

Client: Beth V.

I have started and stopped numerous exercise programs throughout my life, and I've never been motivated enough to stick with anything. About a year ago I noticed my friend Nicole literally changing her body. She was toned and looked amazing. I asked her who she was seeing and when could I start.

I was nervous, because I have had 3 kids, and just wasn't in the best shape. I wanted to tone my body and feel stronger. I've always struggled with a weak core and with carrying stress in my shoulders. Laurie started where I was able to start, and always made me feel motivated. A year has gone by and I am still with her. She has been such an inspiration to me that I CAN do it. I've gone from not being able to do one single push up, to doing two sets of 15. She works with my skill and ability level and increases weights and reps when she knows I am ready. I love how she is very focused on proper form so that you do not injure yourself.

Not only has she increased my strength and helped me tone my body, she has also taught me how to breathe properly and has given me simple stretches that work wonders to relieve shoulder tension. I love feeling stronger and actually seeing results. She really is an amazing person and excellent at what she does.