

Have you ever considered changing your life? I did and was able to find Deborah Parker's Complete Personal Training. When I started, I had minimal flexibility in a two-year-old knee replacement. pain in my shoulder, could hardly pedal a bike and could barely get down on the floor. Deborah took me where I was, and we went from there. That was months ago. Now, I am a new woman. I can't believe the things I can do. I am so much stronger, my knee is back to normal, the pain in my shoulder is nearly gone and my balance is amazing.

Best of all, I look and feel healthy. A friend told me I looked serene! The unbelievable part is I am 68 years old. That's not exactly the age one thinks of when a life changing experience is possible. I did change my life and it has gotten better every day. Give Complete Personal Training a try and get ready for a new you.

Bonnie