

I started training with Deborah Parker about five years ago. I tried several other trainers before finding Deborah. Once I started training with her, I knew my search was over.

I am 54 years old. I'm not looking to build bulky muscles or look like I'm 20 again. I want to be able to function in my daily life without pain, and be in shape to do anything I want without fatigue and soreness. With Deborah's help, I have been successful in this!

Deborah is awesome at working with your body's ailments. I sit at a computer all day every day, so unfortunately have developed carpal tunnel and upper back/neck pain. I also had messed up knees from sports injuries years ago, and lower back pain after weekend gardening. She not only figured out the best exercises for me to strengthen these problem areas, but she also taught me how to sit at the computer with the correct 'neutral' posture, and use my muscles correctly so my pain has been alleviated. I no longer put stress on my problem areas. Everyday as I sit at the computer pain free, I am thankful for her guidance!

She has an incredible ability to find the right balance of pushing you harder than you push yourself, but not so hard that you get sore or hurt. She 'sees' your body – I don't know how else to describe it. Intuitively she somehow feels what you are capable of doing.

I highly recommend training with Deborah! I am definitely stronger, have more muscle and less fat.

K. Wyatt