

Marilyn Bullock

Being in physical pain can make everyday activities seem challenging, just ask Marilyn. When she joined Mount Auburn Club about five years ago, she was suffering from polymyalgia rheumatica, severe arthritis, and limited mobility. Along with those physical ailments, she also had to contend with type 2 diabetes and high blood pressure. She knew she had a lot of work ahead of her to improve her health. Rather than be overwhelmed, she decided to set weekly goals. Today, because of her consistent effort and commitment to herself, she is in a much different state of health. Gone are the days when exercise was something Marilyn would engage in sporadically. Rain or shine, Marilyn makes it to MAC three times a week for an Aquacise class. Exercise is marked on her calendar now. This approach has led to consistent exercise, 85-pound weight loss, no more diabetes medication and prednisone, and a decrease in the dosage of her blood pressure medications. Furthermore, she relies on her walker less and doesn't need the lift to get out of the pool!

These achievements aren't the endpoint – she is continuing to challenge herself because “SHE IS WORTH It.” Marilyn has been increasing the intensity of her water aerobics class and started working with a fitness professional once a week.

“Without God and First Place support, I might have given up. I still want to lose 40 more in His time. I know He will complete what he began in me. And I know with Christ I can do anything in spite of the pain.”

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