

Sail Testimonials

I had an appointment to see my general practitioner prior to a podiatrist appointment the following day. I had discussed a foot problem with the podiatrist and we had discussed surgery with the probability that I would be in a cast for three months at least. Imagine my surprise when my doctor said at the exam that was very healthy and looked and acted younger than my age, he then continued and recommended that I not have the surgery.

My Doctor had previously discussed my exercise routine and when I told him I was a participant/instructor for SAIL three times a week as well as volunteering at the hospital 2 days a week where I took the stairs instead of the elevator. He felt that being out of this regime for three months would set me back.

Having been told the above information and given some alternative foot care, I mentioned to our Sail class that my physician was so happy with my health at 81 that the key was to KEEP IT UP!!!

At times when a person becomes discouraged and perhaps having a bad week, I hope this will reinforce you to keep going, keep trying and SAIL on.

Chris

Other participants stated:

I have less leg cramps

Better Balance

Getting strength back in my legs

Get down on the floor and play with grandkids and get back up

Can walk further and take the stairs more

Better posture

Scratch my own back

Increased flexibility

Lowered blood pressure with no change in weight

Knee pain is gone