

Success story

Clyde Margolis

Story recounted by: Marilou Molino

Impactful, inspirational, life changing...where do I begin? There comes a time in life when you realize that your body is falling out of sync with your mind, emotions and excitement for life. I'm looking up and my body wants to look down. I had been in a very serious head-on car accident in November of 2011. I spent 10 weeks on my back in the hospital. I needed to regain muscle strength and balance and an over-all feeling of better health. My pelvis was shattered, my femur broken and my back was broken in three places. I had to learn to walk again. It took months to heal and really, it is an on-going process of maintenance. There were times that I wondered if I would be able to do, once again, the things that I am passionate about like gardening. My friends Kathy, Judy, Kay and Mary kept after me to make it to the morning water aerobics class they were taking at Emerald Cove with Clyde Margolis.

Then I met Clyde (aka Colleen Margolis)! I knew when I entered the water she was business and she was going to inspire me to make a change. I remember my dependency as I clung to the bar with every step down into the water and back out that I took.

She got my body moving in more ways than I knew were possible. I began to see that I had more flexibility. My core became stronger which helped support my back. A common shout out in the pool became "tummy tight - tush tight" to align and tighten our core. I knew dramatic changes were happening when I was finally able to hoist myself into our jeep on my own! That was quite an accomplishment for me. I knew then my endurance was picking up. I began taking walks that I found myself really enjoying and pain was not the first thing that came to mind.

I think the most visual impact was what the water exercise did for my arms. Having wings like an angel sounds tranquil but my wings were hanging from the underside of my arms like a hound dogs ears hangs to its head. Initially, I could not use my right arm for movements because of the trauma my seatbelt had inflicted. I worked my left arm hard and before I knew it, the difference between my two arms was dramatic. Her exercises toned my arm, tightened my chest and even my neck felt stronger, longer and thinner. Clyde's routine of warming up, working hard and warming down has made the most dynamic changes to my body that no other type of exercise has achieved. For me this was "physical therapy" for my recovery that no hospital had recommended. Never would I have achieved so much in so short of time out of the water and with-out Clyde's guidance and knowledge. I had no idea that taking the impact of weight off my body while in the water could be so beneficial. Clyde made working my muscles and getting a good workout wonderful fun instead of grueling painful physical therapy.

My husband and I were going to be returning home and we knew how much I would miss her classes. Clyde encouraged Bob and I to install an outdoor pool at home to continue my recovery and rehabilitation. We took her advice and put in an above ground pool. She gave me CD's of her classes that I could use for the summer months that I could not take with her in person. I've had friends join me and we exercise together. We listen attentively as she tells us what to do next and we say things like, "whew, that was a good one", and we all shout out "tummy tight tush tight!"

It is a true gift that some people have when they choose to use their passion for fitness and health to inspire others. Clyde aroused a curiosity within me to see if I had what it takes. I know how very fortunate I am to have a second chance in this life. We have to motivate ourselves to take the time to make the changes we need to make. Today, I am walking well. We built an extensive garden on our property and I spend hours during the summer months tending to it.

Thank you Clyde, for the inspiration to believe that every single effort I made would add up to bigger and better results. I feel like my body and mind are working together to make this 'gift of life' as great as it can be!

Written by: Becky Tracy & Marilou Molino

Tel: 416-621-0821 • Toll Free: 1-866-5-GET-WET

Email: info@waterart.org • Website: www.waterart.org

Check out our WaterART Professionals Membership Programs

And get involved in our Facebook page www.facebook.com/WaterARTFitness