood pressure, and there was a history of cardiac trouble. After undergoing a weight loss procedure that helped me lose 110 pounds, I knew I needed to do something more to keep it off and improve my health. So enter the Y.

I began with a simple walk around the track, but I knew I needed more. I started meeting with my coach, Shelly, who took interest in me as a person, not just another part of her job. Week after week, mile after mile, machine after machine, I slowly saw my physique changing and liked what I was seeing. But then there came the time when I hit my plateau and knew I needed to switch up my workout routine. Land classes were not the answer for me because it was too painful on my joints. Someone suggested that I try water classes – and that is where I went!

I started with a functional fitness water class, thinking that it was a fairly easy stretching class, but I wasn't thinking the same thing at the end of the day. I quickly learned that water classes involved other muscles that I wasn't working on land. As my body adapted, I was ready to take it further and moved on to the deep water class. Each water instructor has been an inspiration to me, so much so that I wondered if I could be an inspiring, helpful, fun, and encouraging instructor. A call went out for new instructors, and I was ready to go. I went through the course and became a Water Fitness Instructor! As a volunteer instructor, I now can share my passion with others and encourage them to be the best that they can be.

**Learn more about the Y's impact and why your gift matters at  
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