

Thanks To My Health Club I Can Hold My Child Pain Free



*Amy Alexander-Back Pain
Loyal Member Since 1990*

“I was 37 years old when I had my child in 1997. A year and a half later, I began experiencing back pain, however it was manageable. Soon after, in September of 2000 it became very uncomfortable, I struggled to ride in a car for more than 30 minutes, and lifting my child resulted in excruciating pain. I sought treatment because I couldn’t live like this anymore. The doctor diagnosed me with moderate arthritis and disk degeneration. He sent me to physical therapy at ReQuest at GHFC twice a week for three weeks, then after I was given a month free at GHFC. After six weeks of working out at both ReQuest and GHFC, my back felt great, so I got a membership. Ever since joining the club, my back has felt great, picking up my daughter has been painless.”

Gainesville
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