

# Jeff Walsh



**I'm a  
champion!**

Y  
The YMCA of the USA  
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## Jeff Walsh

Over two years ago, Jeff was diagnosed with type 2 diabetes. Not one to get discouraged, Jeff realized he needed to start making some life changes. He decided to join the Y.

***“The Y isn’t intimidating. It’s open to all no matter who you are or where you come from.”***

One of the first things Jeff did in his fight against diabetes was to get a personal trainer at the Y. “When I started the program here I could hardly walk without breathing difficulties. Heidi put me on a cardio schedule comprised of one minute walking on the floor and thirty seconds on the treadmill.”

Nine months later Jeff could jog up to an 8 speed on the treadmill and had graduated to the bikes. He also became a part of the Baby Boomers class twice a week. In the first nine months, Jeff’s breathing improved, his stamina grew and his energy increased exponentially. “Going to the Y and exercising helps me to keep my blood sugar in check,” Jeff explains. As of today, he has lost a total of 35 pounds! Jeff is here most mornings filled with enthusiasm and the desire to challenge himself.

***“It’s this place! It’s the people – they make a difference!”***

Jeff tells a story from the beginning of his Y days. He had only just started going to the Y when he had an episode and came close to passing out. The staff members knew exactly what was happening and were able to deal with the situation quickly and avoid further harm to Jeff. “It was because they cared about me. They had taken the time to get to know me and find out my story. The connections and people are what keep me coming back!”

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