



## TRAX TRANSFORMATIONS



Tess King

I started training with Sandra Holland 3 days a week in October of 2015.

**What were your initial goals?**

I wanted to get back on the tennis courts, but also to lose weight. I had a knee injury and my PT suggested I work on strengthening the muscles around my knee.

**What have you accomplished so far?**

When I first started many exercises were difficult because of my knee but after 4 months I was back to competitive tennis. I had a setback due to a bone spur but once medically cleared to come back I started working with Sandra again and feel stronger than I have in years. I also worked with a nutritionist that has aided me in my weight loss along the way.

**Why do you choose to work with Sandra as your Personal Trainer?**

I feel comfortable with Sandra. She researched tennis exercises and movements and has completely individualized my training to improve my game on and off of the court. She educated me that my past routine of just playing tennis 3-5 times per week is what led to my knee injury in 2015. She helped me learn what a well-rounded exercise program is and how important working with a trainer is to become more fit, strong, and improve my game and appearance.

**What are your plans for the future?**

I plan to continue training with Sandra, continue to lose weight, work on some balance issues, and get back on the competitive tennis courts during the Spring of 2017.

**How has Healthtrax played a role in your transformation?**

I have always loved tennis but never the gym. Now I actually enjoy my time at the gym and look forward to my personal training sessions.