

Seek and You Shall Find



Transcription:

Bill Gasiamis 0:00

It's Bill from recoveryafterstrike.com. Isn't it amazing? The things that just happen when you're not expecting it.

So this, I'm on a walk at the moment, but I've come past the place where I have just signed up to become a gym member, and not the kind of gym membership that you think. Let me show you what I mean.

Bill Gasiamis 0:22

This is a very small gym near my house. And I have just signed up to do half an hour a week, once a week. And that's it. Forget about ongoing long gym training sessions and all that kind of stuff. I can't be bothered with that. I'm gonna go once a week and here and here is the place so here's the place. I just come here by car or walk here. And when I come in, I've got this ready to rock, little gymnasium, little boutique gymnasium at my place down the road.

Bill Gasiamis 0:57

So look at this it's perfect, it's small, which means you don't get a lot of people in here. And you get an awesome opportunity to train really close to home. And these guys because they're boutique, they've decided that they're going to allow me to turn up only for half an hour a week, I come in for half an hour a week, and I get to use all these tools and get myself a little bit of fitness without having to overcommit to the gym.

Bill Gasiamis 1:29

So what is more interesting than me turning up to this amazing gym, is that I discovered that the guy who runs this class has a daughter, who unfortunately, had a stroke in utero when she was born. And she's three years old now. And I can't believe I have this in common with this person. So we're going to get together today to have a bit of a chat about the things that he needs to know to support his daughter.

Bill Gasiamis 2:02

While she's recovering from the stroke from the day she was born, this is the amazing Dan.

Dan 2:07

G'day guys how are you going?

Bill Gasiamis 2:10

Unbelievable. Dan is literally what a kilometer from my house. You've got a very small boutique gym. The gym what half an hour a week is all I'm doing.

Dan 2:19

That's it once a week

Bill Gasiamis 2:21

Once a week, half an hour a week. And I can't believe that I found out that your daughter has had a stroke when she was

Dan 2:28

In utero

Bill Gasiamis 2:29

in utero. Haven't even been born yet.

Bill Gasiamis 2:31

Yeah, it's nuts. So we're going to get together tonight, we're going to have a quick chat with Dan. We're going to just talk about stuff related to stroke recovery. And how amazing is it that you know the world brings us together we find people that we need just at the right time. And I've found Dan just at the right time, because he's gonna allow me to use his gym for half an hour a week. And hopefully Dan's found me at the right time because I can give him some

insights into how to support his daughter after stroke. What a trooper she's going to be and how lucky she is to have parents like you guys.

Bill Gasiamis 3:01

Thanks Dan.

Dan 3:01

Thanks for watching, guys.