

AUGUST 31<sup>st</sup>, 2017

*At our two meet and greets with Taylor, we had an overwhelming turn out. People were excited about not having to drive somewhere for exercise, happy that it was so very convenient, especially when it gets dark and cold, and no fighting for a parking place at the gyms.*

*We were impressed with Taylor's enthusiasm, professionalism, and ability to communicate at any level. She is also a patient, caring and compassionate person, which is much needed when dealing with seniors! We were very impressed with her knowledge, experience and most of all her presence, one of approachability, and respect for all.*

*The added bonus was being taught by a professional, who understands senior's bodies. One who can help with balance, flexibility, cardio, strength, progression and makes it fun at the same time. Making us healthier through exercise, so that we spend less time at the doctors and hospital. We all want that!*

*The men and women in our senior mobile home park are so excited about coming to class every day. They are telling me how much better they feel and how good they sleep at night. Yes, a little sore and that's proof, they say that they needed Taylor's class. After suffering with sciatic nerve pain, one lady said it is no longer hurting her, after only 7 sessions, WOW!*

*They say "Taylor knows every inch of their body, how it feels and how it got where it's at today and how they can fix what the lack of exercise and bad habits over the years has done to their body and with the correct exercise they can learn new habits."*

*People who never exercised are looking forward to the classes and are now even out walking in groups. I've watched these friends of mine, go from down in the dumps and dragging and bored, sitting in front of the television, or falling asleep in a comfy chair, to smiling, joking, laughing and having a great time. Their whole mood has changed, they are more involved in life and with each other, more active in the community and talking about even changing their eating habits. They can't wait until the next class.*

*They are talking to their neighbors who haven't yet come to class and inviting them and day by day someone else joins the group. Our mobile home park is more social and active now than I have ever seen it. The people have come alive and they are enjoying life, not depressed, they are on their way to becoming a better them and a healthier them.*

*We thank you for Silver Sneakers and for bringing Taylor into the fold, she's a gem!*

*Patricia Sutton, Los Amigos Mobil Home Park, Social Committee Chairman and Activities Director  
Aug. 31<sup>st</sup>, 2017*