

September 18, 2016

Five years ago I became a widow at the age of 56 after 36 years of marriage. The loss of my husband was very difficult on me and I let myself go to the point of gaining over thirty pounds.

I used to work out regularly and tried to get back into it but ended up pulling something in my left arm. The repetitive motion of the elliptical aggravated the arthritis in my right hip. To add insult to injury, my left foot developed metatarsal pain, making it difficult to just walk.

In May I was diagnosed with diabetes and my blood pressure was very high despite the fact that I was already taking blood pressure medication. My doctor added a medication to reduce my heart rate, but informed me that I had no choice but to lose the weight through diet and exercise.

This scared me and I immediately found a weight loss app for my phone, which worked well for me, but I was very hesitant about starting an exercise program. What if I hurt myself again? I have had a gym membership for many years, but their trainers are young and do not have much experience, if any, working with people my age.

Although I felt I could never afford a personal trainer, I started my Google search looking for personal trainers for the elderly (yes, I qualify) in my area and the first name that popped up was *Lori Michiel Fitness!* I was very impressed with her experience helping seniors and knew she was the trainer I needed.

As I am on a very tight budget, we originally agreed to just do the initial evaluation, at which Lori supplied me with several exercises and tips to help me begin a safe exercise routine. Lori then offered to meet with me at her studio on a monthly basis as long as I followed her exercise instructions on my own.

I took her up on the offer, of course, and **after just three months I have lost over 25 pounds!** I have gained strength and seldom have issues with my hip. Both my blood sugar and blood pressure are down. Lori recommended I get new shoes that would give me better support and now my metatarsal problem is virtually nonexistent. I am so happy I found Lori!

- Pamela