



TRAX TRANSFORMATIONS

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Kerry,

This note has been a long time coming, but I wanted to let you know how much I have personally and professionally gained from working with personal trainer Alec Brochu at Healthtrax. Let me start with, I had never been to a gym in my life, I hated gym class in school, and I am not athletic. I just knew, to regain the strength I had lost due to getting older, combined with 2-foot surgeries and 2 knee surgeries in 5 years, I had to do something. My golden carrot to actually step in a gym, was a planned trip of a life time, rafting the Colorado River through the Grand Canyon for 9 days in June 2017. I equally knew this trip had side hikes up canyon walls, that I was not physically able to do, and I didn't want to miss. With this in mind, I bit the bullet, bought workout clothes and showed up at the gym. That was a year ago, and I now look forward to my 2 trips a week to work out with Alec. He helped me set goals, and develop a plan to increase my stamina, strengthen my legs, and build my core strength. As you can see with this picture, I made that trip and I hiked that hike, and I took this picture. Our rafts are visible in the lower left-hand corner of the picture. The climb to the Nankoweap Granary is about 2500 ft above river level on the North Rim and dates back to 1100 AD. The temperature that day was about 100 degrees F. His ideas, his training plan, my dream fulfilled.

I didn't stop there, and have continued seeing Alec. I truly know now the value to me as I have gotten older, and more sedentary (behind a desk working), of keeping my body in shape and exercising. I still can't believe that is coming out my mouth, nor can my family. I had always been physically active, but life had put a roadblock up and I needed to rethink another option - and this one has been so amazing. An unintended benefit of all this (the professional one) is that I have also gained the strength and stamina necessary to be an even better volunteer paramedic. I can now do all of my own lifting and moving - and then some. As I look back now, I realize how much I relied on others to help me with the lifting and now I can do it all myself!

The best thing of all is that I really enjoy Alec's company, and his distraction factor (although he needs to learn how to count and how long a second really is). He talks to me about books he is reading, what I am doing in life, family life, hiking, anything to keep me going and not realizing that this is called a WORK out for a reason. The time flies by, he listens to me when I can't do something completely (at least not yet), and modifies it, and I go home feeling better physically and mentally - and honestly, I rarely hurt the next day. Not hurting, is a plus in my mind, as I am always on the go. Although he may be the age of my children, he has a great ability to hold a conversation and make me laugh.

So thank you from the bottom of my heart, and please let Alec know I truly am thankful for his encouragement, his stories, and for what he has brought back to my life.

Sincerely, Lisa Shelanskas