



FOR IMMEDIATE RELEASE: OCTOBER 24, 2016

FOR ADDITIONAL INFORMATION PLEASE CONTACT:

**DAN CHRISTIAN, AQUATIC CENTER SUPERVISOR
517-541-5744**

Health Goals Being Realized Through Commitment at Charlotte Aquatic Center

Doug Bishop's daily routine has changed quite a bit over the past year. Doug, a Charlotte resident since 1963, has gone from using a cane for mobility to being able to realize several of his fitness goals with a little help from his wife, doctor and the Charlotte Aquatic Center. His journey began there in February of 2016.



For the past 22 years, Doug has worked in the automotive industry, and this past year his doctor suggested he take a break from his job because of problems with his knee. "My wife suggested that I should try out the pool", said Doug regarding his plan for wellness. Through his wife's suggestion and doctor's endorsement, Doug began arriving when the Aquatic Center opens at 5:30 am, and would use the pool until 8. He usually returned at 2 pm and would stay until 4:30. He then began adding morning and evening water exercises to his regiment. This seems like a good deal of time in the water, and it is. Doug would typically spend about 5 hours in the water daily, and he found a new form of freedom from his knee problems in the water. This led to some great results.

Doug's hard work has helped him to lose sixty pounds, 10 pounds away from his goal! Because of his tremendous results, Doug was able to have a full knee replacement. "I'm looking forward to healing up and getting back to the pool as soon as possible," Doug said of his current condition. Doug is happy to share his story, and if you see him around town or at the pool he may do just that. For more information on the Aquatic Center, please call 517-541-5740, or visit their website at <https://registration.swimcharlotte.org>. Congratulations Doug and thank you for allowing the Charlotte Public Schools' Aquatic Center to be your partner in wellness!