



DIFFERENT

**An injury can change everything.
Just ask Rick.**

At 25, Rick was training to play professional soccer until a **torn ACL sidetracked that goal**. After working with physical therapists to regain his strength, he joined Mercy Fitness Center to help maintain and maximize his strength and speed.

Now, six years later, Rick no longer plays competitively (although you can find him playing in men's leagues and coaching around town), but he is still a member. **"While I started out at the Fitness Center for soccer, I am still a member today to improve my overall general health.**

"There is no place else in town with fitness staff with credentials and training like Mercy Fitness staff, and the equipment is totally unique to any other center. It's a higher level of athletic training, and it makes a difference."

**Rick Cushman, Mercy Fitness Center member, 6 years.
Cedar Rapids**