

## Faces of the YMCA

“The YMCA saved my life.”

Rolly Lehoux

Rolly joined the YMCA in 2005 to lose weight and become more mobile. “I was losing weight and getting into shape at the Y when I was put on a liver transplant list four years later,” he explains. “I worked out and was able to swim at the Y, and it was because I got into good physical shape that I was able to live through a grueling seven-hour operation and 2 week hospital stay in July of this year.”

Rolly is now recovering from surgery and says he is “blessed with the support of many, many staff and patrons of the YMCA, who inquired about my whereabouts and condition. I would never in my most vivid imagination have dreamed of all this support and friendship from all these people.”

Rolly has been given exercises to do from the physio department at the hospital and comes to the YMCA to get them done. Rolly explains, “What I am doing isn’t only benefitting me but it is benefitting our whole country because if someone is in good shape they are less likely to have to go and use our medical system. I no longer take diabetes medication; I control it through diet and because of the Y.”

Rolly is recuperating better than anyone thought he would. He says he “attributes his health physically, mentally and spiritually to the Y.” Rolly says he is “honoured and bless to be part of this community group. The YMCA saved my life.”