

A woman with short brown hair, wearing a white t-shirt with a red and black logo, is running on a treadmill in a gym. The background is slightly blurred, showing other gym equipment and a colorful poster on the wall.

DIFFERENT

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When Laurie lost her father to Leukemia in 1998, she wanted to do something in his honor. Even though she had never run more than three miles, Laurie decided to participate in the Disney Marathon the following year, and in turn, raise money for leukemia research by working with a local training team. She took advantage of the Fitness Center to help her reach this goal.

“It was more than just running on a treadmill. I tried different equipment, used weights and even yoga classes to prepare physically. But there’s the mental aspect of it too, and **the staff are incredibly motivational.**”

Ten years later, she’s going on her 10th marathon...and counting. “There’s nothing like **health-based fitness** for a **comprehensive approach** to your well-being. It truly makes a difference.”

Laurie Craig, Mercy Fitness Center member, 10 years.
Cedar Rapids