



**Real U Fitness**  
*Building Confidence Through Fitness*

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## SPECIAL EDITION

### WHAT'S HOLDING YOU BACK?

I would like you to meet three very special clients of mine. First meet Rosemary, a wonderful, energetic, hardworking young lady of 88 years young. That's right, she is 88. When I first met Rosemary she was recovering from a neck fracture and hip injury, and she was in a wheelchair. Her daughter, also a client, and her caregiver, bring her in twice per week and have done so for a little more than a year now. Rosemary always comes in with a smile and is always ready to workout. We started slowly using a recumbent bike, first for 5 minutes, then 7, then 10, and finally 15 minutes all the while slowly increasing the resistance. We used bands, dumbbells and a balance bar to get her up and walking. Now she walks using only a three wheeled walker and performs many different balance, core and strength exercises while sitting, standing and walking without support. This has not been an easy road for Rosemary. Some days she struggles and fatigues but she always works hard with a smile and a hug for me at the end of each session.

Now meet Joe, 75 years old. A year ago he was running on the beach in Mexico and now he's in a wheelchair with Parkinson's disease and is under weight. When Joe first started here his daughter had to lift him in and out of her car into the wheelchair for each session. She has been repeating this twice a week for a couple months now, never complaining and always cheerful. Joe always arrives with the same attitude. "We are going to show everyone we can beat this," he tells me. He has been gaining weight; his eyes have cleared and are alert. He stands during much of his workouts, and he can get in and out of the car with much less assistance now. He works with bands, cables and dumbbells and is growing stronger each day. He has a long road ahead of him but he's an amazing man with a great attitude, has a lot to say and a great sense of humor. I'm sure he will continue to surprise me each week.

Finally, meet Sally, 29 and a recent cancer survivor. She comes in two and three times a week to gain strength and endurance, and to rebuild her immune system. She does this with great discipline, always cheerful and with determination that's second to none, even though she still has the stint in her chest for chemotherapy. The stint stays in until all tests are consistent and doctors are sure chemo won't be needed. It will come out very soon. She has been amazing - she does cross training and strength training, and has gain a lot of strength, her body conformation has changed, and she looks great.

Let me make this clear. These three individuals haven't made such great gains because of me, not at all, but because of their own determination and attitude. They have taught me much more than I have helped them. I often wonder if under the same circumstances would I be as strong, determined and most of all still cheerful. To these individuals their issues aren't roadblocks, rather they're just speed bumps they will get over and continue on with their lives.

The next time you come up with reasons you can't get into shape, lose weight or get ready for an event, just think about these three awesome individuals. If they can do it, so you can you.