



**Client: Mary Cady Eggert / Age 51**

Laurie Lasseter is truly an excellent trainer. Her knowledge of fitness and health is extensive. My transformation into a successful runner began at our first training session.

Before I met Laurie, running had been my primary workout for six years. Almost every day I went on runs ranging in distance from five to seven miles. I always ran the same route and always ran at the same pace. In addition to running I worked out twice weekly with a trainer. The training sessions alternated between upper and lower body strength training and some core work.

Then my running reached a plateau. Deciding I needed to train for a purpose, I signed up for my first half marathon. Right away I began to increase my running mileage and speed in large increments. I took few recovery days. I foolishly thought this was the proper way to train. It was not long before I developed iliotibial (IT) band syndrome from overtraining. My trainer, not a runner himself, could offer no suggestions to overcome the injury. He suggested I switch my cardio workouts to the stair climber machine, elliptical machine or a stationary bicycle. A couple of other trainers I consulted showed me some stretches and exercises that were sure to help with this specific injury. After a month I had no improvement. I continued to run through the pain convinced I would still be able to complete the half marathon. Soon I could not run at all without extreme pain. My doctor suggested that I cease weight bearing exercise for at least six weeks. I was disappointed and desperate. It was at this point that I had a fortuitous meeting with Laurie Lasseter. She saw me struggling through one of the IT band exercises and offered her expertise. She showed me the proper form for the exercise and explained how it would help with this debilitating injury. She had also experienced IT band syndrome. After speaking with Laurie for several more minutes I knew I wanted and needed her for a trainer. She could give me the structure and coaching I needed.

Laurie came to our first session with an individualized program to aggressively treat the IT band syndrome, strengthen my core and build my endurance. She also gave me helpful literature to better understand what causes and how to treat IT band syndrome. I was unaware that my problems were caused from a weakness in the glutes and hips and overtraining. All my previous lower body training had concentrated only on the large muscle groups completely ignoring the hip flexors and other small muscle groups. Laurie determined I had been running with all my weight on one side of my body. My injured leg, surprisingly, was the strong one. Laurie set out to help me balance, strengthen and activate these weak areas of the glutes and hips by isolating the muscles through a series of very intense exercises. Laurie instructed me on how to properly use a foam roller and taught me several effective

stretches for runners. She also suggested I start getting deep tissue massages. Laurie even showed me an exercise to strengthen my toes.

After a few weeks I slowly started running again, working my way up from 10 minute runs to 15 minute runs. Laurie asked for an email updating her after every run. She wanted to closely monitor my progress so I wouldn't further injure myself. Laurie's genuine concern impressed me. Laurie encouraged me to be patient with the gradual progression. She built my confidence. Over the next few months I was running much stronger and had more stability control. Along with these new exercises my training is now a mix of easy runs and longer distance runs. I recently completed an eight mile run for the first time in months. Without Laurie's expert advice and encouragement, I could not have continued running. In the spring, I completed a 5K pain-free and won my age group. And in the Fall of 2014 I fulfilled my dream by successfully completing the Fox Valley Half Marathon! It was challenging, but I felt strong and healthy throughout the run.

Additional goals Laurie and I set were to improve my upper body, core strength and posture. Both were essential to improve my running. Again, Laurie came to our first upper body session prepared with an individualized program to strengthen and tone my arms, back, shoulders, chest and core and improve my poor posture. Before my work with Laurie, my upper body workouts consisted mostly of using machines, some free weights and circuits which included several sets of push up variations. My arms had gotten bigger and were somewhat toned, but my muscles really weren't becoming defined. I continually pulled muscles in my back and neck when using the machines. I was frustrated and knew I needed a change.

Within a couple of weeks of upper body training with Laurie my biceps started to take shape. In less than four months I went from using 5 pound weights to 20 weights for dumbbell fly presses and chest presses. Laurie has shown me several different exercises for each muscle, so I never get bored. Her workouts guarantee each movement pattern and muscle group get trained. Laurie paid special attention to certain muscles to best show off my arms and back for the dress I wore for my son's wedding. I've never gotten so many compliments.

Before my training with Laurie, my core workout consisted of three hundred to four hundred crunch variations daily. Spending 40 minutes a day on core did strengthen my upper abdominals, but my lower abdominals and oblique muscles were still weak and flabby. Laurie explained that if I could do fifty repetitions of one crunch exercise, than it was not an effective exercise. I had been wasting a lot of time. Laurie showed me new abdominal and oblique exercises that were so challenging I could barely finish one set of twelve repetitions. Almost immediately, I noticed improvement.

At Laurie's suggestion we tweaked my diet. It made a tremendous difference. I had resigned myself to never losing the belly fat and muffin top I had recently gained. Since I was a healthy eater, fruits and vegetables and fish daily, I blamed my age and hormones. Laurie had me keep a log of everything I ate so we could review it. Laurie had better ideas for my lunches and afternoon snack. We added some foods and eliminated others. Following her advice helped me drop seven pounds. My stomach is flatter and my oblique muscles are firmer.

My whole attitude towards exercise and training has changed. Laurie made me realize that effective, smart training is not about doing hundreds of reps and performing feats of great strength. Laurie has never asked me to do an exercise she already hasn't done herself. Laurie is always prepared and takes



copious notes during each session. Her attention to detail is outstanding. She holds me accountable for every rep and never allows sacrificing of form. Safety is a priority with Laurie. I never worry about injuries or pulled muscles anymore. Laurie varies every workout so I never become bored. Laurie is patient; I have to be shown some exercises multiple times before I get the correct form. Her enthusiasm never wavers. With Laurie you can always expect consistent and positive comments during workouts. She is a great motivator. She maximizes the time at each training session.

The difference in my body composition and fitness has been significant since I began training with Laurie. Having worked with several other trainers, both one on one and in group classes, I feel Laurie is the very best. Laurie is as committed to my goals as I am. For the last eight months I have looked forward to our twice weekly training sessions. I can't imagine working out with any other trainer.