



 **TRAX TRANSFORMATIONS**



Bill Speri

I have been a long-time member of Healthtrax and I have been training with Sandra Holland for a year and a half. I had a stroke a couple of years ago and had been in rehabilitation. My goals while with a physical therapist was to strengthen my left side and improve my balance and gait.

The combined effort from working with a physical therapist and a personal trainer have successfully led me to eliminate use of assistive devices for walking and coordination. My balance has greatly improved, and walking gets better and better every day.

I chose to work with Sandra one on one after taking some of her Parkinson's and Stroke small group classes. I realized that I would profit from the individualized attention. It is very much a team effort. I see Sandra once a week in our small group class and then I train with her one on one once a week.

Healthtrax has played a huge role in the transformation as a I am a longtime member, I have been part of a community and with that comes camaraderie and support throughout the gym. My future will be to work with Sandra both in group and personal training and to transition using more of the Healthtrax equipment as I continue my journey having recovered from a stroke. "Stay strong and be part of a team to stay focused and encouraged"