

THIS IS MY Y: Phil Bruno

I have always been active. As an adult, I participated in triathlons and trained for them at the Y by swimming, doing other cardio and strength training, and by taking Cycling and Barefoot Fusion classes.

A series of back surgeries represented a tipping point where I needed to be careful. After years of working out on my own, I decided to work with a personal trainer.

I was directed to Danny Kaltnecker and we began working together after the first surgery. Working with him is never routine. He keeps me on track and constantly progressing. At one point, we shifted focus to weight loss and I am down almost 50 lbs.

The Y has high standards for the facility and staff. There is always someone on the floor to offer guidance, and the Y has a positive atmosphere you can't find just anywhere. I want to get back to a triathlon, probably in a year.

"I'm in better shape now than I was in high school."

"I know that a big part of the picture is my commitment and determination to succeed."



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