



## Member Testimonials

### Meet Bob Bowbeer:

#### Why did you come to BCHI and how did you hear about the facility?

I participated in Botsford cardiac rehab following triple bypass surgery in 2001. Once I made the transition from CR to BCHI, about a year ago, I enlisted the help of a Personal Trainer, Cliff Ewald, and now my workouts have far more quality and I have only muscular soreness but no chest pain. I am in better shape and feel better now than ever before.

#### What have been your greatest accomplishments?

I am a non insulin dependent diabetic. Originally I was on 3 different medications to control my blood sugar. My hemoglobin A1C was 10.5. Now in less than one year, I am down to the minimal dosage on only 2 meds and my doctor is ready to discontinue one of them. My H-A1C is down to 5.4, almost unheard of for a diabetic of 12 years! My goal is to be able to completely control my blood sugar thru diet and exercise and be completely off my meds.

#### To what do you attribute your success?

I exercise at least 3 days a week doing at least 30 minutes of cardiovascular exercise and regular weight training. With the help of my personal trainer, I get an excellent workout in one hour! Trainer, Cliff Ewald says: "I sometimes forget that he has a cardiac and diabetes history... I train him like he's 35!!

### Meet Paquale Ferretti:

#### What health and fitness goals have you achieved while here at BCHI?

I have gained strength and stamina. My body appearance has also changed for the better.

#### How did you accomplish your goals?

Getting to BCHI regularly is the key! The staff is very helpful with suggestions and their availability. I've tried my best to develop a realistic routine that I can handle.

#### How has it changed your life?

I am dealing with two major illnesses. My situation has been difficult to say the least, however, participation at BCHI has given me a boost in confidence and a positive outlook.

#### What obstacles have you overcome?

Pain and fatigue are byproducts of my physical situation. I realize that you persevere and do your best. You must participate, never give up!

#### What keeps you motivated?

The BCHI staff is skilled, dedicated and offers encouragement. The facility is of top notch quality, it has it all. Finally, I feel and see results. I'd like to improve even more.

#### What is your tip to get someone started?

I'd suggest the guided tour. It shows all that is offered; impressive locker rooms and pools, outstanding equipment, a variety of self-improvement classes, and good people.