

## Cancer patients break a sweat in Arvada

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Contributed by: Seth Davis/YourHub.com  
staff on 10/9/2007

**Linda McGrenaghan** was on leave from work in December 2005 while undergoing treatment for cancer. Even though the treatment had left the occupational therapist from Arvada low on energy and money, she paid a visit to Lady of America Fitness Center, 7310 W. 52nd Ave., to see if she could start working out there without putting a sizable dent in her bank account.

After talking with the gym's owner, **Terry Hartman-Lindsey**, McGrenaghan said she walked away feeling pleasantly surprised.

"When I went there, I went to investigate the club to see if I could do it financially," McGrenaghan said. "When she offered me the six months free (an offer Hartman-Lindsey extends to women who are dealing with cancer), it was such a gift. You feel like your income's down and your energy's down. When somebody gives you that, it feels like such a wonderful gift."

McGrenaghan said when she went in for the first time, the club's employees familiarized her with the club and classes, did an initial evaluation and then set up a program for her, all the while working within the physical limitations imposed by cancer treatment.

One thing McGrenaghan said she immediately noticed about Lady of America was that it was very clean, which she appreciated because cancer patients have weakened immune systems during treatment and need hygienic surroundings. McGrenaghan said another beneficial element of the club was the friendly group of employees and members.

"I found the place was very supportive and the women were nice. It helps you stay in the community; sometimes you feel a little isolated," McGrenaghan said. She said the club was only offering six months free when she first went there and has since extended it to a year, so Hartman-Lindsey recently offered her an additional six months at no cost.

Hartman-Lindsey has owned Lady of America in Arvada for about 7 1/2 years and has been offering assistance to cancer patients for almost three years. She said that the motivation to help women in need stems in part from watching her own mother, **Kate**, die of cancer at the age of 63.

"Once she got the diagnosis, the doctor told her she should work out," Hartman-Lindsey said. "She didn't take her doctor's advice, didn't go anywhere or talk to anyone else. When you get diagnosed, you get depressed."

Hartman-Lindsey said by offering the free membership and services - the cost of which is absorbed by her club - she hopes to get women out of the house and give them the opportunity to talk with other women.

Included with the free yearlong membership are monthly assessments, free time with certified trainers, day care if needed, tanning and a get-fit kit that includes a free massage. All a woman has to do to get the free services is bring in a doctor's note on an official letterhead or prescription pad saying she either just finished or is still undergoing treatment for cancer.

While Hartman-Lindsey is ready to extend her offer to any woman who needs it, she said the biggest challenge is getting the word out about the opportunity.

"It's hard to find us on the American Cancer Society's Web site. Also, because it's something I'm doing personally, I can't put it up (on the Lady of America Web site) because if I put it up, all the Lady of America clubs have to offer it," she said.

Hartman-Lindsey said she talked about the program with a club representative, who plans on discussing it with Lady of America's president. If all goes well, Hartman-Lindsey said all Lady of America clubs in the country might eventually offer the program because it's good publicity and it helps women with cancer.

When it comes down to it, she said she just wants to make life better for women who are in the same situation her mom went through.

"Basically, I want to offer them what my mother didn't have. She could have used a place like this," she said.

### There's more to the story

Find out more about Lady of America Fitness Club at [www.ladyofamerica.com](http://www.ladyofamerica.com). The Arvada club is located at 7310 W. 52nd Ave. and the phone number is 303-425-5577.

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Lady of America Fitness Club members get their hearts pumping during an Oct. 7 class at the women's workout facility, which is located at 7310 W. 52nd Ave. in Arvada.  
Provided by: Melanie Maguire

### Kindness of strangers helps to find balance in life

Balance in life - a difficult thing to achieve at the best of times. Add a diagnosis of cancer and sometimes it seems almost impossible. That's the way I was feeling when I decided to join a health club to support my recovery after chemotherapy. I began my search for an exercise facility by visiting Lady of America Fitness Club. Terry, the manager, gave me a tour.

"Perfect," I thought, but now for the big question: "How much?" After I told Terry my circumstances, she told me about the free membership for people who are in treatment for cancer or just finishing treatment. I couldn't believe it, what a gift! I had experienced support from a loving family, caring friends and wonderful co-workers, and now I felt supported by the community. I could enjoy this wonderful facility, using the equipment or participating in classes, when I felt up to it.

It is hard to put into words what this free membership meant to me. Sometimes it is difficult to bridge the "world of oncology" and the "real world." Lady of America was part of my bridge. It helped me to re-engage in the outside world and workout for my health to help my recovery.

Balance in life - with support like this, maybe it is possible.

- **Linda McGrenaghan**

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