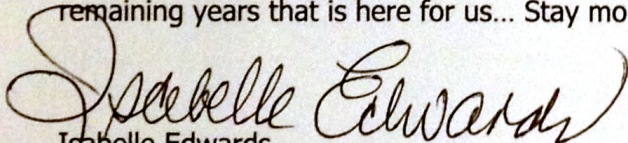


This is the second time in my life that I must learn to walk and even bend over without the use of a cane or walker. It is a must that I keep it this way for my independent lifestyle. Chris and I have been working together for about 4 months, more or less. I am already seeing results because I can almost pick up the daily newspaper in the morning and I can also pick up my dog. I am no longer afraid to fall and if I do, I know I can get myself back up. These days I am feeling better about living on my own and I am very close to teeing up my golf ball! That is something I have not been able to do in years.

I was persistent in finding the right Personal Trainer (CPT) and Chris is the one!

I never had a Personal Trainer but I have had many rehabilitation services that helped me after a hip replacement, as well as a knee replacement. However, after all this therapy I could not tee up a golf ball. I didn't have confidence about whether I would fall or that I could walk safely without a walker or cane. I did not walk on grass, play golf, step up on a curb and/or walk in a shopping center for fear of losing my balance.

I am more mobile than I have been in seven years! If you want to go forward and enjoy the remaining years that is here for us... Stay mobile!


Isabelle Edwards

May 2, 2014