



DIFFERENT

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a disease that causes loss of balance and coordination.**

10 to 15 years. That's how long Dave Brassler was given to live.
That was 20 years ago...and he's still going strong.

As a young man, Dave was diagnosed with Ataxia, a disease
that causes loss of balance and coordination.
He decided to join Mercy Fitness Center—and a **wheelchair isn't holding him back.**

“Working out has helped me keep **flexible and independent,**
I can do more things like laundry and housekeeping.
It has really helped keep my spirits up too and contributed to my health.

“The staff really work closely with you to help achieve your goals.
At my first visit, they helped me set up my personal workout program,
asked what my goals were, and showed me how the machines work.
As a member even now, **10 years later,**
I still get that same level of attention and support.

“Knowing that the Fitness Center staff are specially trained
in exercise science and are always available assures me
that I am always exercising safely—and that really makes a difference.”

**Dave Brassler, Mercy Fitness Center member, 10 years.
Cedar Rapids**