

TESTAMENT TO WEIGHT TRAINING

I am finally writing a few lines I've wanted to say for quite some time. My name is Sandy Fuss and I am 64 years old.

In my mid to late fifties, I was diagnosed with borderline osteoporosis because of moderate bone loss for which there was a genetic pattern in my family. This was in spite of the fact that I had been a regular exerciser for almost 30 years, but almost entirely aerobics. I had also become quite overweight during the past couple of decades.

About 3 years ago, I injured my knee in a CKO class and soon afterward I re-injured it again at home. I could barely walk, let alone do any aerobics. After some physiotherapy, I was able only to ride the exercise bike. It was at this time that I decided to try a personal trainer. It took a year of perseverance, but not only was I in better shape, but the knee was pretty well back to its normal movement.

The best of all was that after 2 years of training, a bone density scan revealed that I had improved to low normal and therefore no longer qualified under OHIP for yearly bone scans. I can't properly express you how thrilled I was, especially after seeing how my mother has suffered from the ravages of osteoporosis.

About a year ago, I read about the Phoenix Zone diet and with the help and encouragement of my trainer, Lil, I have lost 30 pounds. Although I have not reached my final goal yet, needless to say, I am delighted with the improvements physically and esthetically.

Thanks again Lil and to the staff at Phoenix