

Member Story

My Fitness Journey ~ Glenda Alfred

I was retired and wanted to do something with my time. I was on my way to my Garden Club meeting when I stopped at the Front Desk of the Pickering Recreation Complex. I inquired about a membership for the gym. The clerk told me she had a Father's Day pass for \$28.00, and I immediately took it. That was how my fitness journey started.

It was tough at first but I made it work for me. In order for the exercise to work, I cut out bread, sugar and salt. The bread was the hardest to cut out because I baked a lot. I also had help from the trainers and some of the other patrons, which I appreciated.

My blood pressure and cholesterol went down and I lost weight. I felt proud of myself. I had more energy. I was also able to do lots more with my grandchildren. I also did a lot of extra walking on the days that I did not go to the gym.

In 2015, I had a friend with kidney problems, so a 5K walk was organized. I did a 5K! Boy, was I surprised at what I had accomplished in such a short time. I did another 5K for my friend in 2016. I feel more energetic and happy. Even my friends have noticed a difference in me and I have more energy for my gardening.

I am very glad that I stopped at the front desk in 2014.

I have come a very long way and hope to keep up with it!

