



Client: Fran

I met Laurie 2 years ago. I have worked out and exercised for at least 7 years prior to meeting her. When Laurie approached me to see if I would be interested to train with her I almost screamed YES! I was ready for the new challenge! I wanted Laurie to make me more fit and stronger but our plan took an unexpected turn.

Just shortly after we began training I was diagnosed with discs degeneration disease and I have undergone several surgeries since then. More diagnoses followed after disc degeneration but Laurie was always ready to face whatever we stumbled upon. She worked with me through all of the challenges, even when other medical providers have given up.

She always has a positive outlook on my recoveries and believes that she can make me stronger and that by doing so she can reduce my pain. She coaches me and educates me about all my aches and pains and how to prevent future injuries.

Laurie is the most passionate and encouraging trainer I have ever met.

I have undergone numerous PT sessions through my life but I have never had as patient and knowledgeable coach as Laurie. She is always ready with an alternative exercise due to my limitations. She makes sure I am not in pain during the exercise and she always watches and corrects my form.

In just a few months Laurie was able to increase my strength tremendously and show me that I CAN get stronger despite the challenges life presented me with.

My dream has always been to be able to do a push-up. A real push-up. I remember telling Laurie that I will probably never accomplish that. But Laurie was of a different opinion. I sit here today and I'm smiling because during our last session, I did a real push-up!

Laurie is my hero. She is a person I look up to. In fact, just the other day I told her that I want to be like her :). I look forward to every session with Laurie and I can't wait to one day become just like her!