

# SUCCESS STORY



Lisa Lansing

Trainer: Whitney Patterson

As a busy working mom of four children it would be safe to say that I had let fitness take a back seat. I was out shape and each time I tried to start exercising it seemed like I ended up hurting afterwards...and not that "I had a good

"workout" kind of hurt...it was the "lay awake at night trying to find a position that my shoulder wasn't killing me" kind of hurt. When I met with Whitney the first time she asked me about my fitness goals. I told her I wanted to be able to exercise and not get hurt, to

be able to play with my children and not worry about hurting the next day, and if I happened to get trimmer in the process that would be a nice side benefit, but not my priority. Over the course of the next few months Whitney walked me through exercises with a focus on my core and strengthening trouble areas. She helped me realize that soreness in my shoulders had caused me to develop subconscious cheats which were actually making my shoulder problems worse. When asked I was unable to raise my arm without my shoulder blades popping out and I didn't have a clue how to flatten my shoulder blades or bring them together. My pectoral and trapezius muscles were doing the work so my shoulders didn't have to, my shoulders in turn were getting weaker and weaker - which only exacerbated the problem. I can say with confidence that without Whitney's training I would likely be in the same *workout - get injured - stop working out - workout - get injured - stop working out* cycle. Whitney was able to give me exercises that were safe for me to do and focused on improving my areas of weakness, helping me break the cycle. Now that I have more strength and balance in my shoulders and strength in my core, Whitney is able to challenge me with exercises I never thought I would be able to do!

Additionally, I thought I had been doing pretty good in the diet category (I ate whole grains, vegetables, lean meats, and didn't eat lots of candy and cake) but Whitney calibrated me in that area too. When I took the time to track my daily intake I found that over 50-60% of my daily calories were in the form of carbohydrates - putting me at an increased risk for diabetes.

I am happy to say that after a year of training with Whitney (and participating in CBRC offered fitness programs) I am stronger than I have been in a long time, I no longer worry about getting injured while exercising, I am able to play with my kids - although I suspect I will never truly be able to keep up with them ;)

And as a side benefit I am fitting in clothes I haven't worn since the birth of my first child!