



"I have lost about 20 pounds, dropped two sizes in the waist, increased my balance and made many new friends."

Went from health and foot problems to dropping two sizes in the waist!

I joined the Apex Centre on opening day. I had been walking in my neighborhood for exercise and knew I needed to do more. My starting exercise routine was to work out three days a week, which included walking three miles on the track, riding the exercise bike for 30 minutes and walking in the leisure pool. Because of health and foot problems, I had to stop walking. Therefore, I replaced walking with 30 minutes on the elliptical. Over time, I progressed to working out four or five days a week and replaced walking in the pool with swimming laps in the competition pool. I currently do the exercise bike, elliptical, swim about 1,000 yards and participate in water aerobics classes. I have lost about 20 pounds, dropped two sizes in the waist, increased my balance and made many new friends. I will turn 75 in June. Thank you Apex Centre staff for your friendliness and help with my conditioning.

We at the Apex Centre are so proud of Hoyt!

MEET

Hoyt Dunn

Hoyt will be 75 this year and has lost 20 pounds!

Workout Routine:

- Exercise bike
- Elliptical
- Swim 1,000 yards
- Water aerobics

Apex Centre is helping its members reach their peak!

View more stories or give us your testimonial at www.apexcentre.org

