

March 14, 2018

Dear **Silver Sneakers**:

I am writing to let you know the impact Silver Sneakers has had on my life and that of my friends, old and new.

Two years ago my husband passed away unexpectedly; I was lost and stressed out. One of my friends told me that Silver Sneakers was available free through my Medicare insurance plan. That's when three of my friends and I joined the gym, Crunch, so we could attend the Silver Sneakers classes.

Our instructor is Sue Bouk. When she left Crunch and branched out on her own, many of us (from Crunch and Fitness 19 which closed down) followed her to Simpson Center because she is a fantastic instructor. She has years of experience and is a great inspiration. She challenges us and makes each class fun and rewarding. We all leave energized and happy.

Silver Sneakers classes have had a real impact on our well-being, health and mental fitness. I am 71 years old; and our classes are made up of people from their 60's to 80's. One woman in our class comes with a walker, but she's always there ready to participate. She inspires the rest of us because if she can do it, so can we.

It's hard to put into a few words how much better Silver Sneakers, with Sue as our instructor, has made me feel. Plus, I speak for all of us who make up this team of fitness friends.

Thank you so much for making Silver Sneakers available to so many people who otherwise may not be able to attend due to financial hardships. Our goal is to remain fit and healthy so we live longer lives.

Sincerely,



Nancy Null  
Hemet, California