

# How A Health Club Changed An Asthmatic's Life Forever



"I'm not joining a gym...don't be ridiculous!" This was the rule I followed, until I was introduced to the Gainesville Health and Fitness Center. I truly felt that health clubs were a complete waste of time and money. During my free workout, I was so weak that I asked the trainer to lower the weight, however it was already on the lowest weight. Since joining GHFC, I have increased strength and stamina. The exercises that I do at GHFC have improved my asthma tremendously and decreased my need for medication, something I've required since the age of two. I now feel both physically and mentally stronger since joining GHFC."

*Jane Houston- Asthma Sufferer  
Loyal Member Since 1999*



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