

Jim's Story:

Jim Hubbard has been on a weight loss journey and through his personal dedication, faith and the help of the Y he has lost over 50 pounds in a 4 month period.

"Do not despise these small beginnings, for the Lord rejoices to see the work begin..." (Zechariah 4:10a NLT) This was the Bible verse that helped motivate Jim. "I reminded myself of this verse daily as little by little, one step at a time, I accomplished my goals," said Jim.

Jim found the YMCA Express at Gainsboro to be the perfect fit. He was able to go to the Y on his lunch break each day exchanging his previously bad habit in food choices with a great workout. "Little by little is all it takes, but it starts with a decision to make a change. I'm glad I did, and I'm glad the Gainsboro Y with its awesome staff was available," said Jim.

