

Success Stories

Before joining the Wellness Center at LSUHSC, I had been a member of a health club in New Orleans for about eight years. I had become very comfortable with the facility and its inhabitants, but soon learned of the opening of LSUHSC's Wellness Center and was lured away from the normal routine. First of all due to the absence of membership fees at Wellness Center, but the pristine state of the equipment and the optimistic welcome of the newly hired personnel.

Accustomed to a routine of weights and machines at my previous club, I wondered whether I could attain the same degree of familiarity and satisfaction with the LSUHSC facility. I found that I could easily adapt to the array of Nautilus machines and the cardiovascular equipment at the Wellness Center. When classes began at the Wellness Center I started sampling and have now tried most of them. My former skepticism concerning Pilates has been squashed and I am finding it a progressive challenge that keeps me aware of my daily posture and movement. I look forward to the variety of Lucnh Crunch classes offered, which differ according to whether Nijel, Karynne, or Dwayne is leading them. They are equally challenging and share the same rewards of the day after soreness that comes from my muscles working hard. Spinning has been one of my favorite forms of exercise for years and I continue to ride the bikes individually and in classes at the LSUHSC Wellness Center.

I enjoy the classes at the Wellness Center not only for their various challenges but for the care and concern of the instructors, who are able to correct and direct with humor and an attention to each person's abilities. My personal goal at the health club is to spend an hour for five days of each week. I am participating in at least 30 minutes to one hour or more. My own practical goal is to fit into the same size clothes.

Many people have anxiety about participating in a class or learning to use the machines and equipment at the health club. It does help to have an introduction to the equipment and machines as they can be intimidating. The staff can help with this as they are very approachable and patient. Joining a class for the first time can also be daunting. Everyone ends their initial class with the realization that not only was he or she able to follow the exercise structure, but that the effort involved was mirrored by the other participants in the class.

I am continually impressed by the enthusiasm of the staff. They consistently try to add new classes and create more stimulating environments. There are a variety of choices the the LSUHSC Wellness Center that keep me involved and motivated. It's also a welcome addition to be greeted by the staff who take an interest in everyone who walks through the door.