



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MISSION IMPACT

**“I am healthier than I have ever been!”
- Andrea G. Mathis, Age 51**



Overweight and approaching age 50, Andrea made a life-changing decision: She decided to conquer her fear of water and learn to swim. She didn't realize it at the time, but this decision would lead her to a 35 pound weight loss and a renewed sense of empowerment and network of friends. Read Andrea's story below...

“I made sure all my children took swimming lessons at the YMCA at a very early age so that they would know how to swim. I, on the other hand, never learned. In December of 2016, as a 49-year-old mother of four children, ages 28, 19, 18 and 13, I realized my fear of water had made me miss many fun times with my children.

I contacted the Spartanburg YMCA and was directed to Susan Luhrsen. She emailed me and gave me all the information I needed to take lessons. With my schedule, the only time I really had was in the early morning. And, I didn't want anyone to know. Susan told me she had an instructor that would do lessons at 6 a.m. which was perfect for me. Katerina was my instructor.

In a few months I could get around in the water pretty well and was able to surprise my children on my 50th birthday in June of 2017 that I had learned to swim! But beyond that, I had reactivated my YMCA membership in January 2017 and have been a regular since that time. Typically arriving between 5 and 5:30 a.m. each day, I have progressed in the workout area tremendously. I often do one hour elliptical sessions before my weight workout. When I started, I could not do 8 minutes on an elliptical or work 90% of the machines.

In the past 18 months I have gone from a size 16/18 to 12/14. I have lost approximately 35 pounds. But the best part is I feel better than I ever have. I turned 51 in June and I am healthier than I have ever been. The YMCA facility made it easy to come in and start slowly without feeling inadequate. The front desk staff arrive early and make you feel very welcome by always addressing you by name. The members also seem so willing to help and encourage. They get to know your face, if not your name, and ask where you have been if they miss seeing you for a few days.

Regardless of your occupation, age, gender or race, at the YMCA in the morning, everyone has the same goal - personal health and fitness.”

