



Partners With Youth A YMCA Story



WHO I AM

My name is Jim Sullivan. I have been a member of the Auburn Valley YMCA since 2001.

MY SITUATION

In my early years, I was quite the rocker. And I mean that in the literal sense. I played drums in a band called Scott Free from 1972-1982. I lived life to the fullest. I have been blessed with a wonderful wife, Kathy, and daughter, Kylie. On July 31, 1999, my life changed. I suffered a massive heart attack and was not expected to recover. To make matters worse, on August 5th of that same year I suffered a stroke while recovering in the hospital. Needless to say, I had a long road ahead of me. I spent the next 4 months in the hospital recovering and going through rehabilitation.

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ADD THE YMCA

On the advice of my caregiver, I joined the Auburn Valley YMCA and started participating in the Silver Sneakers classes. Exercising has made me a better person. I’m not just sitting around like I used to. I’m moving forward with my life. In 2003 I began working with a Personal Trainer twice a week and they pushed me

to do things I wouldn’t have imagined I could do. They kept telling me that I could do it, so I did and I started believing in myself.

THE RESULT

While working with one of the Personal Trainers, they noticed that I wasn’t able to walk much on my own. They encouraged me to try the recumbent bike. They held my feet on the pedals and I slowly began to ride. After six months, I was riding for 35 minutes and to this day I don’t need any assistance keeping my feet on the pedals. I no longer use my wheelchair to go from the fitness center to the lobby when I’m done with my workout. I walk with my walker, which is something I couldn’t do before. Through my time here at the YMCA I have learned to push myself and never give up. My favorite thing about coming to the YMCA is that everyone always has a smile on their face. I’ve made so many great friends here. Not only do I come to work with my Personal Trainer but being at the Auburn Valley YMCA is a great social time for me. If it wasn’t for the YMCA, I’d be sitting at home on my couch watching a lot of television. I’ve had such an excellent experience here at the YMCA and I’m in excellent health, physical and spiritual, because of all that they have done for me.

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