

## Laurie Lasseter Testimonial

Jerry Miarecki / Age 68

Simply put, meeting Laurie was a turning point in my life. I am an active Racing Sailor, Scuba Diver and Cross Country Harley Davidson guy. When not doing the fun stuff in life, I sit behind a desk for a living. As a result of my predominantly sedentary work life over the past few years, I managed to gain weight; develop type II diabetes, high blood pressure, a whole host of new and increasing joint and knee pains and a growing lack of flexibility throughout my body. I even managed somehow to tear a rotator cuff which left me with limited range of motion in my left arm.

I decided it was time to take care of these annoying maladies before things got worse and I would have to give up the things I love to do. With this past long and cold winter as it was and after a visit and long talk with my Doctor, I thought I would give walking and running a try to help with the weight and possibly address the growing health issues. I joined a local health club in November of 2013 and started walking 4 days a week on their track. I gradually moved to running. That, however, turned out to be quite a painful and exhausting challenge. I almost reverted back to sitting on the couch and watching TV in the evenings.

Fortunately, I saw a flyer for Laurie's RunSMART runner strength training small-group personal training class offered at the Health Club. To make a long story short, I joined her January 12-session class and she helped to get my mind and muscles in shape for running. Her well-planned, professional class is designed to reduce the chance of injury through proper running technique and improvements to the muscles needed to get you moving. It was immediately obvious to me she was a true sports training professional with a high degree of knowledge of the human anatomy, as well as those "mind" things that make people want to excel on the track and in the gym. I went on to take Laurie's excellent 2-hour Running Fundamentals Workshop and then to engage Laurie as a personal trainer/running coach to keep me motivated and to help me with what turned out to be an actual professional and ongoing training regimen.

To my surprise, as of the end of May, I have competed in five 5K and 8K events - not breaking records yet, but I have managed to keep up with the competition and complete the events without the aid of oxygen or the paramedics at the finish line. I have continued my enrolment in Laurie's RunSMART Small Group Personal Training classes twice a week and to work with her as my Personal Trainer and Running coach one session per week. As my coach, she is continuing to work with me, one on one, to improve my overall body strength, endurance, nutrition and muscle development. Running in and completing the races is only the icing on the cake. I lost a solid 20 pounds since January. More amazingly, I am now free of all my medications (with Doctor Approval) for High Blood Pressure, Diabetes and cholesterol and I am feeling great. Laurie continues working with me on improving speed, flexibility and endurance for the running and is now focusing on strengthening my muscles around the knees. Surprisingly, I am virtually pain-free. She is also spending a lot of time on the Rotator Cuff tear and managed to build my shoulder muscles to a point where I have regained full range of motion and strength. Laurie can identify issues and creates a plan to correct them.

I must admit, I listened to my Doctor preach about the need for exercise over the years but I did not pay attention. I quickly realized that as I was heading "over the hill", things were going "downhill" quickly. I would highly recommend that if you even think you are on a downward spiral, get in touch with Laurie. She has the professional credentials, practical know-how and she offers her clients a high degree of inspiration and motivation to get you physically and mentally turned around, eating properly, exercising properly, back on track and in shape in short order. **It is never too late to get back up that hill.**