

How My Health Club Helped Me Survive A Serious Accident



*Danielle Dickinson- Crash Survivor
Loyal Member Since 1990*

“After a serious car accident, I began working with a personal trainer three days a week. The other two days, you could find me doing cardio. The employees began knowing me by name, I could count on everyday having someone say hello and wonder how things were going. They went from being employees to being a support network. If I missed a day or two, I was just that MISSED! Upon returning I had to answer for my absence. This support system became apparent to me when I lost my mother. I managed to get through the tough times with a new found sense of confidence and ability to cope. To this day I am amazed at the difference something as simple as coming to the gym could make in my personal life”

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