



Pati - Age 65

I first met Laurie when I signed up to take her RunSMART small group personal training class for runners to help with plantar fasciitis issues I was having and to get back to a bit of running. I was impressed with her vast knowledge about exercise, muscles, recovery from injuries, how best to avoid them and everything related. I also liked her attention to form and safety so when I decided I wanted to add strength training to my exercise regimen I chose Laurie as my trainer. My initial goals were to improve my overall fitness, weight management and strengthen my bones/joints to prevent osteoporosis.

I am 65 years old and I swim with the Naperville Waves swim club, walk/hike, run a little bit, downhill and cross-country ski and of course strength train with Laurie 1-2 times a week. She has helped me work through and train through various aches, pains and injuries as well as work toward my goals. Last fall I hurt my left neck-shoulder-clavicle which mostly impacted my ability to swim. Laurie helped me rehab my shoulder to make it stronger and more stable. She also taught me to focus on how I perform each stroke and what muscle(s) the power for each stroke should come from.

Laurie is positive, patient encouraging, supportive and very good at what she does!