

Client: Michelle

About a year and a half ago my doctor shared with me that I was becoming pre-diabetic (I am the oldest sibling in my family and the only one without diabetes) and to stop that, I needed to lose 15 pounds and start working out. Through Edwards Fitness Center I met Laurie and we immediately hit it off. She not only helped me gain muscle where I had not had it in years, I managed to lose 2 pant sizes and my golf game/ball distance has increased dramatically.

Laurie is that trainer that understands that we are human, eat things we shouldn't, but also want to look and feel better. Her workouts are great and she really teaches you the correct way to hold/move your body to get the most out of the work out. I even got my husband to start seeing her...

I'm happy to say I am still not diabetic and would recommend and have, Laurie to anyone that wants to look and feel better. She's wonderful!