

# The Franson Family

The Phillips Community Pool is a place I have come to count on when it comes to my health and my kids learning to be safe around the water.

When I first started my journey of weight loss I was 430 pounds. The Phillips Community Pool has been there for me in several ways. I swim laps when I can. If I have my kids, I try and make sure they are in a lesson and cared for so I can do an aerobic class or another class that is being offered at that time. Being in the water has helped me get prepared for working out at a gym and even on my own equipment at home. I have had several health problems which have made walking on land very hard for me. The water makes it easier to maneuver so I can exercise, doing things like running, jumping, bending over and lots more. My joints are not as stressed, and have very little pain. Because of my workouts at the Phillips Community Pool I have lost about 30 to 35 pounds. This change has made it possible to start working out at a gym two days a week in addition to two to three days a week at the pool. I have now lost a total weight of 70 pounds. I am still continuing my journey and have a long way to go, but I am very grateful that the Phillips Community Pool is here for me to use.

I have also enjoyed watching my kids learn how to swim. My 8 year old is doing so well she has been able to join the swim team; she loves the water and jumping off the diving board. My 6 year old son has been afraid of the water for a very long time; I have watched him grow more confident each lesson. He still doesn't swim on his own much, but he is now going in the water without a lifejacket and as long as he is next to the wall he actually tries to swim on his own. It has been great to watch. My 3 year old just started lessons and is doing well, she loves the water and I can't wait to see all that she learns.

