



## TRAX TRANSFORMATIONS

Betty Shedd, Hanover, MA

Trainer name: Luke Mclean

*Date you started your fitness journey?* 9/11/17

I've been working with Luke McLean since September and so pleased with the results Luke and I have achieved in that time. I originally signed up for only 24 sessions but reupped for an additional 24 as I am feeling felt stronger, more confident in myself and much healthier and I want this feeling to continue. I have to admit that prior to working with Luke I was not 'into' the gym and working out at all. I nice walk on the beach was my favorite type of workout. Luke changed this mind set as he is so passionate about fitness and it shows through the energy and enthusiasm he brings to every session. His easy going, friendly personality creates a relaxed, comfortable and positive atmosphere. He makes each workout challenging, informative, creative and most importantly, fun! He asks questions about my physical being and how I am doing at other areas and classes that I utilize at Healthtrax, adjusts each session accordingly as needed. He also places a high value on the correct form of each exercise and takes the time to explain why this is important and the areas of the body impacted by the exercise. He constantly motivates me to push past my perceived limits to get results. I have gained such incredible energy, my balance and flexibility have improved immensely (Hallelujah!!) and I've got some great new muscles, which is SO exciting!! If you are serious about changing your life for the better, Luke will lead you, support you and encourage you each and every step of the way. He also gives the greatest High Fives and is the Superman of Trainers!!

*What were the problems you were experiencing before you started your journey?*

Nerve damage in neck and shoulder as well as pain from knee replacement surgery

*Had you tried any other solutions previously?*

Yes, physical therapy

*What led you to Healthtrax?*

Location and recommendation from other people I know that go to Healthtrax.

*What is your favorite thing about Healthtrax?*

Each day that Luke pushes me to become the best version of myself.

*What is your favorite moment/experience during your time at Healthtrax?*

Looking at my progress on the InBody570 and seeing how far I have come.

*What are some of the benefits you have received?*

A new love for exercise and better overall well-being.