

February 11, 2010

A Story from the Heart

Dale Morton suffered a heart attack in January of 2009, at the age of 43. At that time he was a 310 pound smoker, but after that day in January he knew he had to change his life. Dale went through cardiac rehab at Palmetto Baptist, and when his doctor released him in late March 2009, he decided that he couldn't go back to his old ways. He chose the Pickens County YMCA for his health and wellness needs. Dale said he chose the YMCA because, "It is a Christian organization and supports people spiritually as well as physically."

Dale regularly works out 4 to 5 times per week for about 2 hours each time. He does at least 45 minutes of cardio during each visit. The rest of the time he spends on strength training which involves utilizing the Strive Circuit. Strive is a 10 machine, full body circuit, designed to provide members with a quick and effective strength and cardiovascular workout. "I wasn't familiar with Strive prior to joining, but it has been a critical part of my routine, especially in the beginning," said Dale. "It is a simple, no nonsense approach with easy to understand instructions on each piece of equipment." He also runs/walks 20 miles per week on his own.

Today, Dale is down to 195 pounds and has quit smoking. "Incidentally, my physical conditioning and strength now at (age) 44 are comparable to, if not better than, my US Army tour in the late 1980's." He is committed to help those who may be in a similar situation and letting them know that there is life after having a heart attack.

To learn more about the Pickens County YMCA and what it has to offer, stop by either the Easley or Pickens facility. You may also call 855-9622 or visit www.pcyymca.net.



Dale, along with co-workers, before his weight loss.



Dale after his weight loss, with wife, Kathy, at their son's, Jarrod, graduation