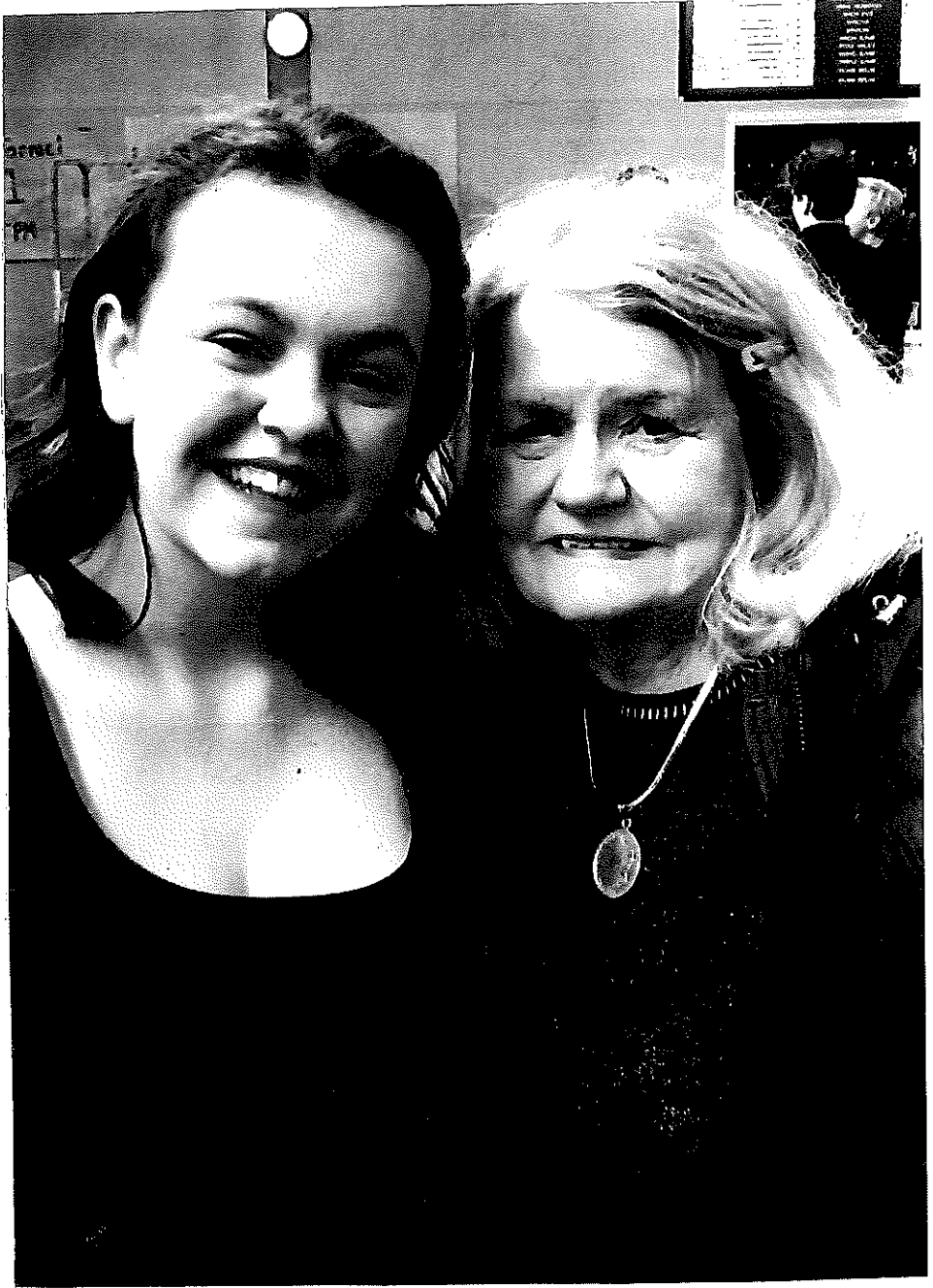


Dear

The Gym offers seniors three important things that make growing old waaaah living. Especially, because of Covid, socializing is very important for mind and soul. Exercise helps lessen Arthritis pain. It also has improved my balance. Improved balance means I'm less likely to fall. Lastly, an "open" gym supports the local economy.

Respectfully
Dick Anderson

P.S. In the 75 to 80 age group! Seniors who attend a regular form of exercise are making an effort to take care of themselves so the "government won't have to"



February 1, 20021

Hello, my name is June.

I have been a member at Club Fit in Canby, Oregon for 14+ years. I am 87 years old and I live at Hope Village in Canby.

I truly believe gyms are an "essential business". What could be more important than keeping your body healthy and strong? My motto is "use it, or you lose it"...so true with your muscles! I do not do "body building"...I do the weight bearing machines to maintain the muscles I have. It works. I am not in a wheel chair or walker and I do not want to be. I do weight bearing exercises and/or walking at least 6 days per week. And I am active. I also golf and volunteer at the food bank and deliver Meals on Wheels through the Canby Adult Center. Because I use my muscles to keep them toned I can do these things. I can be very tired when I go to the gym, but after working out, I feel revived. And this is because "energy creates energy". I used to have lower back pain but Dennis, a trainer at the gym directed me to an apparatus in the gym. After using this for a while, I do not have that pain any longer. Going to the gym lifts my mood so that I do not get depressed (endorphins?). I believe that exercise keeps my immune system healthy also. I am very healthy and can not remember the last time I had a cold or flu.

I had breast cancer in 2007 at age 74. Someone told me to get that Chemo moving through my body by exercise...walk daily, gym two to three times per week...then I also golfed a couple times per week. I did not stop for cancer. And guess what...the doctor told me I did better than 99% of his patients.

If you don't use what God has given you, you will sit down and literally die. I know it is true, I see it often at Hope Village where I live. Before the Corona virus shutdowns, I was seeing more and more of my senior neighbors coming to the gym to work their muscles. I hope they will come back. Don't tell me that the gym is not an essential business. I believe it is!!!!

We sanitize the machines after use. (I do this before I use the them also). The machines are spaced at least six feet apart. One of the trainers told me that he has belonged to many gyms in the past and that Club Fit is by far the cleanest one he has belonged to. I have not heard of anyone contracting Covid from going to this gym

Please reconsider and make Club Fit an" Essential Business".

Thank you for your consideration on this matter. And keep moving even when you would rather sit and do nothing!

A handwritten signature in cursive script that reads "June".

Lenita June Caspar