

**FIT. HEALTHY.
STRONG.**



PIVOT
PERFORMANCE

Meet Jim Neiley

Jim suffered from spinal stenosis. He tried pain management for a while, but the temporary relief wasn't enough. Jim was in a lot of pain. With a job that had him driving for long periods of time, then standing, it made his day to day life very uncomfortable.

"Going to work was grueling. I couldn't even bend down to pick something up. I would carry a shovel wherever I went so when I had to kneel to pick something up, I could use the shovel to help myself pick myself back up."

When doctors found two cysts on his spine, they scheduled him for surgery right away.

Jim went for physical therapy at the Pivot in Wyalusing after his surgery in September of 2016.

"After my surgery Pivot helped me get back on my feet. All the therapists were great to work with! I learned a lot about how to move."

During his time in therapy, he watched as people came into the fitness center to work out. His therapist connected him with the Fitness Manager, Kristin.

"I started around October 2016. At first I struggled with some of the exercises, but Kristin tailored the workouts for me. Since then, I've seen improvement in the gym and at home. I have more stamina and strength to get things done. I can move without worrying about what I have to grab to wrestle myself up."

Jim has seen so much success since beginning his fitness journey. He is no longer in pain, has lost some weight, and sees an overall improvement in his health!

"I had a check-up in February. When my doctor looked at my numbers he was really impressed! My bad cholesterol dropped 62 points and my good cholesterol improved by 35 points. My AC1 sugar dropped 1.4 points."

As a diabetic and 2-time cancer survivor, Jim's goal is to be as healthy as he can!

"I look at the big picture, sometimes success is staying off medicines you don't need. My doctor took me off my cholesterol medication the other day and told me to keep working out! I am going in the right direction."