

Just a note to thank you for giving me back my life!

This may sound dramatic, but after many falls because of poor balance, I had really done a job when I broke my elbow about 1 1/2 years ago. A year before that, I broke my foot in a fall. I was sent to physical therapy for balance, which was good, but not enough. I was also gaining weight from doing very little except elbow exercises. Needless to say, I was not a happy camper.

Then I heard about **Fa//Stop...Move Strong** at the Manhattan JCC. My daughter encouraged me to try it and I started in the beginner's group. "This was hard," I thought, but your encouragement, and cheerful, caring attitude kept me going.

I am happy to say I "graduated" to the intermediate group and love it. More importantly, I love the results. I do the elliptical machine outside of class, but it is you who keeps me in shape. I love you for it.

My goal was to lose 20 pounds and be in shape to dance at a very meaningful wedding that was this past Saturday. I am ecstatic to say I danced for 5 hours with very little sitting down. As I danced, I kept thinking of how we step over imaginary suitcases and do all the leg and thigh exercises. It all worked and I am beginning to feel even better than my old self - Thank God! I see my balance getting better and better.

I tell people about **Fa//Stop...Move Strong** all the time. Happiness and jokes, hard work and success. Who could ask for more?

Much love,

Ellen (Age 67)

Please know that the **Fa//Stop...Move Strong** Class that you teach at The Mount Sinai /Martha Stewart Center, New York City has definitely been instrumental in helping me improve my balance as well as the quality of my life in my senior years.

As you know you teach us how to help ourselves! You listen and invite us to communicate our concerns to you. Then you address our concerns.

The exercises and the positive feedback you give to your classes not only reduces the fear of falling but has made me physically and mentally stronger. All this helps me live a fuller and happier life.

An excellent side effect is that one need not concentrate on falling but on what the individual can do to help themselves become confident and relaxed in their body movement.

I wish to thank you, your colleagues and all the people who generously donate their time, money and expertise so this program can exist.

Lovingly,

Gwen (Age 82)