

# Success Stories from LFP Participants

***A key element of the Program is social interaction among participants—an element often cited as one of the most enjoyable factors contributing to continued participation. Following are statements from actual participants collected in June of 2001.***

“We seniors are very happy with the program and do benefit greatly. Our instructor is excellent and a very caring person. We need this program.”

—EG, LFP Participant, age 86

“This program is my life line. I came here on the recommendation of physical therapy while undergoing treatment for knee problems, a broken ankle and arthritis. The improvement has been remarkable. I can once again walk two or three miles with no difficulty...in fact, I am in better shape than some of my friends who are 15 years younger.”

— LFP Participant, age 69

“Flexibility greatly improved. Balance ability increase. Muscle stretching obviously noted...most enjoyable.”

—LFP Participant

“This fitness class has helped me. When I occasionally trip or step lower than expected, I recover instantly without a fall. Now I can carry heavy bags from the grocery store to my car and from my car to my apartment without help. I am pleased to note my posture is straighter and I can walk three miles without becoming tired...I am very happy with the results!”

—GC, LFP Participant

“We found the exercise and regimes ideally suited our needs. There is a fine balance of leg, arm and torso exercises, with an emphasis on balance improvement. Our instructor has a most pleasant demeanor which inspires conviviality among the class members. We feel that our general physical condition has been improved by participating and intend to continue indefinitely.”

—JH & EH, LFP Participants

“We joined the LFP at its beginning and continue to reap the benefits three days a week from the variance of such a wonderful program. Combined with our walking, LFP enhances our daily life.”

—JH & WH, LFP Participants

“I have been a care giver for the past four years. It can be lonely and frustrating. Thank you for the LFP. It has improved my physical and mental health. My body is stronger and much more flexible. The social contacts and friendships have been helpful with a problem of depression. I wish to express my appreciation for the instructor...competent, friendly and helpful.

—JS, LFP Participant

“This is a timely, well organized and helpful program! The routines are perfect for seniors. The instructors are really ideal for the group—considerate of individual limitations and encouraging. The timing is great; the atmosphere is fun. I am a grateful participant!”

—CA, LFP Participant