



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING

Veteran Presence

Mike Rienzi, a retired Army Veteran, works out at the Riverfront YMCA nearly every day and sometimes even comes twice per day when his work schedule allows. Mike served in the Army for 20 years before retiring in 2007. His years of service include a tour of duty in Iraq from 2003–2005.

Mike suffers from Post-Traumatic Stress Disorder (PTSD) and says the Y has been perfect for him and has played a huge role in helping him cope with this disorder.

When at the Y, Mike spends most of his time in the free weight room, but also uses the cardio equipment and basketball gym. On most Friday afternoons, Mike participates in the Riverfront YMCA's open pickup basketball, which averages about 20 players each week.

Mike enjoys interacting with the friends he has made at the Y and always looks forward to playing basketball and lifting. He credits the Y for making him happier and keeping him young.

Like Mike, survey respondents from the Akron Area YMCA's healthy living programs reported the following **benefits**:

- 97%** experience improved physical health.
- 97%** enjoy social interaction with others.
- 96%** experience improved self-esteem.

