

## Jennifer Hill is Strong Again

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Many people join a gym with weight loss in mind. Jennifer Hill's story is a little different -- she needed to *gain* weight. Jennifer was always healthy and active. Fruits and veggies were her favorite foods, and she worked out regularly.

It wasn't until she began rapidly dropping weight and feeling exhausted that she began to worry. This was when Jennifer was diagnosed with a number of different diseases simultaneously. Jennifer said, "I was in and out of the hospital and had dropped over 30 pounds. I weighed only 89 pounds. My confidence was low and I was worried."

The first step on her road to recovery was nutrition. She began that journey at the Wellness Center with Registered Dietitian Aren Dodge. Jennifer had to learn how to eat in order to regain her weight in a healthy way, while taking her diseases into consideration. She said, "I was only able to focus on eating, I had to start on the inside and work my way out. It wasn't until six months later that I was able to start incorporating exercise."

When Jennifer began to exercise, she tried all the group exercise classes, from water aerobics to Zumba to Pilates to yoga and enjoys all of them. She said, "I schedule my day around the class schedule. Each class I take offers a different challenge and reward. One of the great things about the classes is there is a routine, but they show you modifications based on your limitations."

Jennifer cannot imagine life now without the Wellness Center and can't say enough about the people, the classes and everything the facility has to offer. Jennifer said, "Every time I come, I feel like I belong. We are all here together, working together on our own goals. The atmosphere promotes positivity."

Through this journey Jennifer has gained so much more than weight and physical strength. She said, "The Wellness Center is a part of my life, and the people here are my friends. They have helped me regain my confidence. I am strong once again, and my future looks bright."



**Jennifer Hill feels *strong* again.**