



On February 3, 2004, in a matter of seconds, my life took a turn when oncoming hwy traffic crossed the center line. You might not think much of them ~ car accidents are abundant. Even though my injuries were only broken bones, (crushed metatarsals in my R foot - I needed donor bone; a dislocated L radius & ulna, which plowed thru & smashed my L elbow – they built me a new one & a broken L tibia), I spent 2 months in a rehab center & had 5 months of physical therapy.

I liked walking, but that was the extent to my exercise program & I had certainly never been in a gym. Now walking was no longer an option as my foot wouldn't allow it, so a year later, I did join a gym because I thought the pool would be a way for me to do *SOMETHING*. After 3 months of trying, finding still too much impact on my crushed foot, the staff told me about personal trainers.

I didn't realize that I had given up so many activities of daily living until Jeff Ehrike started to personal train me. He had to think "outside the box" when it came to working with me – even needing to teach me how to get down to the floor w/o the aid of a sofa! Not being an exercise enthusiast, he backed way up to basic fundamentals & worked on many strengthening needs. I knew his degree & experience came in handy, but I was not aware that he was using functional exercise techniques. When I found my mind wouldn't let me do something as simple as leaning on my injured arm or walking down hill, Jeff found a way to re-teach me. A new exercise was thought up and progress continued. After 6 months, I found myself able to run (that's right, RUN!) to answer the home phone or squat to look into the lower kitchen cabinet & clean around the toilet ☺.

After training with Jeff for over a year, unfortunately he moved to a different location over 30 miles away. Because of the distance, I switched trainers. Eight trainers later, I've decided driving over 30 miles one way was well worth going back to Jeff.

Since my accident, I am riddled with arthritis, but I feel it very little. The docs tell me it's because I exercise properly, to which I am thankful for the wonderful start with Jeff & I anticipate working with him far into my future. I can't say enough about Jeff ~ my whole world has benefited greatly since I began working with him.

Kris